



Live a fulfilling life

Diaverum Holiday Dialysis
– Easy access to dialysis care
when you are away from home.





How to combine business life and business travel with your dialysis treatment?

Please contact your Coordinator to learn more!



Dear patients and relatives,

At Diaverum, we are dedicated to helping our patients and their families live their lives to the full, and as normally as possible. This can feel like a big challenge if you need to have regular treatments, such as dialysis, which is why we have set up our d.HOLIDAY programme.

This brochure explains how, with our help, you can access the highest quality renal care in more than 20 countries worldwide. And how our staff can help you to plan, and then to enjoy, your holiday or business trip.

Holiday dialysis can open up new horizons for you, empowering you to enjoy a revitalising experience, while feeling at home, abroad.

Kind regards

**Your Diaverum Holiday
Dialysis Team**

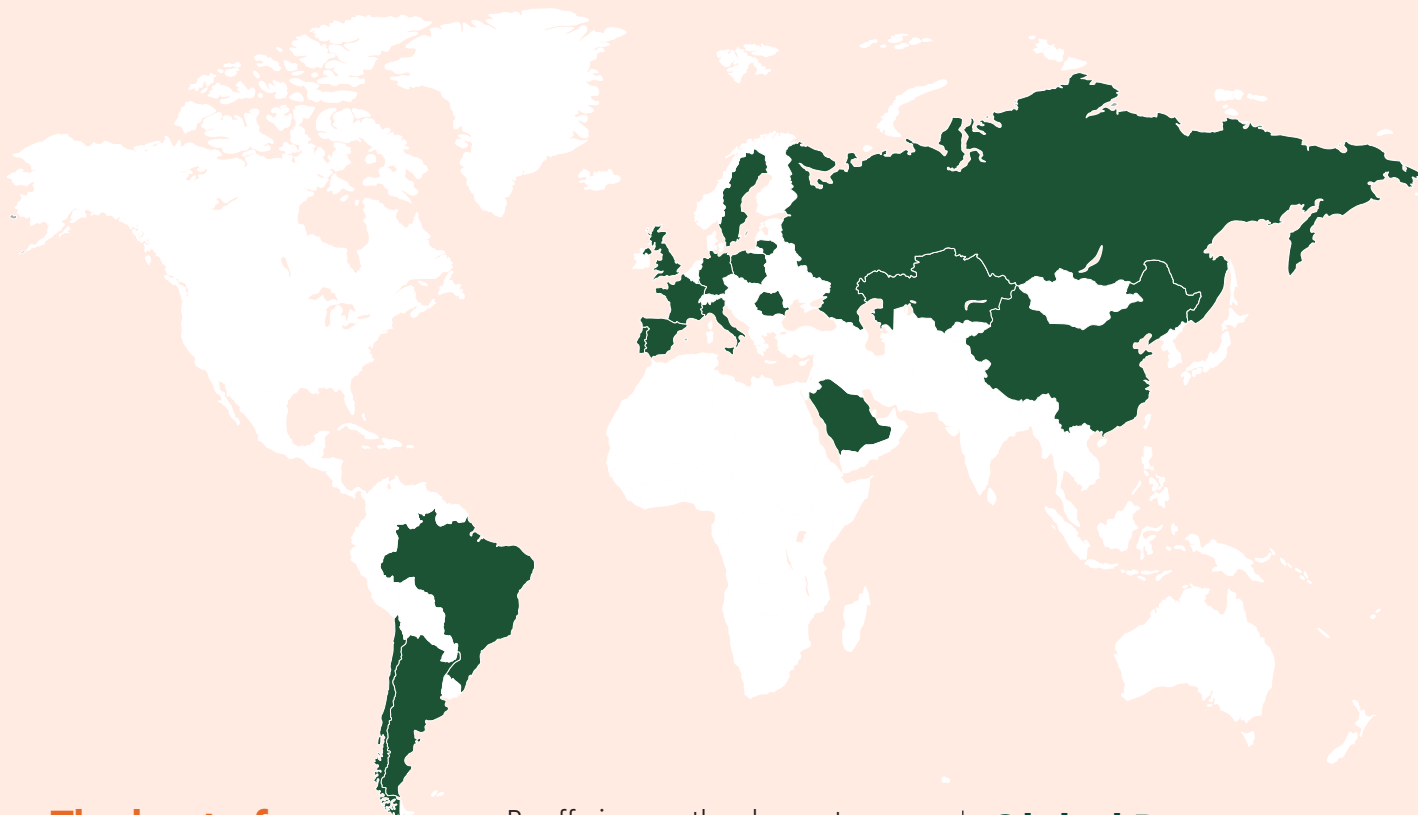
P.S. for any questions about taking a holiday, please contact us:
holiday@diaverum.com

