

# Confidential Health History Form

## Instructions for Students **DO NOT SEND THIS FORM TO THE CIS OFFICE**

- **ALL STUDENTS MUST HAVE A HEALTH CLEARANCE BEFORE DEPARTURE TO PARTICIPATE IN CISP. *It is a non-waivable requirement. Student may be dismissed if not compliant.***
- *Use this form in conjunction with the “CISP Health Clearance for Students Planning to Study Abroad” form.*
- *You must complete this form BEFORE attending your health clearance consultation.*
- *Failure to provide complete and accurate information may be grounds for non-participation in CISP.*

Studying abroad is usually a stressful event for a healthy body and it can be risky for those with medical or psychological health conditions that are not managed properly before departure. It is not uncommon for a condition that was under control at home to flare up while abroad. ***It is extremely important that you disclose all of your medical history to the medical professional who will perform your clearance, even if you do not believe that your condition might create a problem for you while you are abroad.*** Full disclosure will allow medical professionals to help you make necessary arrangements or plans to ensure you get the most from your CISP. Identifying medical or mental health problems only rarely results in exclusion from programs. Rather, it allows everyone involved the opportunity to work with you to make your program a success.

**Students with known and ongoing medical problems**, such as allergies or diabetes, must take special precautions in preparing for and managing their situation overseas. You need to anticipate how your new environment and the stresses of study abroad can impact your health. Preexisting psychological health conditions are often intensified by living in a different culture. There may be even fewer resources in foreign settings to help a student deal with such problems. For example, a student with allergies needs to ensure that specialized medications will be available, and a diabetic needs to consider the consequences of contracting malaria.

### Students Using Medication

1. If you use medication—including asthma inhalers and oral contraceptives—on a regular basis, you should take a supply to last throughout your stay and carry a letter from your physician explaining the medical necessity and treatment.
2. When going through Customs, foreign officials may scrutinize prescription medication so carry your prescription and a letter from your physician. In some countries, drugs that are legal and readily available in the United States will be considered illegal, require a prescription, or a host country authorization to be allowed in the country.
3. If you are taking a psychotropic medication, you must be stable with your medication before starting your CISP experience. Discuss proper medication management with your doctor.
4. If you are being treated for a psychological health condition, work closely with your physician to understand possible triggers, what medications you are taking and if they are available overseas, and how to reach out for help.
5. **Mailing medication abroad:** Most countries have very strict regulations on having medications shipped abroad. Students 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. Students should call the host country government office in the U.S. or AIG Assist at 1- (800) 626-2427, if in the U.S. AIG Assist can get information about the legality of certain medicines. Please call them with the name of the medicine and the country.

### Instructions

**FILL OUT** this form completely and honestly **before your health clearance appointment.**

**TAKE** the completed form with you and discuss your health history during your health clearance.

**GIVE** a copy of this form to the health care professional who performed your clearance to be kept on file in his/her office.

**KEEP** a copy of this form with your passport.

**BRING the white copy** with you when you depart for your program in case of emergency medical treatment while overseas. **MAKE ADDITIONAL COPIES** of this form. You can give a copy to a health care provider abroad and to the Study Center Office abroad in case of a medical emergency.



**MENTAL HEALTH HISTORY:** Have you ever suffered from, been treated for, or hospitalized for the following?

	Yes	Please provide an explanation below for any box you have checked
Depression/Anxiety		
Substance abuse (alcohol or drugs)		
Eating disorder (anorexia/bulimia)		
Are you taking/have ever taken medication for above problems?		

**IMMUNIZATION RECORD:** Indicate most recent date.

	Date		Date
Polio immunization		Measles	
Tetanus booster or Tetanus/diphtheria booster		Rubella	
Mumps		MMR	

**MEDICATIONS:** Student is responsible for ensuring that all medications are legally permissible abroad.

Are you currently taking any medications? Yes No Please specify below. Include any medication you carry for possible use, e.g., inhaler, bee sting kit.

**SERVICES YOU WILL NEED TO FACILITATE YOUR EDUCATION** (e.g., note takers)

I certify that all responses made on this form are complete, true and accurate, and I understand that if there are any changes in my health status, I will contact ASUCISP. I understand that if I withhold information on this form I could be withdrawn from the program.

Student's Signature:

Date: