

Information concerning the effect of air travel

Transport of medical patient by aircraft is, in most cases, the quickest and convenient way. Transport by aircraft has an comparative advantages in smoothness, with less vibration and motion. However, passenger's (patient's) state of health may deteriorate consequently from long flight time and high altitude. For these reasons, not all passengers (patients) are suitable for air travel.

Aircraft fly at an altitude of 9,000–12,000 meters (30,000–40,000 feet) through the stratosphere at almost the speed of sound, 900km per hour (560 miles per hour). At high altitude and where barometric pressure is much lower than on ground, aircraft cabin is mechanically pressurized during the flight. The cabin air pressure during the cruise is maintained at equivalent to that of 1,500–2,100 meters (5,000–7,000 feet) . However, cabin air pressure changes greatly during 15–30 minutes after takeoff and landings.

Air pressure:

As air pressure becomes lower, the gas trapped in the body, which dose not get discharged, expands during flight.

This may put pressure on affected parts or internal organs, and may cause pain and/or difficulty in breathing.

Oxygen density:

Person having problems with respiratory organs, heart, cerebral blood vessel and serious anemia will be affected by decreasing oxygen density at high altitudes. Also expected mother in the final stage of pregnancy and newborn babies may also be effected.

From above reasons, in order to assess the fitness of the passenger (patient) for air travel, person travelling with any of the following conditions will be requested to prepare a medical certificate and submit when making a reservation.

- ① Person whose medical condition requires Oxygen supply (inhalation), carriage and/or use of medical equipment and/or instruments, and any treatment onboard the flight.
- ② Person who needs Stretcher onboard the aircraft.
- ③ Person with serious sickness or injuries.
- ④ Person who comes under any one of the categories listed on the following page.
- ⑤ Other than above, person whose fitness for air travel is in doubt, as evidence by recent instability, treatment or surgery.

A credible medical certificate for an air travel must be issued within 14 days, including the day of departure, but excluding the cases below.(

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|---|---|
| * For use of stretchers | Must be issued within 10 days, including the day of departure |
| * Pregnant woman whose confinement may be expected in less than 28 days | Must be issued within 7 days, including the day of departure |
| 1) EDD(estimated delivery date) is within 28days from departure date | |
| 2) EDD unknown | |
| 3) Expecting multiple birth | |
| 4) Experienced premature delivery and miscarriage in the past | |
| * For newborn baby | Must be issued within 2 days, including the day of departure |

(Advance reservation is possible even before the above period)

(Note 1) If the expiration date is separately determined by a physician, it is not necessary to resubmit within the expiration date.

If the company determines that adverse change of the passenger's (patient's) medical condition is observed, we shall ask the passenger (patient) to submit a new medical certificate to reconfirm the fitness for air travel.

For passengers:

Please read the "Necessary Arrangements" agreement before signing.

You are not required to present the medical information form upon check-in.

Please be sure to send the medical information form the Priority Guest Center 48 hours prior to departure.

For attending physician:

Please fill out the Medical Information Form (MEDIF).

Please determine the fitness of the passenger (patient) for the purpose of air travel by taking the whole itinerary into consideration. We would also appreciate any comments about the current condition and suggestion for the proposed travel in the lower remarks space.

Guidance for the attending physician

Person who are suffering and/or suspected of having any infections or/and contagious disease shall not be accepts for air travel

Persons under the following conditions are generally considered unfit for air travel.

However, if the medical conditions or the state of health of the person is considered stable and the physician certifies the person as "Fit to Travel" with the prognosis, passenger may be accepted for air travel after airline assessment, thus please consult with our reservation representative.

