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Health Clearance and Holy Cross Study Abroad

- All students must have Health Clearance to participate in Holy Cross Study Abroad.
- Failure to submit to Study Abroad, AFTER ACCEPTANCE and PRIOR TO MAY 1st, complete and accurate information on the enclosed Health Clearance Forms A, B, C and D constitutes grounds for withdrawal from Holy Cross Study Abroad.
- Students must inform Study Abroad, in writing, of any medical, mental, disability, or additional special needs or changes in health that occur after the submission of Health Clearance Forms A, B, C and D before the start of their program.

Why You Need Health Clearance
Studying abroad can be a stressful undertaking. It is not uncommon for health conditions that were under control at home to become active while abroad. **It is extremely important that you disclose all your medical history, even if you do not believe your condition will create a problem for you abroad.** Full disclosure will allow medical/mental health care providers and Study Abroad to help you make necessary arrangements to optimize your health and safety abroad. Identifying medical and/or mental health issues only rarely results in exclusion from programs. On the contrary, Health Clearance allows everyone involved the opportunity to work with you to make your participation in your program abroad safe and successful. Students with disabilities or known medical and/or mental health issues must make special preparations (both at home and abroad) for managing their condition abroad. If necessary, your Health Care Provider (HCP) and/or Mental Health Care Provider (MHCP) will assist you in making appropriate referrals to medical/mental health specialists abroad. If pre-existing health issues are present, Study Abroad must have documented plans of care arranged by your (M)HCP(s) to meet your health needs while abroad. All efforts will be made to provide students with the physician/specialist-recommended services overseas. However, Study Abroad cannot guarantee that all services offered in the U.S. will be available to Holy Cross students at all programs abroad (e.g., not all Americans with Disabilities Act – ADA - regulations exist outside the U.S.).

Students Taking Medication
If you use any type of medication or use a medical device (e.g., asthma inhalers, glasses, or contact lenses) on a regular basis, you must consider now how best to meet your needs abroad. Ideally, you would take a supply sufficient to last throughout your stay. However, with some medications and devices this will not be possible. Furthermore, some medications that are legal in the U.S. may be illegal in other countries. Also, it may be illegal to mail certain medications from the U.S. to your host country. It is your responsibility to consult with your (M)HCP(s) on the availability and legality of the medications you require abroad. If your (M)HCP(s) cannot answer your questions, see Study Abroad for assistance. In all instances, carry a copy of a prescription for eyeglasses, contact lenses, and each medication you use and a letter from your (M)HCP(s) explaining the medical necessity of the medication. When you make appointment(s) to see your (M)HCP(s), inform them then that you will need prescription(s) and the corresponding letter(s) at your appointment(s). Then, obtain those prescription(s) and letter(s) at your appointment(s).

If you are taking a psychotropic medication, you must be stabilized on your medication before starting your study abroad experience. Discuss proper medication management with your MHCP(s). If you are being treated for a psychological health condition, work closely with your MHCP(s) to understand possible triggers and what medications you will need. Consult in advance with your MHCP(s) and Study Abroad to arrange treatment resources in your host country.

Immunization and Study Abroad
Review your immunization status with your HCP. You can obtain information about the recommended immunizations for the country in which you are studying at: [http://wwwnc.cdc.gov/travel/page/vaccinations.htm](http://wwwnc.cdc.gov/travel/page/vaccinations.htm). Being properly immunized can protect you from contagious diseases. **It is your responsibility to inform yourself and obtain proper immunizations.**

For immunizations, you can also contact a Travel Medicine Clinic at least six months prior to departure. For an appointment at the Travel Clinic at the UMass Memorial Health Care System in Worcester, call 508-34-5481 or see [http://www.umassmed.edu/infdis/travel/](http://www.umassmed.edu/infdis/travel/). Verify whether your insurance pays for this service. You may need a referral from your HCP. For more information on HC coverage, see [www.universityhealthplans.com/letters/letter.cgi?school_id=256](http://www.universityhealthplans.com/letters/letter.cgi?school_id=256) or call 888-753-6615. You can also contact the Worcester Dept. of Public Health at 508-799-8531 or the Dept. of Public Health nearest your hometown to request information on immunization clinics.

Health Insurance
You must have health insurance that is valid internationally. Check with your insurance company to see if you have sufficient medical coverage should you require treatment overseas. You will automatically be enrolled in, and billed for, the Holy Cross insurance plan, which now has coverage for students abroad ([http://www.universityhealthplans.com/faqs/faq.cgi?school_id=256](http://www.universityhealthplans.com/faqs/faq.cgi?school_id=256) if you do not sign the Insurance Waiver that will be sent to you before your departure. There are optional travel insurance companies who offer packages students can purchase if your current insurance is not adequate or you desire additional coverage.

Visa Process
In almost all cases, the visa process requires documentation of health clearance. Speak with a Study Abroad director about the specific requirements for your country.

