
Student Health Review Worksheet

Purpose of this form:

1. To review health issues in preparation for travel.
2. As a reference to keep with you while traveling.
3. For medical emergencies where others need to know this information.

Evergreen will NOT collect this form or require this information from you. However, you may voluntarily choose to share information with faculty or staff if it will assist you in preparations.

Name: _____ Phone: _____

Evergreen ID: _____ Age: _____ Birthdate: ____/____/____
Month Day Year

Study Abroad Program/ILC/etc: _____

Faculty, if any: _____

Destination Countries: _____

Travel Date Start: _____ Return: (est. OK) _____

Step 1: The countries you are visiting all have some kind of health risks. It is very important that you make yourself aware of these risks so that you may take precautions, such as immunizations, preventive medications, insect protections, avoidance strategies, food & water safety, preparing for environmental and climate risks, among others. Use these resources to understand the various health risks that you may encounter:

- **International Organization for Medical Assistance to Travelers:** Join for free. <https://www.iamat.org/>
- **U.S. Centers for Disease Control:** <https://www.cdc.gov/>
- **World Health Organization:** <http://www.who.int/home>
- **U.S. State Department: Country Information:** <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>
- **U.S. State Department: Your Health Abroad:** <https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html>
- **Travel Health Apps:** <http://www.globaltravelerusa.com/stay-safe-and-healthy-with-mobile-travel-apps/>

Step 2: Use the **Worksheet and Links** below to review your health conditions for your planned study abroad situation. Remember that anything that has been a health concern for you in the U.S. is likely to continue, or be even more challenging when studying abroad. Most sections have links to helpful websites to help inform you of risks and strategies for staying healthy or seeking assistance.

Step 3: We strongly recommend you consult with one of the following as part of your health and safety planning. Your completed Student Health Review will assist your health provider in advising you for your destinations. Note however that Evergreen does not require your health provider signature or approval as part of this process.

- Your personal health provider.
- Your personal mental health provider.
- Evergreen Student Wellness Services: Travel Consultation <http://www.evergreen.edu/health/travel-consult>
- Evergreen Student Wellness Services: Counseling Services <http://www.evergreen.edu/health/counseling>
- Evergreen Access Services: www.evergreen.edu/access and www.miusa.org

A. Physical Constraints: Do you have any physical or mobility constraints that might affect your ability to participate in study abroad program activities (e.g. that affect your ability to walk, climb stairs, carry luggage, or sit or stand for long periods). If yes, what will be its impact on your daily activities and how do you plan to manage it while abroad? How will your country destination support or challenge these constraints?

___ No ___ Yes, the following:

Condition _____

Plan _____

B. Disabilities: Do you have a disability documented with Evergreen’s Access Services Office for which you intend to request reasonable accommodation for your time abroad? Has a plan been established? If not, you will need to contact Access Services to discuss your disability-related request well in advance of the start date of your program. At least six weeks lead time is recommended so that Evergreen faculty and staff have sufficient time to make overseas accommodations, if necessary.

- **Mobility International:** Disability Planning: <http://www.miusa.org/>
- **Access Services:** <https://www.evergreen.edu/access>

___ No ___ Yes, the following:

Condition _____

Needs _____

C. Health Condition: Do you have a health condition, (e.g. pregnancy), an injury (e.g. broken bone), or an illness (e.g. diabetes, asthma, seizures) that will require monitoring or continued treatment while abroad? Consider each condition, and develop a plan for monitoring, treatment and care while abroad. What support services will you need to access at your destination? Note that visas for some countries require tests results for such things as Tuberculosis or HIV, for example.

- **US Embassy Locator:** <https://www.usembassy.gov/>, US Citizen Services – Local Resources – Medical Assistance Lists
- **Health Care Abroad:** <https://wwwnc.cdc.gov/travel/page/getting-health-care-abroad/>
- **The Body: Traveling When You’re HIV Positive:** www.thebody.com/index/treat/oi_prev_travel.html?sa
- **Your insurance website:** May have links to country destinations with detailed health information and resources.

