

TIPS • TRAVEL ADVICE • EXPERT INSIGHT • AND MORE

# The Ultimate Healthcare Traveler's Guide



Presented by:

**springboard**

HEALTHCARE STAFFING + EDUCATION



# YOUR ADVENTURE AWAITS

## READY...SET...TRAVEL!

Have you ever wondered what it would be like to be a traveling healthcare professional? Well, we've got you covered! We're so excited to share this guide with you, created with information gathered from people just like you, who wondered what it would be like to become a traveling nurse or technologist.

### **Traveling offers many benefits over traditional employment:**

- Better pay, less politics
- Freedom and flexibility
- The chance to explore new places
- Work in state-of-the art, *Fortune* Top 50 facilities
- Learn new skills and become more marketable
- Amazing personal growth through new experiences and opportunities



## TOP 12 THINGS TO KNOW ABOUT BEING A TRAVELER

### 1) What is a travel RN or technologist?

Travel positions at hospitals and other healthcare facilities open up when there are staffing shortages in that area. This can be due to reasons like seasonal shifts, expansion within the hospital, or a lack of workers with the needed skills in a particular geographic location.

When there is a shortage, facilities must find a way to fill the gaps and support their existing staff. They often turn to staffing agencies like Springboard Healthcare to find RNs and technologists who travel to work where these needs are.

### 2) How long are travel assignments?

Travel assignments are typically 13 weeks. However, we have placed travelers in shorter and longer assignments. Assignments can also come with the possibility for an extension or going temp-to-perm, if the traveler is interested in those options.

A traveler can stay in a location for up to one year and can receive non-taxable per diems in addition to their regular hourly pay. Should you need predetermined time off during or between assignments, we're often able to work with facilities to incorporate that into your contract.

If you would like to move to a new facility after your current assignment, our team will proactively lead the charge to identify new job opportunities before your assignment ends. Springboard will work hard to not just find you your next assignment, but will help you think about the bigger vision you have for your career.

We want to make sure each assignment is a positive stepping stone toward reaching your overall career and life goals.

### 3) What types of hours do travelers work?

Travelers typically work the same hospital shifts as a facility's permanent staff (i.e. 3x12, 4x10, 5x8). Most travelers work 40 hours per week. Depending on the unit, a traveler may have the opportunity to work overtime, call, and call back hours for additional income.

## 4) Where can travelers work?

Springboard Healthcare offers exciting travel assignments in all 50 states. From big cities to cozy communities, large teaching hospitals to small rural facilities, we can help you find a dream destination that fits your lifestyle and preferences.

## 5) Who is the ideal candidate for travel staffing?

Healthcare professionals with flexibility, a positive outlook, excellent clinical skills, and an eagerness to enjoy new adventures are ideal traveler candidates. Being a quick learner, good communicator, and being open to change are also important qualities to have.

Each new assignment provides an opportunity to enhance your skill set and career by working alongside seasoned professionals while learning the latest techniques using state-of-the-art technologies. A travel position is also great for anyone wanting to visit a particular area of the country or for anyone thinking about moving to another area, but wants to try it out first. Some even consider travel if they have family members in other parts of the country that they wish to spend time with.

## 6) How much more can I make as a traveler?

According to our most recent Cath/EP/IR Wage Survey, travelers earned 47% to 86% more than their permanent counterparts in 2021 (depending on license and specialty). Travelers also enjoy receiving substantial tax-free per diems in addition to their regular hourly pay during their assignment. As a travel staffing company with over 20 years of experience, the Springboard Healthcare team works hard to negotiate the best possible compensation package for our travelers.

## 7) What benefits are available to me as a traveler with Springboard?

### BENEFITS OF A TRAVEL CAREER WITH SPRINGBOARD HEALTHCARE:

- Enjoy having your own personal Relationship Manager, whose sole purpose is to help you find the best job at the best pay. They have your back every step of the way.
- We have relationships with hospitals in all 50 states! Let us know what dream work destinations appeal to you and watch the opportunities pile up.
- Outstanding benefits: medical, dental, vision, short and long-term disability, and a 401(k).
- Free online Cath lab and EP lab courses that earn you CEUs and help prepare you for the RCIS/RCES exams.
- Work with us for one consecutive year and receive your own FREE custom tailored and designed lead!
- Springboard supercharges your job search, backed by 20+ years in staffing Cath, EP and IR labs across the nation!



We understand the importance of having access to quality medical and retirement benefits. Our travelers are eligible for an outstanding benefits package that includes medical, dental, vision, disability, a 401(k), and more.

## **8) What should I take into consideration before I start traveling?**

Facilities pay a premium for a traveler's ability to quickly step in and offer their expertise in times of need. As a result, Springboard's Joint Commission standards require that travelers have a minimum of 24 months of experience prior to their first assignment. Traveling healthcare work is also best suited to those with a sense of adventure, who enjoy new experiences, want to learn in new environments, meet new people, explore new surroundings and advance their skill set.

## **9) What costs are associated with being a healthcare traveler?**

Costs to the traveler are typically minimal. Springboard provides tax-free housing and meal stipends to all travelers who work assignments 50 or more miles away from their current tax home. We also reimburse travel expenses from your tax home to the assignment location and back. However, travelers will need to pay for typical living expenses such as clothing, utilities and entertainment. We often work with our travelers to help them create a budget prior to starting their first travel assignment.

## **10) What are some of the typical challenges travelers face?**

According to our travelers, the biggest challenge is adapting to the new surroundings in your assignment city and facility. Every hospital operates a bit differently (different technology systems, doctors to interact with, etc.), which can be an adjustment. Although, our travelers do say that this gets easier as you become a more experienced traveler.

Finding quality housing is also a top priority among our travelers. We recommend starting your search at [furnishedfinder.com](https://www.furnishedfinder.com), a website specializing in helping traveling healthcare workers find short-term, furnished housing.

## **11) What perks do Springboard travelers get?**

In addition to excellent pay and benefits, Springboard also offers free continuing education to our travelers. Training is available through our flexible, online CathLab Academy and EP Academy courses. These courses, developed in collaboration with Duke Heart, allow nurses and technologists who travel with us to earn continuing education credits and prepare for the RCIS and RCES exams, if so desired. You also get FREE custom tailored and designed lead after working with us consecutively for one year!

## **12) What is the best part about being a traveler?**

Traveling provides an opportunity to get excited about your career all over again. At Springboard Healthcare, you have a dedicated Relationship Manager who is on your journey with you. They work to understand your career goals and collaborate with you on career choices to help meet your goals. What is important to you is important to us!

Whether you want to build your resume, see the world, experience professional growth, work in world-class environments, or fulfill personal goals, traveling is an adventure you won't want to miss. Along with that adventure comes an increase in income and less involvement in hospital politics, benefits all our travelers cite as key factors in their decision to travel.

# TRAVELER FINANCE TIPS



## THE IMPORTANCE OF BEING A SAVVY BUDGETER

Working as a traveling Cath, EP, or IR nurse or technologist certainly has its rewards, including better pay and working at amazing facilities of your choice! However, when your paycheck grows, so do the tempting opportunities to overspend while on assignment. That makes creating a game plan for managing your short and long-term finances even more important. This can be a struggle, which is why Springboard and your Relationship Manager are here to help provide the tools you need to be successful in every way while moving from assignment to assignment.

## MONITOR YOUR MONEY

With expenses and income that can fluctuate by location, it's critical to monitor your money and understand where it goes. You might be surprised to find out how much you spend on utilities, food, gas, entertainment, or other items. Once you have a complete view of your spending, you can begin to identify waste, create a budget and set obtainable savings goals. Plus, by understanding your financial needs, you can make sure the assignments you accept support your needs.

## SET A PERSONAL BUDGET

Once you have a good idea of how you spend your money, it's time to set a personal budget. This

is basic, but it's amazing how many people don't do it.

1. List your net income after taxes and deductions in a spreadsheet.
2. Line by line, add any fixed costs such as a car payment or utilities to the spreadsheet. Most likely there won't be any opportunities to save here.
3. List any variable expenses such as food, gas, and entertainment. These are the areas that provide opportunities to save.

