

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 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 abroad. We advise you to begin this process 6-8 weeks in advance of your program abroad. Focus on healthy eating, exercise and stress reduction to lead to your success.

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, e.g.)?
3. Do you regularly take medications to control your condition? If yes, list *chemical* (not Brand) names and dosage here:
4. Have you scheduled a meeting with your physician and/or psychologist to discuss your plans to be off campus and in a new environment? Yes No
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 availability abroad of any routine medication. (This will be CISI for Colgate-led International programs*). If your medication is not available, work with your physician to identify alternate medicine.
7. 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)
8. 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 6-8 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 and attach Healthcare Provider names, addresses and contact information to this form before departure.

- 1- I have made appointments with my MD/Psychologist/Dentist/Eye Care professional to review my readiness to study abroad and how to manage my healthcare.
- 2- I have collected contact information from healthcare professionals should I need to contact them from off-campus. I have discussed my plans to study abroad & know how to manage my condition(s) (as appropriate).
- 3- I have contacted the Colgate student health center about obtaining vaccines recommended for my off campus study plans. I have attached a copy of my dates of vaccinations to this document.
- 4- 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 to order enough for my time away.
- 5- If my condition worsens abroad, I have my healthcare contact names, numbers and addresses in my phone and attached to this document. I have a copy of the insurance information designed for use off-campus –either within the U.S.A-- or outside the U.S.A (CISI international if Colgate; varies by provider if non-Colgate program), and what steps I'll need to take to maintain my health.

Resources:

CDC travel information. The Centers for Disease Control, Atlanta, GA is the official U.S. government organization that works with public health matters. This site will ask the purpose of your travel and your destination to provide you with updated health information.

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

CISI/IMG: CISI/IMG provides comprehensive travel medical insurance for students studying *outside* the U.S. and security coverage for all Colgate-based programs abroad. This [CISI/IMG](#) link takes you to the site with lots of information. The site includes FAQs and a link to look up international providers by overseas location and arrange an appointment even in advance of your departure.

<https://www.colgate.edu/about/campus-services-and-resources/campus-study-health-insurance-and-emergencies>

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](#) .