

OFF-CAMPUS STUDY FORM

SELF-GUIDED HEALTHCARE ACTION PLAN for Students Studying Off-Campus

This self-guided questionnaire is designed for you to share with a healthcare provider so that you can prepare to continue treatment for your medical or psychological conditions, and create an action plan should your symptoms worsen abroad. Being prepared in advance of your program abroad can help you to feel empowered and can put you in control of your own care.

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.)
 - a) Do you have life-threatening allergies? If you are allergic to certain foods, could you visit a location where it is difficult to identify the food source or eliminate it from your diet? Yes No
 - b) Do you wear a medical ID in case you are unable to communicate? Yes No
 - c) Do you need to refrigerate your medication abroad? Yes No
2. Are you currently in treatment for a chronic mental health condition (anxiety, depression, etc)?
3. Do you regularly take medications to control your condition? If yes, list chemical names and dosage here:

4. Have you scheduled a meeting with your Doctor or Psychologist to discuss your plans to be off-campus and whether/how the new environment could impact your condition?
5. Have you researched the location where you will live and study off-campus for resources to continue your treatment? See end of document for resources.
6. You should consult the health insurance carrier your program provides for you to find out your medication's local availability. If your medication is not available, it might be helpful to work with your physician to identify alternate medicine. (If not on a Colgate Study Group, please contact the approved program directly for this information).

7. How does the condition you've outlined impact your ability to adapt to new places (think about being away from home or moving to Colgate)

ACTION PLAN:

The Office of Off-Campus Study wants you to be successful abroad. We recommend that you review the following steps before your departure. Make an appointment with your MD/Psychologist/Dentist/Eye Care professional to review your readiness to study abroad and how to manage your healthcare by taking the following steps:

- 1- Collect contact information for all healthcare professionals to contact them from off-campus. I have discussed my plans to study abroad with these professionals (yes no).
 - 2- I have contacted the [Colgate student health center](#) to obtain vaccines recommended for my off-campus study plans. Yes No
 - 3- I have a list of the medications (chemical rather than brand name) I regularly take along with dosage and I have spoken with my family's health insurance to order enough to take with me.
 - 4- If my condition worsens abroad, I have my healthcare contact names, numbers and addresses in my phone and on this document.
 - 5- I have a copy of the insurance information designed for use outside the U.S. (CISI for Colgate programs); if non-Colgate program you must have an equivalent to CISI), and what steps I'll need to take if my pre-existing condition worsens abroad. Write here the main contact number, downloadable app or email for the travel insurance company you will be working with. **Note:** The CISI program can arrange appointments abroad (confidentially) in advance of your departure – give them at least 60 days to make arrangements!
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Resources:

<http://www.nc.cdc.gov/travel/destinations/list.htm> Centers For Disease Control, Atlanta, GA. Site will ask the purpose of your travel, and your destination to provide you with updated health information.

[CISI insurance video](#)

[CISI Insurance Plan and Portals](#) – Register for My CISI and download the free app for iPhone or Android

www.colgate.edu/academics/off-campus-study/planning-and-policies/healthandsafety