Improving your quality of life – breaking routines

It can be very difficult for our dialysis patients to see how they can break the routine of regular treatment, and even to dream of going on holiday. We are constantly investigating ways to help improve the quality of life for our patients and their relatives, and we know that taking a holiday can be an important part of enjoying life.

This is why we now offer holiday dialysis in beautiful locations worldwide. We want to make it as easy as possible for anyone on dialysis to benefit from a relaxing trip, in full reassurance that they will be able to access our care every step of the way.





The best of two worlds

As one of the world's largest, and indeed Europe's largest, independent integrated renal care provider, our network comprises more than 400 clinics in 22 countries. Diaverum Holiday Dialysis offers you the chance to break your routine while still being part of the Diaverum network with access to our first class medical care.

By offering you the chance to take a holiday in one of the places where we have a Diaverum clinic, you can have a revitalising or relaxing holiday, or a business trip, safe in the knowledge that your dialysis can continue just as it would at home.



Make your choice – and feel at home abroad.

For more information visit our website:

www.diaverum.com

Global Presence

Albania	North Macedonia
Argentina	Poland
Brazil	Portugal
Chile	Romania
China	Russia
France	Saudi Arabia
Germany	Spain
Hungary	Sweden
Italy	United Kingdom
Kazakhstan	Uruguay
Lithuania	
Morocco	

Diaverum holiday dialysis – only a few steps away from a revitalising holiday

Are you worried that planning a holiday is just too daunting? Have you not been away for a while? Our aim is to help you enjoy a revitalising holiday, and we can plan with you, every step of the way.



Plan Early

Talk to your usual dialysis unit before you make any holiday plans, just so they can confirm that you are fit to travel. They will also be able to advise you about holiday insurance, vaccinations etc.

When you have thought about where you would like to go, your unit will contact your preferred holiday dialysis clinic directly and help plan your treatment while you are there. Early planning will increase the chance that you can reserve dialysis near to your chosen destination and at your preferred timing.

Choose your Destination & Accommodation

Select your preferred holiday location from more than 400 Diaverum clinics spread across Albania, Argentina, Brazil, Chile, China, France, Germany, Hungary, Italy, Kazakhstan, Lithuania, Morocco, Poland, Portugal, Romania, Saudi Arabia, Spain Sweden, United kingdom, Uruguay.

Make sure that your accommodation is suitable for your specific physical and dietary needs. Your Diaverum holiday coordinator will send you a datasheet and contact details of your preferred location before you travel. You can also visit www.diaverum.com

Insurance and payment

When planning your trip, we advice you to contact your insurance company to find out which expenses they will cover for you. Insurance companies can change their terms and conditions without notice. For European travel, you can also confirm with your Diaverum holiday coordinator that your holiday clinic will accept your EHIC card for payment of your treatment sessions. Make sure you receive this confirmation before you set off on your trip.

Paperwork

Send all relevant forms/information requested by the holiday coordinator to the holiday clinic, and check what paperwork they need you to take along with you. When getting ready to travel, make sure you take all forms/paperwork, blood test results, prescriptions/ medication details needed for your treatment while on holiday. Cancel your transport and dialysis slots in your local clinic and leave a contact number with your Clinic Manager along with the contact details of the clinic you are visiting abroad.

Meals & Medication

Just like at home, you need to be careful about what you eat while on holiday. Don't forget to tell airlines, accommodation and restaurants of special dietary requirements. And when you are travelling, take a letter from your doctor stating that the drugs you are carrying are prescription drugs. You may need to declare to Customs any drugs you were given whilst abroad.



Keep all contact details including emergency numbers with you at all times.

At home abroad – The Diaverum approach, step by step:

With our help, you are only a few steps away from enjoying a holiday or feeling well looked after on a business trip. Your local Diaverum clinic will be happy to explain the process to you.



