



HEALTH FORM REQUIREMENTS

To be Completed by the Study Abroad Participant

What are the 2 Health Forms?

#1: Confidential Health History Form

- **You** will complete the attached Confidential Health History Form. Its purpose is for you to provide information about your health history to your health provider(s).
- You are **not required** to send the Confidential Health History Form to any office at the University of Nebraska Omaha.

#2: Health Clearance Form

- Your **health provider** will complete the Health Clearance Form.
- You **are required** to submit the Health Clearance Form to the UNO Education Abroad Office.

Why am I Completing these Forms?

Obtaining a Health Clearance is a requirement to participate in any education abroad program for which you will receive UNO sponsorship or credit. If you do not comply with this requirement, then you will not be approved to participate in, or may be dismissed at your own expense from, the education abroad program.

General Requirements of Education Abroad Program Participation

In addition to meeting all specific requirements of the education abroad program you've chosen, all participants must meet the following general requirements:

- Possess the physical and mental well-being required to: live and study in the applicable foreign setting where resources may be different or fewer than those to which they are accustomed; exercise good judgment; and safely fulfill all essential components of the education abroad program including appropriate standards of conduct.
 - Be able to display flexibility and to function in potentially uncertain or stressful situations.
 - Be able to align their health care needs with the limited resources that may exist at a nearby health care facility.
 - Be able to live in a setting quite different from that to which they may be accustomed and that may aggravate any existing health conditions (e.g. dormitories or residences that may not be air-conditioned or afford privacy, home-stays with local families, etc.)
 - Participate in typical classroom activities (such as assigned readings, written assignments, classroom discussions, written and/or oral examinations, etc.) with or without reasonable accommodation.
 - Participate in program-related excursions, which may include moderate activities such as hiking, walking, and/or other recreational sports and in some cases more strenuous activities, where heat or cold may be a factor, based on the particular education abroad program.
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How do I Complete the Health Forms?

Please Read Carefully!

Deadline: One Calendar Month Before Departure
(3 Months for Participants Requesting Accommodations)

You must comply with the Health Clearance Requirement and submit the Health Clearance Form no later than one calendar month before departure. Participants who are not in compliance with this requirement may not be approved to participate in, or may be dismissed at their own expense from, their education abroad program.

Steps for Participants:

1. **READ** this entire document, including the “Important Information for Participants” below.
2. **PRINT** and **FILL OUT** the Confidential Health History Form accurately and truthfully before your appointment(s) with your health provider(s)
3. **PRINT** a copy of the Health Clearance Form for your health provider(s). Write your name, education abroad program name and program location on the form before your appointment with your health provider(s).
4. **PRINT** a copy of your program description from the website for your education abroad program.
5. **TAKE** the completed Confidential Health History Form, the program description, and the Health Clearance Form with you to your appointment.
6. **GIVE** a copy of the completed Confidential Health History Form, the program description, and the Health Clearance Form to your health provider(s).
7. **REQUEST ADDITIONAL COPIES** of the Health Clearance Form while at your appointment, so that you have copies to give to a health care provider abroad and/or to the leaders of your education abroad program in case of a medical emergency. **KEEP** a copy of the Health Clearance Form with your passport when you travel abroad in case of emergency.
8. No later than one calendar month before the date of your anticipated departure, **SUBMIT** the original Health Clearance Form to the UNO Education Abroad Office: Arts & Sciences Hall, Room 220, Omaha, NE, 68182.
9. **INFORM** the Education Abroad Office and the leaders of your education abroad program of any medical or additional special needs, or changes in health that occur after you have submitted your Health Clearance Form. Failure to provide complete and accurate information may be grounds for non-participation in, or dismissal from, your education abroad program at your own expense.

