



The Program for Adult Congenital Heart Disease (PACHD)

If you are traveling, studying in college or anytime away from home for an extended period:

- Make sure you get health insurance
- Take along your health insurance card
- A Medic Alert bracelet is a good idea if you are on anticoagulation therapy or if you've been directed to take antibiotic prophylaxis at times of risk.
- It is a good idea to ask for a copy of your latest clinic letter and your most recent test reports (echocardiogram, ECG, MRI, etc.) It will be much easier for other providers to understand your condition and the necessary precautions if you have these documents with you should you become ill and need medical attention.
- If you are planning to be away from home for a prolonged length of time with school or work, ask us for the name of a physician specializing in congenital heart problems who practices in that area and/or check the clinic directory at ACHA's website www.achaheart.org. The ACHA Passport is a nice way to keep all this information, see more information at ACHA's site. At minimum you might want to carry their wallet alert card from ACHA. Ask us to fill it out for you.
- Have a wallet card with your cardiologist's name and phone number with you. The 24-hour number for the Program for Adult Congenital Heart Disease is 1-717-531-8521. One of our staff is always on call. After normal business hours (4PM), our operators will page one of our cardiology fellows who is the first to be called, but one of the three attending physicians or the nurse practitioner is designated on-call at all times, so someone will be available from our congenital team for you.