- 1, Critical cardiac diseases: severe cardiac failure, unstable angina pectoris, within 6 weeks after acute myocardial infarction, uncontrolled severe arrhythmia; unstable condition after cardiac surgery including catheterization (within 21 days), within 72 hours after angiography, within 4 days after angioplasty, pulmonary edema,
- 2, Thrombophlebitis of legs, deep vein thrombosis which has not been treated, pulmonary embolism.
- 3, Severe respiratory failure, severe COPD, severe bronchial asthma, pneumothorax that lungs are not fully inflated, haemopneumothorax, pneumonia, emphysema, pulmonary fibrosis, within 14 days after chest surgery,.
- 4, Acute phase of stroke (cerebral infarction, subarachnoid hemorrhage, intracerebral bleeding, TIA) within 4 weeks, increased intracranial pressure, uncontrolled cramped seizure (epileptic), within 14days after cranial surgery and air remains in cranium,
- 5, Severe anemia, sickle cell anemia, haemoglobinopathies.
- 6, GIT bleed, gastro-intestinal disease with possible risk of bleeding and melena (acute phase of gastric or duodenal ulcer), ileus, within 1 week after colon polypectomy, colon tested on the day, within 14 days after major abdominal surgery including appendectomy and laparoscopic surgery (keyhole), within 14days after investigative laparoscopy.
- 7, Acute phase of ENT disease (otitis media, sinusitis), within 14 days after middle ear surgery and tonsillectomy, wired jaw, difficulty opening mouth,
- 8, Within 14 days after surgery and injury that any gas remains in globe (intra-ocular surgery, penetrating eye injury), cataract surgery, corneal laser surgery,
- 9, Postoperative wound does not recover completely, any gas remains in the inside of the body after surgery.
- 10, Acute phase of decompression sickness (dysbarism).
- 11, Within 48hours after severe fracture with full plaster cast, burns.
- 12, Communicable illness which has a risk of transmission during flight (influenza, whooping cough, measles, mumps, rubella, chickenpox, pharyngoconjunctival fever, COVID-19, tuberculosis, epidemic keratoconjunctivitis, acute hemorrhagic conjunctivitis, meningococcal meningitis).

As a rule of prohibition from attending school in Japan, same rule is applied for air travel. The medical certificate is not required for rubella, chickenpox, meningococcal meningitis, tuberculosis, epidemic keratoconjunctivitis, or acute hemorrhagic conjunctivitis cases after 11 days from onsets.

Disease	Period when Medical Certificate is necessary
1 Influenza	Within 5days of onset, and 2 days after temperature has dropped (3days in case of infant)
2 Whooping cough	Until the characteristic cough is suppressed, or until 5days treatment with antibiotics is ended
3 Measles	3 days after his/her temperature has dropped
4 Mumps	Within 5days of onset of the swelling on submandibular, sublingual and parotid gland, and major symptoms general condition recovered
5 Rubella	Until the eruption disappears
6 Chickenpox	Until all eruption become scabs
7 Pharyngoconjunctival	2 days after the main symptom disappears
8 COVID-19	Until 5 days have passed after the onset of symptoms, and 1 day has passed after symptoms
9 Epidemic keratoconjunctivitis	Until a physician or a pediatrician evaluates that the disease becomes non-contagious
10 Acute hemorrhagic conjunctivitis	
11 Tuberculosis	
12 Meningococcal meningitis	

- 13, Pregnant woman whose EDD (estimated delivery date) is within 28 days from departing date. Escort by an obstetrician is required if EDD is within 14 days for international flight and 7 days for domestic flight. Escort is not required if EDD is out of the above periods and obstetrician certifies the fitness for travel.

- 14, Newborn baby within the first 7 days after birth.

End

MEDICAL INFORMATION FORM (MEDIF)

To be completed by the attending physician

The attending physician is requested to answer all questions.

Enter a cross "X" in the appropriate "Yes" or "No" boxes, and/or give precise and concise answers. Completion of this MEDIF form in BLOCK LETTERS or by TYPEWRITER will be appreciated.

<Note 1> As for MEDA3, please write so that non-medical personnel are able understand. As for MEDA4, please consider the effect of flight.

<Note 2> Cabin attendants are not authorized to provide personal care services, such as assistance in using lavatory facilities or with eating and drinking. Additionally they are trained only in FIRST AID and are not authorized to administer medical care service

<Note 3> Additional charges will be applied for carrier provided equipment and arrangements. (To be paid by the patient)

<Note 4> Please provide this MEDICAL INFORMATION FORM within 14 days prior to the flight. (If a stretcher is required, within 10 days prior to the flight.)

If there is an expiration date specified by the physician, please fill in the expiration date in the remarks column.