Important Information for Participants

Requesting Accommodations for Accessibility or Health Related Needs

For students who need accommodations, reasonable accommodations are provided for students in the education abroad program who register with the Accessibility Services Center (ASC) and make their requests sufficiently in advance (i.e. 3 months of the start of the study abroad program) to ensure coordination of services can occur between the student, ASC, and the Education Abroad Office. Accommodations may not be possible on all programs and locations. For more information, contact Accessibility Services Center, located in H&K 104, and available by phone (402.554.2872) or email (unoaccessibility@unomaha.edu)

For participants with an accessibility or health-related need who believe they need accommodation to meet the general and/or specific requirements of program participation: You must make an appointment and be prepared to submit documentation of a disability or health-related need, along with a request for reasonable accommodation, to the ASC. If you have accessibility-related needs, you must confer with the leaders of your education abroad program and work with UNO’s ASC along with your Education Abroad Advisor to determine what barriers may exist in and outside of your academic, living, and other settings for your chosen education abroad program. UNO cannot guarantee that services are available, nor can it guarantee the accessibility of transportation vehicles, housing, hotel/hostel accommodations, study sites, or any of the environments to which you may travel.

Important Information for Participants (Continued)

Confidentiality

As stated above, obtaining a Health Clearance Form is a mandatory requirement for participation. UNO must receive accurate information about your physical and mental abilities to participate in the education abroad program you have chosen. Health information the UNO Education Abroad Office receives about you is confidential and will be shared only with those who need to know in order to assist you when you are abroad, including those providing emergency or other necessary health care.

Full Disclosure

It is extremely important to disclose all of your medical history to any health provider(s) who complete your Health Clearance Form, even if you do not believe that a condition might create a problem for you while abroad. Full disclosure will allow your health provider(s) to help make necessary arrangements or plans to assist you in enjoying a successful experience. Identifying medical or mental health problems allows everyone involved the opportunity to work with you to enhance the success of your education abroad program. Failure to provide complete and accurate information to your health provider(s) or to UNO may be grounds for you to be denied participation in, or dismissed at your own expense from, the education abroad program you have chosen.

Participants with Known and/or Chronic Medical Conditions

You must take special precautions in preparing for and managing your situation abroad. For example, a participant with allergies must ensure that any necessary specialized medications are available, and a participant with a weak immune system should consider sanitation and common foodborne illnesses. You also need to discuss with your health provider(s) how the new environment and the stresses of education abroad may affect your health. Preexisting mental health conditions are often intensified by living in a different culture. There may be very few, if any, local resources to help a participant manage potential triggers. You should discuss these concerns with your health provider(s) before your departure and fully explore what, if anything is available to address your health concerns in the location you will be visiting.

Participants Using Medication

- If you use medication on a regular basis- such as asthma inhalers or oral contraceptives- you should take a sufficient supply to last throughout your stay and carry a letter from your physician on letterhead explaining the medical necessity and treatment.
- When going through customs abroad, officials may scrutinize prescription medication. Carry your prescription in original containers with a letter from your physician (see page 3 of the Health Clearance Form). Medications that are legal and readily available in the U.S. may be considered illegal and/or may require an additional prescription or host country authorization. It is your responsibility to find out whether your prescription medication is available and legal at your destination.
- If you are taking a medication for an ongoing health condition, you must be medically stable on your medication before starting your education abroad experience. "Medically stable" means that no changes in your symptoms are foreseen or expected. Discuss proper medication management with your doctor.
- If you are being treated for a mental health condition, work closely with your health provider(s) to understand possible triggers, what medications you are taking and if they are available overseas, and how to reach out for help while abroad. You should have a treatment plan for receiving necessary counseling services while participating in the education abroad program.
- Mailing medication abroad: Most countries have very strict regulations on having medications shipped abroad. Participants find that refills of regularly taken medications in the U.S. get stopped by the host country's customs. Decisions on what medications may be mailed legally into some foreign countries are made by the host country government, not the U.S. Post Office. Participants should call the host country embassy or the consulate in the U.S. for questions about mailing medications abroad.