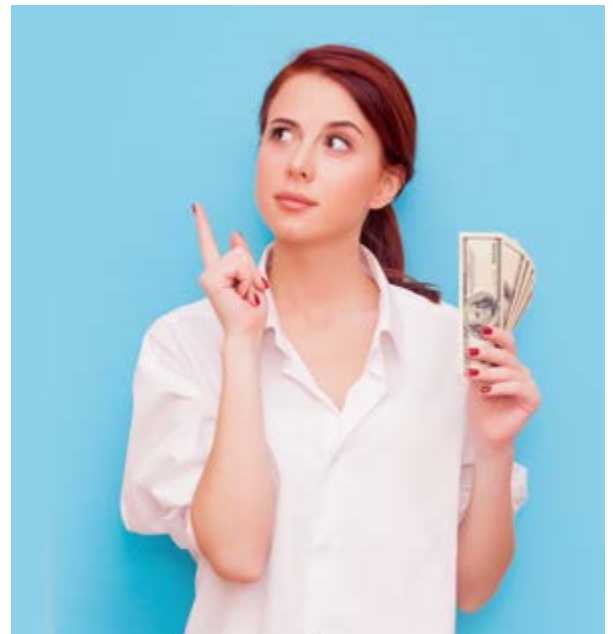
A spreadsheet will work just fine, but many of our travelers enjoy using budgeting apps to make the process easier. Here are a few of their favorites:

- **Wally** is a popular app that lets you manually log your expenses and store pictures of receipts all within a well-organized virtual budget journal. It syncs with your bank account and provides you detailed information on your spending.
- **PocketGuard**, a free app that boils budgeting down to the simplest state - how much money you can spend and how much you have left.
- **Goodbudget** provides a virtual envelope for each spending area to help you get a clear picture of your budget and better manage your spending.

## DEALS AND DISCOUNTS

To stay on track with your budget and get the most from every dollar, taking advantage of deals and discounts is something many of our travelers do. To help you get started in being the ultimate deal master, here are a few useful tools:

- **RetailMeNot** allows you to search for the store where you want to shop at and provides a list of in-store and online discounts you can claim.
- **Groupon** is a great website to get tips on local deals as you explore your new city and the surrounding area. Groupon offers excellent discounts for everything from fun attractions and great food to massages and other activities.
- **GetUpside** is an awesome app that gives you cash back on gas, restaurant, and grocery store purchases. Simply check into a participating location and claim their cash back deal through the app.



## SAVINGS GOALS

Unfortunately, most people do not save enough money for things like life's emergencies or retirement. Creating strong saving goals helps protect you now and in the future. To create effective savings goals, consider both short-term and long-term:

- **Short-term goals** — These are items you can achieve in one year or less. Maybe you're setting up an emergency fund or saving for a large purchase like furniture.
- **Long-term goals** — Loftier goals, such as saving for your child's education or retirement, can take many years and fall into the long-term category.

The next step is the hardest. Committing to reaching your financial goals. Here are some easy first steps to get moving in the right direction:

- Save a percent of your pay from each assignment.
- If you receive a raise or bonus, put some or all of it into savings.
- Consider taking advantage of Springboard Healthcare's 401(k) program.

Here are a few savings tools that may help reaching your goals easier:

- **Stash** allows you to not only save money but invest in a stock portfolio as well. With the ability to invest in fractional shares, users at any investment level can participate.
- **Digit** is an all-in-one app that helps you budget, save, and invest. Set it to save a little every day so your bills are a breeze when the due dates come.
- **Qapital** is a unique app for saving and budgeting that can be used individually or as a couple. Set your savings goals and watch the achievement meters climb thanks to automatic savings micro-transactions that painlessly go along with your regular spending.

*\*The aforementioned financial tips and service/app examples are listed for informational purposes only. Before making any changes to your existing financial practices, please consult an experienced financial advisor and tax consultant.*





# FIND YOUR DREAM JOB



## YOUR ADVENTURE AWAITS...LET'S CHAT!

The life of a traveling healthcare provider is one full of exciting opportunities, unique experiences, and new friends. Whether you're in the early part of your career or a seasoned professional, Springboard is here to help make your future shine and take you places you never thought possible.

If you're interested in learning more about becoming a traveling nurse or technologist, our team of relationship managers is here to help. Contact us at [sales@springboardhealthcare.com](mailto:sales@springboardhealthcare.com) or (866) 465-6286.


EXPLORE TRAVELING


QUICK APPLICATION


# springboard

HEALTHCARE STAFFING + EDUCATION

 866.465.6286

 [sales@springboardhealthcare.com](mailto:sales@springboardhealthcare.com)

 [springboardhealthcare.com](http://springboardhealthcare.com)

 6910 E. Chauncey Lane, #120, Phoenix, AZ 85054