

Study Abroad & My Health

A conversation guide for study abroad students and their health professionals.

Education Abroad recommends that all study abroad participants check in with your healthcare providers about your unique physical and mental health profile and needs in a study abroad context. This is especially important for travelers who are managing more serious or chronic conditions currently or within the last 5 years.

You can use this guide to help prepare for and facilitate these conversations. We recommend printing it with you and bringing it with you to your appointment.

For students:

- Share where you are traveling and how you will be living during your study abroad program.
- Print or pull up the appropriate pages from the [CDC Travelers' Health](#) website to share with your health care professionals.
- Discuss your unique physical and mental health profile and needs in a study abroad context including:
 - **Your active prescriptions and access to medications.** Consider that you may not be able to get a full supply before you depart, so you will want as much information as possible about your medications, including active drug ingredients that you can share with a medical professional and/or pharmacist abroad.
 - **Your current treatment plan and what continued treatment should look like while you are abroad** - you can work with [CISI](#) before you depart to identify and schedule an appointment to see a local health professional once you've arrived in-country to minimize any disruption in your treatment for current conditions.
 - **Continuing therapy** – whether in person or virtually –while abroad. [CISI](#) can assist with setting up either type of therapy.
 - **Accommodations** you may need based on your unique physical and mental health profile.

For healthcare providers:

As you may know, living and studying in an unfamiliar environment can make it more difficult to manage even routine health issues. Familiar or reliable healthcare and medications might not be readily available to the student in their host country and living in a new environment may even trigger physical and emotional stress and exacerbate current health issues.

We want students to be as prepared as possible to look after their health needs while abroad and we consider you to be a valuable resource to the student in doing so. We've outlined some topics below we think will be helpful for you to discuss with your patient.

- Review any relevant information provided on the [CDC Travelers' Health website](#) for all countries on the student's itinerary.
- Discuss the student's medical situation with them in light of how it may affect the student's international experience.
- Ask the student about their destination and the demands of the specific program/experience as well as other countries they might visit that could pose health challenges.
- Advise the student how potentially dramatic changes in climate, diet, living arrangements, social life, and study demands may affect them.
- Discuss possible accommodations the student should make or discuss with program staff/faculty.