___ No ___ Yes, the following:

Condition _____

Plan _____

D. Mental Health: Do you have a mental health condition (e.g. depression, anxiety, addiction, substance abuse, eating disorder, post-traumatic stress disorder) that may require continued treatment or management while abroad? Consider each condition and develop a plan for treatment or management while abroad. What support services will you need to access at your destination? Does your insurance cover treatment while studying abroad? If so, how do you access it?

- **E-Library & Tip Sheets:** <https://www.iamat.org/elibrary>
- **Mobility International:** <http://www.miusa.org/resource/tipsheet/mentalhealthprep>
- **Student Advice:** <https://www.diversityabroad.com/study-abroad/articles/managing-mental-health-abroad>

___ No ___ Yes, the following:

Condition _____

Plan _____

E. Allergies: Do you have any dangerous or life threatening drug, food, or insect allergies that may cause a severe physical reaction (e.g., swelling, difficulty breathing, hives, vomiting)? Develop a plan for any ongoing treatment or special precautions you intend to take while abroad (e.g. epipen). How common are food allergy items in the destination culture? What dangerous insects are present at your destination?

- **Food Allergies:** <https://www.foodallergy.org/life-with-food-allergies>
- **Allergy Translator App:** <http://allergyft.com/>
- **Travel Safely with Food Allergies:** <https://www.iamat.org/elibrary/view/id/200161>
- **Travel Doctor:** <http://www.traveldoctor.co.uk/stings.htm>

___ No ___ Yes, the following:

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Concern _____

Plan _____

F. Dietary Restrictions: Do you have any dietary restrictions to plan for? (gluten free, vegan, diabetic, food allergies, etc). Have you researched availability of important food preferences for your destination? How will you inform any host families you plan to stay with? Do you have a history of any eating disorders that might affect your experience? (anorexia, bulimia, etc)

- **Dietary:** <https://www.cheapflights.com/news/how-to-travel-well-with-dietary-restrictions>
- **Gluten Free:** <https://glutenfreepassport.com/>

___ No ___ Yes, the following:

Dietary Concern _____

Plan _____

G. Prescription Medications: Are there any medications (e.g. inhaler, anti-depressant, insulin, pain medication, birth control) that you will need to take while you are abroad?

- Prepare a list of your medications by brand and generic names (used internationally).
- Plan to bring an adequate supply in the original container and a prescription for refills from your physician with a letter of explanation of your condition and dosage information. Do not plan on mailing medications from the U.S. to your destination. Consult with your insurance provider, who may have additional resources or advice. <https://www.iamat.org/blog/what-you-need-to-know-about-travelling-with-medications/>
- Some medications available in the U.S. are illegal or prohibited abroad. Determine what restrictions may exist, or what alternatives may be available. Contact the local embassy or consulate for detailed lists of prohibited medications and/or approved ways to bring medications into the country. <http://www.incb.org/incb/en/travellers/country-regulations.html>

___ No ___ Yes, the following prescriptions:

1. _____

2. _____

3. _____

4. _____

5. _____

H. Medical Devices: Will you use any medical devices while abroad? (inhaler, glasses, contact lenses, injections, C-PAP machine, wheelchair, hearing aids, prosthetics, etc.) Are you prepared for customs regulations, transport and maintenance of devices? (batteries, back-ups, plug adaptors, voltage/current conversion, replacement, baggage fees, prescriptions, repair, etc.)

___ No ___ Yes, the following

Devices _____

Plan _____

I. Immunizations: Immunizations or preventatives for some serious infectious diseases are recommended or required for certain travel destinations (e.g. cholera, typhoid, yellow fever, rabies, malaria), and updates on standard childhood immunizations (e.g. tetanus, MMR, pertussis) or other diseases (hepatitis) can be important when traveling. Consult the U.S. Centers for Disease Control's website or the Evergreen Wellness Center for vaccination requirements, recommendations and alternative prevention strategies for your travel destination, and take steps appropriate to your health as required for the trip.