MEDA1	Patient's name, Initial(s), age, gender:	Age:	Gender:
MEDA2	Name of the attending physician: Name of hospital or clinic & profession:	Address:	
	Telephone number Business:	Home:	
MEDA3 <Note 1>	Diagnosis in detail (including vital signs):		
	When did the first symptoms appear (Day/Month/Year): (Dates of operations, if any)		
MEDA4 <Note 1>	Prognosis for the flight(s) Please consider the itinerary and its potential effect on the patient's state of health	Fit <input type="checkbox"/> Not Fit <input type="checkbox"/>	Prognosis for the return flight (if any) Fit <input type="checkbox"/> Not Fit <input type="checkbox"/>
MEDA5	Contagious and/or communicable disease?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If "Yes," specify: (e.g. the possibility of infection to others, preventive measures against infection)
MEDA6	Would the physical and/or mental condition of the patient be likely to cause distress or discomfort to other passengers?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If "Yes," specify:
MEDA7	Can the patient use a normal aircraft seat with the seatback placed in the upright position when so required?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If not, is a stretcher needed on board? Yes <input type="checkbox"/> No <input type="checkbox"/> ※An extra charge and adjustment of the flight are required. Preliminary arrangements are needed with the airline.
MEDA8	Can the patient take care of his/her personal needs without any assistance? (e.g. use of lavatory facilities, eating and drinking) <Note 2>	Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDA9	If an escort is required, is the person a doctor, nurse or someone authorized by a doctor? <Note 2>	Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDA10	Does the patient need oxygen equipment in flight?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If "Yes" Liters per minute <input type="text"/>
	Is continuous use of oxygen required including at takeoff and landing?	Yes <input type="checkbox"/> No <input type="checkbox"/>	※Select oxygen delivery method <input type="checkbox"/> Synchronized oxygen delivery <input type="checkbox"/> Continuous flow oxygen <input type="checkbox"/>
	Can the patient or escort operate the medical oxygen bottle?	Yes <input type="checkbox"/> No <input type="checkbox"/>	※A breath-synchronized respirator is a device that supplies oxygen from an oxygen tank to a patient in synchronism with each inhalation.
MEDA11	Does the patient need medication other than self-administered and/or the use of medical equipment? (e.g. respirator, suction device, etc.) <Note 2/Note 3>	(a) on the GROUND while at the airport(s):	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	If "Yes," specify: ■Manufacturer: _____
MEDA12	Is the use of a battery (including spare batteries) for a medical device critical to life support?	(b) on board the AIRCRAFT:	
		Yes <input type="checkbox"/> No <input type="checkbox"/>	→ ■Product name: _____ ■Type of battery: _____ ※ Depending on the type, quantity and capacity of the battery, it may be considered as a restricted item for air transportation.
MEDA13	Does the patient need hospitalization? (If yes, indicate arrangements made or, if none were made, indicate "NO ACTION TAKEN.")	(a) during long layover or overnight stop at CONNECTING POINTS en route	
Yes <input type="checkbox"/> No <input type="checkbox"/>		→ If "Yes," specify:	
MEDA14		(b) upon arrival DESTINATION	
Yes <input type="checkbox"/> No <input type="checkbox"/>	→ If "Yes," specify:		
MEDA15	Other remarks or information in the interest of your patient's smooth and comfortable transportation.	Yes <input type="checkbox"/> No <input type="checkbox"/>	→ Specify if any: <Note 3>
MEDA16	Other arrangements made by the attending physician:		

We would appreciate any general comment about the patient's condition or suggestion for the proposed air travel.

(If it is judged to be appropriate at the request of the customer (patient), please fill in.)

Medical Information Form considers it effective until _____ (expiration date/year) because the condition of the patient is stable.

Prognosis as above.

Date<Note 4>: _____ Attending Physician: _____ Signature (Attending Physician): _____

Necessary Arrangement Request

<To be completed by the passenger>

FLIGHT	Flight No. _____	Date _____ Month _____	Reservation No. _____	Sector: from _____ to _____
	Flight No. _____	Date _____ Month _____	Reservation No. _____	Sector: from _____ to _____
	Flight No. _____	Date _____ Month _____	Reservation No. _____	Sector: from _____ to _____
	Flight No. _____	Date _____ Month _____	Reservation No. _____	Sector: from _____ to _____

1. Do you need wheelchair service at the airport?

No

Yes → Mobility level:

Requires assistance to/from the cabin seat. (WCHC)

Can not ascend/descend steps, but able to walk in the cabin. (WCHS)

Can ascend/descend steps, but requires wheelchair for walking long distance. (WCHR)

2. Are you traveling with your own wheelchair?

No

Yes Please answer questions ① to ④.

