

ЗА ПЕРЕДЕЛАМИ  
ВОЗМОЖНОГО

## Dear Colleagues,

It has been some time since our last field trip for the Cyclos meeting, so we would like to remind you of the importance of health and safety during the upcoming trip.

Please thoroughly review the information provided in the links and attachments to this email. These details will be useful in case of difficulties or emergencies.

### 1. Prepare yourself before you travel

**Prepare and carry copies of your documents** (passport, payment card, insurance policy) in advance.

It is convenient to save these copies in your personal electronic storage (not on a Roche account) for quick access. It is recommended to leave your passport in the hotel safe during the trip.

- **Bring a supply of necessary medications** in their original packaging with instructions and prescriptions.
- **For those flying to the event location**, pack documents, personal medications and prescriptions, and your work laptop in your carry-on luggage. Do not check them in. Do not forget chargers for your phones and laptops.

### 2. Security and health travel advice

**Stay home if you feel unwell before the trip.** Inform your immediate supervisor and Nina Koval.

- Medical assistance or consultation for health issues during the event is available through the insurance provider Zetta by calling 8(800)100-58-00 or via the MyZetta\* app.

### 3. Seeking help

Immediately report any incidents or suspicious situations to the organizers. An emergency medical team will be on standby at the hotel for urgent medical assistance.

*\* The Roche voluntary medical insurance covers all employees on business trips. An insured event is defined as seeking medical assistance during the policy period for health deterioration due to an acute illness (condition), exacerbation of a chronic illness, injury (including burns, frostbite), poisoning, and/or other cases specified by the insurance program, as well as pharmacy visits. The insurance coverage does not apply to employees of contracting organizations.*

### Keep safe and healthy while traveling!

Best regards,  
The Project Team