- **Center for Disease Control:** <https://wwwnc.cdc.gov/travel>
- **IAMAT:** <https://www.iamat.org/>
- **Evergreen SWS Travel Consultation:** <http://www.evergreen.edu/health/travel-consult>

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J. Sexual Health: What is your plan regarding sexual activity? What social attitudes or legal issues exist in the host country? What is the prevalence of common sexually transmitted diseases? What are the stats on HIV/AIDS infection? Are condoms or other birth control measures readily available in the host country? What is the reliability/reputation/safety of dating websites?

- Sexually Transmitted Disease: <https://wwwnc.cdc.gov/travel/page/std>
- The Body: Traveling When You're HIV Positive: www.thebody.com/index/treat/oi_prev_travel.html?sa

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K. LGBTQ Travelers: What are the social attitudes towards being LGBTQ in your host country? Will you choose to be open about your orientation or not? Are there organizational resources for LGBTQ students? What is the cultural scene regarding LGBTQ dating? Are there passport issues to consider if transgender? What housing, host family, or bathroom use issues do you need to consider? Are there safety or legal issues for LGBTQ individuals in this country?

- **ILGA:** <https://ilga.org/>
- **Outright International:** <https://www.outrightinternational.org/>
- **Transgender Equality:** <https://transequality.org/>
- **Diversity Abroad:** <https://www.diversityabroad.com/guides/diversity-and-inclusion-abroad-guide/lgbtq-students-abroad>
- **US State Dept:** <https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>

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L. Insurance: Evergreen requires that you have medical insurance that covers you while studying abroad, but allows you to choose your own plan. Plans vary greatly, but it can be important to choose insurance that best supports your health profile and anticipated needs in your specific destination. Mental health coverage, pre-existing conditions coverage, exclusions, prescriptions, deductible amounts, and claims processes are important to understand. Choose wisely and understand how your insurance works so that you can take full advantage of it while understanding its limits.

- **Minimum coverage:** Health: \$25,000, Medical Evacuation: \$100,000, Repatriation: \$25,000
- **Your existing insurance:** Check your policy to see if it is adequate for Evergreen requirements and your travel plans. Combining your policy with a supplemental plan is often a good strategy.
- **Advice:** <https://www.wsaeeurope.com/resources/how-to-select-insurance-for-study-abroad-and-traveling/>
- **General Traveler:** World Nomads: <https://www.worldnomads.com>
- **General Student Traveler:** CISI: <https://www.culturalinsurance.com/students/>
- **General Student Traveler:** United Health Care: <https://www.uhcsafetrip.com/>
- **General Student Traveler:** HTH Worldwide: <https://www.hthstudents.com/>
- **General Student Traveler:** GeoBlue: <https://www.geobluetravelinsurance.com/>
- **Supplemental:** www.iNext.com offers basic student plans for as low as \$39 for a six-month period. Not available to residents of WA, FL, KS, MO and VA due to state insurance laws.
- **Supplemental:** www.myisic.com offers basic student plans. Not available to residents of NY, WA, MA, MD and SD due to state insurance laws.
- **US State Dept List:** <https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad.html>
- **IAMAT Guide:** <https://www.iamat.org/travel-health-insurance>

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Optional Worksheet for Insurance Product Comparison

Insurance Features	Evergreen minimum	Provider Option 1	Provider Option 2	Provider Option 3
Accident & Illness Amount	\$25,000			
Medical Evacuation Amount	\$100,000			
Repatriation of Remains Amount	\$25,000			
Prescription Coverage?	-			
Mental Health Coverage?	-			
Pre-existing Conditions Coverage?	-			
Lost Luggage Coverage?	-			
Emergency Dental Coverage?	-			
Trip Cancellation Coverage?	-			
Adventure Activities Coverage?	-			
Emergency Flight for Relative?	-			
24 Hour Assistance Services?	-			
Notable Exclusions?	-			
Deductible Amount?	-			
Claims Process?	-			
Cost for duration of time outside US?				

