

Make The Most Of Your Vacation

By: Mercy Marion

No one wants to go on a trip designed for relaxation and enjoyment only to get so bored that they can't wait to get back home. If this happens, your vacation may end and leave you with a feeling of disappointment. Here are a few tips that will help you be able to make the most out of your vacation.

FIND YOUR BLISS

Why go into the wild if you have a phobia of animals or to the mountains if you have health complications when exposed to cold weather? The first step to enjoying your vacation is to figure out what works for you.

PLAN IN ADVANCE

Planning for your trip is very important. You should know how much money you will be comfortable spending, what kind of climate you want to spend your holiday in, etc. Failure to plan may contribute to a disappointing vacation.

BOOK FIRST, ENJOY LATER

You don't want to postpone your trip because you couldn't get a plane or a bus at the time you wanted or get the hotel of your choice. If possible, make all reservations and payments in advance to avoid delays or disappointment.

STRESS LESS

Holidays are meant to help you detox from stress. This will only be possible if you keep away from people and things that pressure you. No matter how costly your destination is, you will not thoroughly enjoy it or get the relaxation you need unless you disconnect from things that cause you anxiety.

STAY INFORMED

It's not a great idea to go to places you know nothing about. Before visiting a place make sure you know the type of climate to expect, the activities you can do while there, how safe the place is, etc. For example, you don't want to find yourself in a remote sunny place only to realize that you don't have any sunscreen. You may end up being forced to stay indoors and have a hot boring holiday.

These are a few major factors that you should consider when planning to take time off visit to your preferred destination. Be well prepared for your trip so that you can have the best vacation imaginable.



5 Tips For Finding The Best Urgent Care While On Vacation

By: Norman Estin

1 Know What Type Of Care You Need

The faster you can identify the type of care you need the better. For people with chronic conditions or recurring medical needs, it's easy to find at the closest medical facility. For people experiencing an ailment for the first time it can be more challenging to determine whether an urgent care center or hospital is the best place to seek treatment. In most instances your closest walk-in clinic can help you get fast, affordable care including filling a prescription, treating common ailments, rashes, allergic reactions, minor sprains, or other non-life threatening problems.

2 Make It Convenient

To minimize time spent sitting in a waiting room and get back to your vacation as soon as possible, choose a location that is close to your hotel, condo, or rental property. Do a quick search online for "nearest urgent care" and then call the locations closest to you and ask how long the current wait is to find the fastest and most convenient urgent care option.

3 Ask The Hotel Or Concierge

Asking your hotel or timeshare concierge is a great place to start your urgent care search. They deal with hundreds of visitors with all sorts of medical conditions on a regular basis and have relationships with the closest urgent care centers. As soon as you determine you need care, make your concierge the first stop on your journey to feeling better.

4 Do Some Research

Once you have a few urgent care locations in mind, go online and read about experiences other visitors have had. Check sites like Yelp, Google Places, Facebook and the urgent care centers' websites for customer testimonials and star ratings. Picking a location that has good reviews and clinic pictures will help you reduce anxiety, make a more informed healthcare decision, and result in a better overall urgent care experience.

5 Consider Telemedicine

For those visitors who are staying in remote locations, or have a problem that can be easily diagnosed over the Internet, like a jellyfish sting, consider telemedicine. The ability to see a doctor from the convenience of your mobile device, tablet, or laptop can help you save a great deal of time. Typically, when you walk into a clinic you have to wait in line, but with a telemedicine visit you can either schedule an appointment with the doctor when it's convenient for you or enter a virtual waiting room. After the online visit the physician can quickly call in your prescription to the nearest pharmacy so you can go back to enjoying your vacation.

BHPI Calendar of Events

AUGUST

August 7
Team Wellness Center
Annual Golf Outing
TPC Michigan, I Nicklaus Dr.
Dearborn, MI
8:30am Shotgun Start
(734) 756-9867

August 10
Northeast Guidance Center
Kruize4Kids
Jefferson Beach Marina, St. Clair Shores
5:30p-9:30p
\$150 per person
(313) 308-1416

August 18
BHPI
15th Anniversary Celebration



The Well Aware
Quarterly Newsletter
Is published by BHPI
1333 Brewery Park Blvd., Ste 300
Detroit, MI 48207
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