Preparing for a Healthy and Successful Experience Abroad
Preparation
We encourage you to be proactive in maintaining good health. You should prepare for your term abroad by having a check-up with your health care provider(s) (physician, psychiatrist, therapist/counselor/psychologist, specialists) prior to departure.

If you have pre-existing conditions, discuss a plan with your care provider(s) for how you will manage your health abroad. Plan to manage your health abroad in a similar way to how you would at home; for example, if you normally see a counselor on a regular basis at home, plan to do the same abroad. Discuss with your doctor how a new environment, diet, climate, stressors, etc. might impact your health, taking into account the local conditions and availability of care abroad. Consider your wellbeing in the context of many different settings, including the on-site orientation, classrooms, outdoor activities and excursions, and in all countries you plan on traveling to. Think about what appointments, medications, or support you utilize at home to stay healthy and how you might be able to replicate that abroad.

If you have any pre-existing medical or mental health conditions, or are taking any prescription medication, consult with International SOS (ISOS), Arcadia’s international assistance provider, before departure to help identify your care plan. ISOS can provide guidelines on bringing prescription medications abroad and can identify physicians in your destination so you know where to seek care if anything changes with your health. ISOS can also arrange appointments with a doctor or counselor overseas (often before you even leave the U.S.) through Arcadia’s health insurance plan.

See below for more details on ISOS, what to expect from a call with ISOS, and Arcadia’s health insurance.

Health Services and Health Insurance
Health services, including counseling, are available for you while abroad. Your Program Manager can provide you with more specific information about the resources available through your program. Arcadia provides comprehensive health insurance for all program participants; the insurance works hand in hand with International SOS. We’ll remind you of how the assistance and insurance works before you depart for the program, and staff on-site will review this during your on-site orientation.

For Students Studying in New Zealand
Students studying in New Zealand are provided with the New Zealand government’s mandated insurance plan, Student Safe, as primary coverage and have access to International SOS as secondary coverage. While New Zealand participants have access to pre-trip advice through International SOS, New Zealand campus health centers are best equipped to address most student needs. Please consult with your Program Manager for more information.
Preparing for a Healthy and Successful Experience Abroad

**Disability Accommodations**

It is necessary for you to disclose all possible disability accommodations, requirements, or preferences you might need while abroad so that we can discuss the options available to you based on your chosen program and location. These include, but are not limited to: academic adjustments, special housing needs, mobility limitations, and hearing or visual impairments.

Disability may be culturally defined; as such, the level of accessibility and the availability of reasonable accommodations varies in other countries. While we will make every effort to accommodate your needs, in some cases it may not be possible to do so. For example, most institutions overseas only allow an extra 10 or 15 minutes per hour of exam time for academic accommodations, not time-and-a-half.

If you require accommodations while abroad, you will need to submit official supporting documentation to receive consideration for accommodations. Your Program Manager will let you know what to submit after you have completed your Personal Health and Self-care Form. Submit this as soon as possible to allow enough time to identify the resources and support available to you and to make arrangements.

If you have any questions or concerns about the accommodations available on your program or in your location, contact your Program Manager. We are strongly committed to working with each student to find a program that suits their individual needs and goals and provide reasonable accommodations.

**Prescription Medications**

If you take prescription medication (including inhalers and epipens), bring enough medication to last your entire stay.

That said, certain medications, including those commonly prescribed to treat ADHD, may not be available or legal in your host country. In particular, Adderall is not available outside the U.S. and it can be difficult to obtain more than a one month supply of the medication in advance. Further, some countries limit the amount of medication your can bring, or may require a license or declaration for import. Speak to your prescribing physician and your insurance company as early as possible to make these arrangements. As mentioned above, International SOS can advise on bringing medications abroad, and Arcadia’s Health and Safety team may also be able to provide guidance.

When bringing prescription medications abroad, follow these guidelines:

- Keep all medication in the original, labeled container
- Bring a letter from your prescribing physician that provides a description of the medical problem, dosage, and generic name(s). The letter should indicate that the medication is medically necessary and for your personal use.
- Pack all of your medication in your carry-on to avoid problems should your checked luggage be misdirected or lost.

**Completing the Personal Health and Self-Care Form**

Be prepared with information about your current and past medical and mental health conditions, prescription medications, allergies, disability accommodations, physical or mobility limitations, and other medical history information. We also ask what ongoing care you may plan to use abroad, if you’ve spoken with your doctor about your plans, and if you’ve spoken with International SOS. While it’s helpful if you’ve had these conversations before completing the form, it is not required. We encourage you to complete those steps as soon as possible after submitting your form.

The information you provide is considered confidential and will only be shared as needed with appropriate Arcadia staff, officials of your home school or host school, or to persons managing an emergency, in order to protect the health or safety of yourself or other persons. This information will not affect your participation unless it is of such a serious nature that it may impact your ability to be successful on the program, as solely determined by Arcadia staff. In such cases, we will discuss with you any available options.

Once we receive your completed form, your Program Manager will review it and let you know if any additional documentation is required. If you’ve disclosed any pre-existing conditions or disability needs, they will also provide you with information about the resources available on your program. If anything significant changes with your health after completing this form, please inform your Program Manager.
### Wellness Management Worksheet

You can use this worksheet to keep track of your personal health preparation for your term abroad.

