



Health Preparation Guide for International Travel

Because international travel can be both physically and emotionally demanding, we ask that you conduct a candid self-evaluation of your health prior to departure. A certain amount of stress due to culture adjustment and social differences can be expected abroad. In some cases, this may aggravate disabilities or illnesses which you have under control at home, or trigger the onset of a previously undiagnosed condition.

You are *not* expected to submit this form to the University of Iowa. This guide serves as a tool for you to consider your medical history and make plans to address your needs while abroad.

The University of Iowa encourages you to consult with your medical practitioner to plan for your medical needs before you travel outside the United States. This document can serve as a guide to help you discuss your health needs with your physician and plan for your care abroad.

Medical Self-Assessment

1.	Do you have any disabilities for which you would like to request accommodations abroad? <i>If yes, contact safety-abroad@uiowa.edu to request an Accommodations Request Form.</i>	Yes	No
2.	Do you have any serious food, drug, animal, or other allergies? If yes, are your symptoms life-threatening? <i>If you answered yes to either question, consult with your doctor to determine what precautionary steps you should take to address your condition. Consider wearing a medical alert bracelet or necklace with details of your condition. Contact safety-abroad@uiowa.edu if you'd like to discuss implications of living with this condition in your host country.</i>	Yes Yes	No No
3.	Are you on a medically restricted diet? <i>If you would like to discuss your dietary restrictions, contact your program advisor or email safety-abroad@uiowa.edu for guidance.</i>	Yes	No

4.	<p>Do you plan to take prescription medications while abroad?</p> <p><i>If yes, please note that some medications that can be legally prescribed in the U.S. are considered controlled (illegal) substances abroad. Alternate medications may need to be considered by you and your physician. To see if a medication is legal in your destination country, please consult that country's embassy in the U.S.</i></p>	Yes	No
5.	<p>Have you been treated in the last five years, or are you currently being treated for any of the following conditions?</p> <ul style="list-style-type: none"> • General: Alcohol/Substance Abuse, Eating Disorder, Immunodeficiency, Severe Migraine, Seizure Disorder • Respiratory: Asthma, Tuberculosis • Gastrointestinal: Crohn's Disease, Ulcerative Colitis • Infectious Diseases: HIV/AIDS, Hepatitis • Endocrine: Diabetes • Mental Health: Anxiety Disorder, Bipolar Disorder, Depression, Obsessive Compulsive Disorder • Other chronic physical or mental health condition(s) <p><i>If yes, please consult with your physician to discuss your condition and consider a continuation of care plan. This document can be used as a guide to facilitate a discussion with your doctor. Note the list of resources available to support your planning included on the last page.</i></p>	Yes	No
6.	<p>If you are traveling to a non-English-speaking country, and you have a medical condition, do you know how to describe your condition in the local language?</p> <p><i>If not, consider taking with you a written description of your condition in the local language to present, if needed, while abroad.</i></p>	Yes	No
7.	<p>Are any immunizations required or recommended by the CDC Travelers' Health Website for travel to your destination country?</p> <p>http://wwwnc.cdc.gov/travel/destinations/list</p> <p><i>If yes, consult with your physician or make an appointment at the Student Health & Wellness International Travel Clinic (https://studenthealth.uiowa.edu/services/international-travel/) for an international travel consultation.</i></p>	Yes	No

Issues to Discuss with your Healthcare Provider

Living and studying in an unfamiliar environment can trigger physical and emotional stress and exacerbate current health issues. Familiar, reliable healthcare and medications might not be readily available. If you have one or more medical conditions that may require medication or ongoing care abroad, we recommend you discuss the following with your physician:

- Discuss your medical situation and the advisability of traveling outside the United States given your medical condition(s).
- Discuss your destination(s) abroad and the demands of the activities you have planned.
- Review relevant information provided on the CDC Travelers' Health website for all countries in your itinerary (see <http://wwwnc.cdc.gov/travel/destinations/list>).
- Consider how potentially dramatic changes in climate, diet, living arrangements, social life and study demands may affect you abroad.
- Discuss any arrangements you should make or discuss with your program administrators prior to departure. Details on several resources available from UI International Programs follow.

Additional Support Available from UI International Programs

Advising for Health and Safety Abroad - If you have questions about support resources in your destination, or would like to discuss your plans for managing a medical condition abroad, you may speak with a health and safety officer in International Programs. Email safety-abroad@uiowa.edu or call 319-335-0353 to make an appointment.

Planning for Continuation of Care - Do you have a medical condition that may require ongoing care while you are traveling outside the United States? If so, a *continuation of care* plan can be arranged before you travel. You will be covered under the Iowa Regents CISI insurance plan (<https://international.uiowa.edu/study-abroad/prepare/health/insurance>) while traveling outside the United States under the auspices of the University of Iowa. As a benefit of coverage, CISI can help connect you with appropriate medical care providers abroad. You can consider releasing medical information to a care provider in your destination before you travel, so you have a care team in your new location with access to your medical history. Note that if you are participating in a structured program abroad, your program provider may have additional plans in place to facilitate your continuation of care. If you would like some help arranging a continuation of care plan, contact safety-abroad@uiowa.edu

Making a Disability Accommodations Request - An accommodations guide is available from UI International Programs to help plan reasonable accommodations abroad for a disability. Contact safety-abroad@uiowa.edu for details.

Checking the Legality of Medications Abroad - If you will be taking medications while abroad, consult with the embassy of your destination country prior to departure to determine if the medication can be legally transported and taken in your intended destination(s). You may need to discuss with your healthcare provider an alternative medication to take with you.