SEE CHECKLIST ON REVERSE SIDE
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Key: Health Care Provider (HCP) and/or Mental Health Care Provider (MHCP)

TO OBTAIN HEALTH CLEARANCE, you, and your (M)HCP(s), must accurately complete Health Clearance Forms A, B, C and D: the forms are titled, “Study Abroad Consent for Release or Exchange of Confidential Information (FORM A),” “Health Clearance for Students Studying Abroad – Licensed Primary Care Provider and/or Medical Specialist” (FORM B), “Confidential Health History (FORM C) and “Health Clearance for Students Studying Abroad – Licensed Mental Health Provider” (FORM D).

You complete FORM A online when you apply to your abroad program (deadline in November). You will need to list the name, address and phone number of your primary care provider, as well as any specialists, including Mental Health Providers that you are under the care of. Your Primary Health Care Provider (HCP) (physician) signs Form B (if you see specialists, each one will need to sign a Form B, so download and print out the necessary amount of forms). If you see a Mental Health Provider (MHP), then that provider signs Form D, otherwise, fill out and sign in the box at the top of the page stating that you are not under the care of a Mental Health Provider.

Form C is your health history form. Your doctor can, in most cases, provide you with a printout of your immunizations which you can attach to Form C.

Forms B, C and D are all downloaded from your online application and are due to Study Abroad after you have been accepted to your program, but before May 1st.

INSTRUCTIONS AND CHECK LIST

☐ TO COMPLETE FORM A, list your Study Abroad Institution (e.g., “University of Leicester”). Give the name, address and phone number of all (M) HCP(s) you have arranged to see, both in the U.S. and abroad. Sign and date the form. Even if you do not plan on any treatment while abroad, you must fill in your Study Abroad Institution and the address and telephone number of the International Office. Sign and date the form as well. This form is completed online when you apply to your abroad program (deadline in November).

Holy Cross is legally bound to respect your confidentiality. We will make use of this release only when necessary to work with you and our trusted partners here and abroad to optimize your safety and well-being.

☐ MAKE an appointment NOW with your (M)HCP(s) for the next time you will be home or for the Thanksgiving or winter break (Christmas). Do this now; otherwise, you may not get the required appointment(s).

☐ CHECK to see if your program or host country has specific medical clearance requirements for the visa. If so, be sure to explain the request when making the appointment with your primary HCP. Note: Holy Cross Health Services does not perform physical exams or Health Clearance for Study Abroad.

☐ IF YOU ARE SEEING A SPECIALIST, you will need a completed FORM B from each care giver.  

NOTE: Forms B, C and D can all be downloaded from the Study Abroad website as well as from your online application: http://academics.holycross.edu/studyabroad/accepted_students/before_you_leave/healthclearance

☐ IF YOU ARE NOT SEEING A MHCP, check the appropriate box at the top of FORM D.  

Sign and date the form and submit it to Study Abroad after acceptance to Study Abroad but prior to May 1st.

☐ IF YOU ARE TAKING MEDICATION(S): when you make your appointment(s), inform the receptionist(s) that you will need a copy of each prescription and a brief letter from the (M)HCP(s) explaining the medical necessity of the medication.

☐ OBTAIN the prescription(s) and letter(s) from your (M)HCP(s) at your appointment(s).

☐ SUBMIT copies of prescriptions and letters to Study Abroad after you have been accepted but before May 1st.

☐ FILL OUT FORM C completely and honestly before your Health Clearance appointment(s) with your (M)HCP(s). If you are seeing multiple (M)HCPs, print out one FORM C for each provider you are seeing.

☐ TAKE the completed FORM C(s) and the blank FORM B(s) and if applicable, D(s) with you to your health care appointment(s) and discuss your health history during your health clearance visit(s) with your (M)HCP(s).

☐ HAVE your HCP(s) fill out FORM B and if applicable, your MCHP, FORM D.

☐ Advise the (M)HCP(s) who will perform your clearance(s) to make copies to be kept on file in his/her office.

☐ Make a copy of Forms B, C and D, and keep the forms with your passport. BRING them with you when you depart for your program in case you require emergency medical treatment while abroad.

☐ MAKE additional copies of these forms. You can give copies to (M)HCP(s) abroad and to the International Office at your university abroad in case of a medical emergency.

☐ SUBMIT FORM B(s), FORM C(s) and Form D(s) to the Office of Study Abroad—only AFTER you have been accepted to study abroad, but PRIOR TO MAY 1st.

☐ HEALTH INSURANCE: the last step is ensuring valid health insurance while abroad. You will be sent an Insurance Waiver by the Bursar with the tuition bill you will receive in the summer. If you do not submit the waiver, you will be automatically enrolled in, and billed for, the Holy Cross insurance plan. Verify that you are satisfied with the coverage the plan provides. This completes your Health Clearance for Study Abroad.

☐ KEEP this checklist with you as a reference until you have completed your Health Clearance.