<table>
<thead>
<tr>
<th>I have</th>
<th>I have spoken to my care provider(s) about going abroad</th>
<th>I have consulted with International SOS or my Program Manager</th>
<th>I have a plan to manage this abroad</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Physical Health Conditions</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Mental Health Conditions</td>
<td>☐</td>
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</tr>
<tr>
<td>☐ Care providers (doctors, counselors, specialists, etc.) I need to see</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Allergies</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>☐ Other wellness considerations</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

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- **Professional support I utilize (medications, appointments, therapy, etc.):** ____________________________________________________
  
  __________________________________________________________________________
  
  __________________________________________________________________________

- **Things I do on my own that help (yoga, walk, grounding techniques, etc.):** ____________________________________________
  
  __________________________________________________________________________
  
  __________________________________________________________________________

- **Signs I can notice in myself that tell me my condition is worsening:** ________________________________________________
  
  __________________________________________________________________________
  
  __________________________________________________________________________

- **Things that might be different with managing my condition abroad compared to at home:** _______________________________
  
  __________________________________________________________________________
  
  __________________________________________________________________________

- **Who I will contact if I need extra support:** __________________________________________________________________________

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- **I have spoken to my prescribing physician about bringing enough for the whole term:** ☐
  
  __________________________________________________________________________

- **I have consulted with my home insurance about a “vacation override” to bring all of it with me:** ☐
  
  __________________________________________________________________________

- **I can bring all my medication OR:** ☐
  
  __________________________________________________________________________

- **I can’t bring enough and I have a plan to obtain it abroad:** ☐
  
  __________________________________________________________________________

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**Questions? Email your Program Manager or Assistant Director of Health and Safety, Hannah Leidich, at leidichh@arcadia.edu.**
1 Gather information you’ll need for the call

- The name of your Arcadia program - you can find this on your Arcadia Portal.
- The start and end dates of your program from arrival to departure.
- If you know your class schedule and your address abroad, have that handy. It’s ok if you don’t know either of those things - for the address, you can use the address of your Arcadia Center or host university.

Your personal medical and mental health information

- Any current or past conditions.
- Specific recommendations for ongoing care from your current care provider (e.g. “I need to continue weekly therapy abroad”).
- Prescriptions you take and dosage information.
- Any other information the medical team at ISOS should be aware of to fully advise you.

Prepare your questions and what you hope to learn on the call with International SOS (ISOS)

- Being an informed traveler with health concerns:
  - What do I need to know about healthcare in this country?
  - What do I need to know about navigating this country with a medical condition, allergies, etc.?
  - How would I seek care in an emergency or if any of my conditions were exacerbated?
  - How do I communicate allergies or medical conditions in any non-English speaking countries I plan on traveling to?

- If you need to see a doctor or specialist:
  - What is the process to see a doctor or specialist (psychiatrist, neurologist, phlebotomist, etc) in your host country?
  - Can ISOS refer you to a specific doctor or specialist? Ask if they can make an appointment on your behalf.

- If you would like therapy or counseling appointments abroad:
  - Be clear and specific about your preferences and needs. For example, if you prefer to see a counselor in person instead of virtually, be sure to state so specifically.

- Bringing medications abroad and obtaining medications abroad:
  - How much prescription medication are you (or were you) able to bring with you? Will you need to obtain any abroad?
    - e.g. “I will be bringing 90 days with me but I will need to get another 3 weeks’ worth while I’m abroad.”
  - If you can’t bring enough to last for your time abroad, discuss how ISOS can help you get it. You will likely need to arrange a doctor’s appointment in your host country to receive a new prescription.
  - Are your prescription medications available in your host country? Are there any country-specific restrictions related to your medications that you should be aware of? (For example, Adderall is not available outside the U.S.)
  - What are their recommendations for traveling with any medications you plan to bring and are special steps required to bring them in to your host country?
Your Guide to Calling International SOS
Before Departure

2 Call International SOS 24/7 at +1 (215) 354-5957

- You’ll be connected to a coordinator
- Tell them your name and that you’re calling in regards to health care preparation for your study abroad program with Arcadia University, The College of Global Studies (member ID 11BCAS791724)
- Explain the reason for your call (e.g. scheduling a therapy appointment, seeing a doctor to get more prescription medication abroad, etc.)
- They’ll collect basic information from you then connect you to a member of the medical team
- The medical team member will go through a series of questions with you and get an understanding of what you need. You can also be sure to cover important topics with the following guiding points:
  - Come up with a plan for how you will continue your normal care abroad
  - Discuss an alternative plan if you cannot bring or access the medications you need abroad
  - Identify the signs or symptoms you should be on the lookout for that might signal the need for additional care
  - Lastly, you’ll be connected back to the coordinator for wrap-up questions.
- Be sure to request and write down your case number (e.g. GPHL123456) in a safe place. If you have to call back for any reason, share your case number and the staff member will be able to pull up notes from your previous conversation.
- Make a reminder for yourself if you need to update International SOS with anything, such as your new class schedule and availability, so they can schedule appointments on your behalf.

3 Share your International SOS case number with Arcadia

- If you’ve already completed your Personal Health and Self-Care form and your Program Manager asked you to call International SOS, please enter this number in your application portal checklist. If not, please email it to your Program Manager.
- Also share with us any additional questions or updates you have after speaking with ISOS.

4 Respond to follow-up from International SOS

- International SOS’s role is to ensure students receive the appropriate medical or mental health care and to coordinate insurance benefits on your behalf. After any appointments, their medical team may contact you to ask how the appointment went, confirm your symptoms have improved, and/or to arrange additional appointments as needed on your behalf.
- Timely response to ISOS will ensure they can confidently close your case, or made additional arrangements as you need. If you have asked ISOS to arrange an appointment on your behalf and they cannot reach you, they may contact Arcadia to get in touch with you.

International SOS: +1 215.354.5957
Membership ID: 11BCAS791724
Arcadia University, The College of Global Studies

If you have any questions about the process, please be in touch with the Arcadia staff on-site.