

CONFIDENTIAL HEALTH HISTORY FORM INSTRUCTIONS

- *The UCEAP Health Clearance is a requirement to participate in UCEAP. IT CANNOT BE WAIVED.* If you do not comply with all aspects of the UCEAP health clearance process, you may be dismissed from UCEAP.
- *Complete this form accurately and truthfully before the health clearance consultation. Failure to provide complete and accurate information may be grounds for non-participation in UCEAP.*
- *Inform UCEAP of any recent medical or special needs, and/or if any changes in health occur after the health clearance. You will be required to get a second clearance should your health history change since the date of the initial clearance.*
- *Disclose on this form all medical history to the health provider performing your clearance; even if you believe that a condition is under control.* Your confidential disclosure will allow medical professionals to help you make arrangements or plans to facilitate your successful UCEAP experience. Identifying medical or mental health problems allows everyone involved in this process the opportunity to work with you to anticipate potential complications. We strongly encourage you to disclose so you can have a meaningful, rewarding and safe experience.

If you have a chronic medical condition, such as allergies or diabetes, prepare to manage your condition abroad. Consider how the new environment and the stresses of study abroad will affect your health. Preexisting psychological conditions are often intensified by living in a different culture. Also, there may be fewer, or inadequate, local resources to help you manage potential triggers.

For Students Traveling with Prescription Medication

1. Make sure that it is legal abroad and that you can take a supply to last throughout your stay. Although medications in amounts clearly related to personal use are rarely inspected or questioned, customs officials can become suspicious of medications in large quantities. If intending to travel with prescription medications containing controlled substance, review medication regulations in official government sites. Check your UCEAP Program Guide for specific information. Also, addresses and excerpted national statutes for most countries can be found at the International Narcotics Control Board, [HTTP://www.incb.org/incb/en/psychotropic-substances/travellers_country_regulations.html](http://www.incb.org/incb/en/psychotropic-substances/travellers_country_regulations.html)
2. Carry a letter from your physician, on letterhead, explaining your diagnosis, treatment, and prescription regimen. Carry your prescription in original containers, and keep the letter from your physician handy.
3. If you are taking a psychotropic, you must be stable on your medication. Medically stable means that you must be in a state where any changes in symptoms are not foreseen or expected. Discuss proper medication management with your doctor **before** departure.
4. If you are being treated for a psychological condition, work closely with your doctor to design a treatment plan and understand possible triggers, what medications you are taking, if they are available overseas, and how to reach out for help while abroad, if needed.
5. Mailing medications abroad: **Individuals cannot mail medications abroad.** Most countries have strict regulations on shipping medication abroad. Decisions on what medications are accepted into the country are made by the host country government; not the U.S. Post Office. Medications can be stopped by the host country's Customs office.