<p>① Wheelchair size</p> <p>(Weight: kg) <input type="checkbox"/> Foldable</p> <p>(Width (W): cm) <input type="checkbox"/> Non-foldable</p> <p>(Depth (D): cm) <input type="checkbox"/> Seat height and angle adjustable wheelchair</p> <p>(Height (H): cm)</p> <p>※ If you have a collapsible wheelchair please input the size when it is collapsed.</p>	<p>② Wheelchair type</p>	<p>③ Power source</p> <p><input type="checkbox"/> Manual wheelchair</p> <p><input type="checkbox"/> Electric wheelchair *1 → Is the battery removable? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><input type="checkbox"/> Nickel hydrogen battery</p> <p><input type="checkbox"/> Nickel cadmium battery</p> <p><input type="checkbox"/> Lithium-ion battery</p> <p><input type="checkbox"/> Lead battery</p> <p><input type="checkbox"/> Gel battery</p> <p><input type="checkbox"/> Silicon battery</p> <p><input type="checkbox"/> Non-spillable battery</p> <p><input type="checkbox"/> Spillable battery</p>
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④ Will you carry spare batteries? *2

Yes

No

⑤ Where will you check in your wheelchair? *3

At check-in counter

At boarding gate

Supplement *1 : Please be advised that our airport staff will visually check the specification of the electric wheelchair. We recommend you bring the operation manual if the battery is attached in a location where it is difficult to check.

*2 Up to two spare nickel metal hydride (Ni-MH) or nickel cadmium (Ni-CD) batteries are permitted in checked baggage. A maximum of one spare Lithium-ion battery not exceeding 300 Wh or two spares each not exceeding 160 Wh may be carried in the passenger cabin. Only one spare non-spillable battery can be accepted as checked baggage. Spare spillable batteries cannot be accepted neither as carry-on baggage nor checked baggage according to applicable law.

*3 : As it may not be possible to load an electric wheelchair at the boarding gate due to facility limitations or conditions on the date of departure, we would appreciate your cooperation to check it in at the check-in counter.

3. Do you need to use an onboard wheelchair in flight (to go to lavatory, etc.)? No Yes

4. Do you need to use medical oxygen in the cabin?

No

Yes → Will you bring your personal medical oxygen bottle?

Do you wish to use a carrier owned medical oxygen bottle (There is a charge for oxygen bottles supplied by us. Unused oxygen cannot be refunded.)

(You will need to operate the medical oxygen bottles by yourself)

5. Will you use non-emergency ambulance transportation?

(Departure)	No	<input type="checkbox"/>	Company Name and Contact Details	
	Yes	<input type="checkbox"/>	From:	
(Arrival)	No	<input type="checkbox"/>	Company Name and Contact Details	
	Yes	<input type="checkbox"/>	Destination	

7. Personal escort

No	<input type="checkbox"/>	1. Name: _____ Age: _____ Gender: _____	<input type="checkbox"/> Physician <input type="checkbox"/> Nurse <input type="checkbox"/> Others (_____)
Yes	<input type="checkbox"/>	2. Name: _____ Age: _____ Gender: _____	<input type="checkbox"/> Physician <input type="checkbox"/> Nurse <input type="checkbox"/> Others (_____)

Agreement

I hereby authorize _____ (Name of nominated attending physician)

to provide the airlines with information required by the airlines' medical department for the purpose of determining my fitness for carriage by air and in consideration there of.

I hereby relieve that physician of his/her professional duty of confidentiality in respect of such information and agree to meet such physician's fees in connection therewith.

Date: _____ Passengers signature: _____

(or a Representative)

(for airline use) Original copy of the "MEDIF" and "Necessary Arrangement Request" shall be returned to the passenger. The departure airport shall create a copy, deliver one set to the cabin crew and retain another set at the departing station. (Retain for one year) Cabin crew shall deliver the copy to the arrival station.