



Human Resources
MSC 7009
James Madison University
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(540) 568-3970 Benefits

Going on vacation or out of the country? – Plan Ahead When Traveling

Prescription Medications

Plan ahead don't wait until the last minute if you are leaving town or the country for a trip and need an extra supply of your prescription medication. COVACare or COVA HDHP members may receive one early refill (up to a 34-day supply or 90-day supply) from a retail pharmacy that participates with the health plan or through the plan's mail service pharmacy. But if travel will be for a longer period, you will need to fill out a prescription drug refill exception form available on the Department of Human Resource Management's (DHRM) website at www.dhrm.virginia.gov under Compensation and Benefits, Health Benefits, For Employees, COVACare or COVA HDHP, Prescription Drugs. The form should be submitted as soon as you know about your trip. It may be completed online and printed. Send a signed version by fax to 804-371-0231 or mail directly to DHRM (mailing address is on the form). **Allow at least two weeks for processing.**

Traveling in the US

Get a list of BlueCard PPO providers in case you need one at your destination. Go to www.bcbs.com. This is the BlueCard Web site. Select the BlueCard Doctor & Hospital Finder from the menu on the left. Type in your YTX prefix (as shown on your ID card) and follow the instructions to get a list of doctors and facilities near your destination. Put the list in your suitcase.

Traveling Abroad

Go to www.bcbs.com. Select BlueCard Worldwide from the menu on the left. Click on Search for Hospitals and Doctors to get a list of doctors and facilities nearest to your destination. Put the list in your suitcase.

Carry your ID card with you when traveling

If you leave in a hurry and have no time to get that list of BlueCard PPO providers what can you do? You can always call the BlueCard toll-free number at 1-800-810-2583. This number is on the back of your ID card. This is why it is important to always carry your ID card with you!