# OFF-CAMPUS STUDY FORM - International Version

**SELF-GUIDED HEALTHCARE ACTION PLAN Student Form**

* **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 abroad. 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 visit 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 during a flare-up of your condition? 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 abroad.
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 that you have the list with you when you travel. Ask your pharmacist to provide both versions of the name.
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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(**please use the back of this form for other healthcare practitioners**)

1. Research the location where you will live and study off-campus for medical resources to continue your treatment. For Colgate programs, contact CISI insurance (see below) to request a practitioner in your city abroad and to arrange an appointment before you depart. (if on an approved program, consult with the program’s healthcare insurance).
2. Please 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 abroad, work with your physician to identify alternate options and begin your treatment in advance so that you know how you respond to that treatment.
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).
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 Healthcare Provider names, addresses and contact information before departure.

1. I have collected **contact information from healthcare professionals** should I need to contact them from abroad.
2. 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.
3. I have discussed my plans to study abroad with them & have asked for advice to manage my condition(s). Note all health conditions that could need attention and wellness plans.
4. 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. Some countries will have strict guidelines for permission to cross borders.
5. 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.**
6. 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. Note that some medications (particularly those that are considered “controlled substances”) may not be available - or even legal - abroad and that I will have to consult a physician abroad to order and pay for prescription medications there. Please consult the resources section below to determine whether the medication you take is legal or available in your destination\*\*.
7. 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 outside the U.S.A (CISI international if Colgate study or extended study group; varies by provider if approved international 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.

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

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

[**CISI Travel Medical & Emergency Insurance**](https://www.colgate.edu/about/campus-services-and-resources/campus-study-health-insurance-and-emergencies): CISI/Chubb provides comprehensive travel medical insurance for students studying *outside* the U.S. and for all Colgate-sponsored programs (and some approved programs) abroad. The Office of Off-Campus Study will enroll you in this insurance plan and you will receive a copy of your insurance card by email along with links to services you can access by creating an email account.

You can contact them for pre-departure advice about healthcare providers where you will be. To do this, contact them by phone - the number is available on the back of your CISI insurance card, once that is sent to you by CISI sometime in April/May or November/December, depending on the timing of your Colgate program.

<https://www.iamat.org/travelling-with-medications>

\*\*[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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