



Until now I've only visited US destinations, and am worried about medical coverage on my Asian trip next month. I need daily doses of four prescription meds, and worry about suddenly getting sick in a foreign city and needing a doctor or refill prescription. Suggestions? Mrs. *LRMc R, Waco TX*

A: First, be sure the current plan includes China. Check with your insurance company about any needed supplemental coverage. Also, before you go, fill all prescription meds in the event you run out, adding a week or so extras in case you're delayed.

To play it safe, don't get subscriptions filled in foreign countries where regulations aren't too strict on retailers' products. And, when you bring foreign-made meds back with you, be sure to declare them upon arrival to U.S. Customs, with a copy of your prescription and doctor's note.