# OFF-CAMPUS STUDY FORM - Domestic Version

**SELF-GUIDED HEALTHCARE ACTION PLAN for Students Off-Campus in the US**

* **Please Take This Form to Your Healthcare Provider(s) to *gather* the information.**
* **You do NOT need to return this form to Colgate University’s OCS office.**

This self-guided questionnaire is designed for you to share with your healthcare provider(s) in preparation to continue treatment for any pre-existing medical and/or psychological conditions, and to create an action plan should symptoms worsen when you are off-campus. Please discuss COVID-19 and your particular healthcare needs. We advise you to begin this process 4-8 weeks in advance of your program off-campus.

OCS recommends that you create a health-centered schedule when you are off-campus. Focus on healthy eating, exercise and stress reduction to lead to your success. Adapting to a new physical and cultural environment can be stressful and exciting. Continue to take your medications as prescribed when you are off-campus.

1. Do you have an existing chronic medical health concern for which you've had treatment in the last 5 years? (Asthma, Diabetes, e.g.) Does COVID-19 pose a danger to you because of any existing medical condition? Please write out any conditions you have here:
   1. Do you have life-threatening allergies? If you are allergic to certain foods, could you live in a location where it is difficult to identify the food source or eliminate it from your diet?

Yes or No

1-If yes, above, do you require an Epipen for extreme allergic reactions? If “yes”, ask your practitioner whether you should carry additional Epipens with you.

* 1. Do you wear a medical ID in case you are unable to communicate when suffering from a life-threatening event? Yes No
  2. Do you need to refrigerate your medication abroad? Yes No

1. Are you currently in treatment for a chronic mental health condition (anxiety, depression, e.g.)?
   1. If “yes” do you know when to seek immediate treatment abroad? Please work on an ACTION PLAN with your healthcare provider in the event that your symptoms worsen.
2. Do you regularly take medications to control your condition? If yes, list *chemical* (not Brand) names and dosage. (For instance, asthma inhaler*Albuterol (chemical)* rather than the brand name *Ventolin™*). Provide your medication list here in both brand & chemical names so you have these when you travel. Ask your pharmacist to provide both::
3. Schedule a meeting with your physician and/or psychologist to discuss your plans to be off campus and in a new environment. Keep a record of your appointments below..

Appointment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dr. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Appointment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dr. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Appointment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dr. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Have you researched the location where you will live and study off-campus for resources to continue your treatment? Please contact your domestic insurance provider to request a practitioner in your US Off-Campus Study location and to arrange an appointment to continue your treatment before you depart.
2. You should consult your family’s health insurance carrier (or Colgate insurance if that is your current coverage) about your medications you take routinely, especially if you will be away for a semester. Discuss this with your DOCTOR as part of your ACTION PLAN.
3. How does the condition you've outlined above impact your ability to adapt to new places (think about being away from home or how you adjusted when you moved to Colgate). Discuss this aspect with your Healthcare provider.
4. Students on non-Colgate, approved programs should consult the included insurance company to continue treatment off-campus for travel and medical insurance coverage.

**ACTION PLAN CHECKLIST (Begin 4-8 Weeks Prior to Departure):**

The Off-Campus Study office wants you to be successful abroad. We recommend that you review the following steps before your departure. Please compile answers on a separate sheet and attach that sheet to this form along with your Healthcare Providers’ names, addresses and contact information before departure.

1. I have made appointments with my MD/Psychologist/Dentist/Eye Care professional to review my readiness to study in a different US location and how to manage my healthcare.
2. I have collected **contact information from healthcare professionals** should I need to contact them. I have discussed my plans to study off-campus in the US with them & have asked for advice to manage my condition(s).
3. I have contacted the Colgate student health center about obtaining vaccines recommended for my international study plans. I have attached a copy of my dates of vaccinations to this document.
4. I have reviewed the COVID-19 Vaccine requirements for the location of my off-campus study program and understand that if I must be vaccinated to enter that partner university or host country/state, I must complete my vaccine dose(s) and waiting period before being “fully vaccinated” in time for departure. I have discussed this with my personal physician. I recognize that some countries have requirements that do not accept medical or religious exemptions.
5. I have a list and dosage of the medications (*chemical* not brand name) I regularly take and I have confirmed coverage with my family’s health insurance or my Colgate healthcare Coverage\*) to order enough meds for my time away.
6. If my condition worsens while I am off-campus, I have my healthcare contact names, numbers and addresses in my phone and attached to this document.
7. **Gallagher Coverage**: Colgate students who use Gallagher insurance when on-campus can use this insurance when studying off-campus but within the United States. Click on this link for more information: [Colgate link to Gallagher Insurance](https://www.gallagherstudent.com/students/student-home.php?idField=1191) .

**Resources:**

**CDC** travel information. The Centers for Disease Control, Atlanta, GA is the official U.S. government organization that works with public health matters.

<https://wwwnc.cdc.gov/travel/destinations/list>

<https://wwwnc.cdc.gov/travel/page/studying-abroad> - Advice for studying abroad from CDC.

[Mobility International - Advice about Safely transporting Prescription Medication Abroad](https://www.miusa.org/resource/tip-sheets/medications/#:~:text=You%20may%20find%20your%20medication,with%20documentation%20of%20the%20prescription.) - If you take prescription medication for any time of medical or mental health condition, please read this. Not all medications are available or permitted in all countries. If your medication is not listed, according to this resource, please contact us immediately.

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