1 Patient request

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2 Information sent to country co-ordinator

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3 Check clinic availability

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4 Diaverum booking form

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5 Payment

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Enjoy your holiday

Diaverum makes the dream of travel a reality



Travelling has always been a big part of my life, and that of my family, and with it comes immense personal growth. When I travel, I am always learning; seeing other people's worlds can make me appreciate much more fully what I have in my own, and fulfills me in ways it is hard to describe in words.

Travelling frees my body and mind, enabling me to break routines and do something new, with purpose. It also takes me out of my comfort zone, as I plan and budget for each trip.

When I knew I was starting dialysis, I feared that I would never travel again. This was a huge loss as, without travel, I would lose an important pleasure which I shared with my family.

I had always travelled before I had kids. Indeed, because so many people said life would change when we became parents, we made it our mission to travel as much as possible before then. It was out of the question for me to give up travel for any reason. So, when my kidneys failed, I remembered that commitment and I was determined not to stop travelling.

And this is where Diaverum have been so inspirational. With the help of my clinic, I learnt that it is easy to continue dialysis while travelling. There are many clinics around the world, but I also

needed reassurance that I would find the same level of professional care when away from my home clinic.

My first step was to try treatment at a different clinic in Portugal. After that, I decided to go abroad. Prague was the first place I chose. And I remember it as if it were today.

Since that time, I have travelled to – and had dialysis in – places that I would never have thought I could visit, including Cuba, Taiwan, Indonesia, Turkey and Israel.

The logistics were challenging, ensuring that there were suitable clinics in our chosen destinations. So we plan our trips around those places. But I can travel, and that's enough for me. Knowing that I can still travel, despite needing regular dialysis, makes me feel good about myself.

On a practical level, when travelling in Europe, I don't have to pay for my treatment, thanks to the European Health Card. And in Europe and beyond, Diaverum clinics in several countries enable us to have our holidays, recharge our batteries and create new family experiences and memories.

I feel that, today, I am very much the same Filipe as I was before my treatment started.

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“back home I thought ‘that was great! I will go again!’”

Roger Stamp (55) likes to discover the world. Even being a dialysis patient does not stop him from doing so. During the last seven years he has been on dialysis he has travelled all over Europe.



You look fresh and relaxed from your summer vacation in Switzerland. Are you traveling regularly?

I travel two or three times a year to go on vacation and to visit friends and relatives. So far I have been to Italy, Austria, Switzerland, Barcelona, Lisbon and the Lake District.

So you are really used to going on holiday dialysis. Can you explain how you plan your vacation?

First of all I decide about the country or destination I want to go to. Then you talk to your clinic staff to check if there is a dialysis clinic nearby. What I like is that Diaverum does not just arrange dialysis for its own clinics. In some destinations you have clinics, in some not, but I was always helped to get dialysis treatment at the destination I wanted. Next step is to book a hotel and flights if necessary.

I would recommend to start four or five months ahead, last-minute bookings are more difficult and you will also feel more comfortable. A month before your vacation starts you do all the blood tests and send the results and forms to the holiday dialysis clinic. Diaverum does that normally for you. After that it is time to get excited and to make sure you get on the aircraft or train in time. (smiles)

What are your tips for people going on holiday dialysis the first time?

The main issue might be that people are afraid that it will all go terribly wrong. You feel nervous about many things: Will the nurses speak English? How will the treatment be? The first times I went on holiday as a patient I felt very nervous. I was also put off by all this paper work, the blood tests and all the forms but the holiday dialysis system here makes these things a lot easier and that takes away many barriers. Back home I thought That was great! I will go again! So, you just need to plan ahead and be a little bit brave. It will all go well and you will feel so much better about yourself and that will improve also your general health condition.

Life enhancing renal care

About Diaverum

Diaverum is a leading global provider of medical care for people with kidney disease. Our work ranges from preventive services to dialysis and transplantation and we also have the expertise to manage the treatment of other conditions where these exist alongside kidney disease. The company was founded in 1991 in Sweden where our first dialysis clinic opened under the name of Gambro Healthcare.

Our 400+ clinics now offer care in 22 countries on four continents, and our 11,000 employees provide six million treatments for almost 40,000 patients every year.

Curious?

Learn more about
d.HOLIDAY – visit
www.diaverum.com

Or send an email to
holiday@diaverum.com

Or scan this QR code
to find out more



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