

## **NICI Study Abroad Student Handbook Appendix 6**

### **Medical Matters**

#### **1. HEALTH HABITS**

What health risks are there in your host country?

What are the health risks in other countries or areas you may visit?

#### **2. PRECAUTIONS**

What should you do to protect yourself from health risks identified above?

Vaccinations? Medicines in your travel kit? Specific clothing? Behaviours to add or reconsider?

#### **3. PRESCRIPTIONS**

Are you taking any prescription medicines that you will need while abroad?

Do you have enough medicine to last you the entire time that you are abroad?

If not, how will you get your medication while you are abroad?

#### **4. MEDICAL SERVICES in your Host Country?**

For exchange students, what are medical services provided by your host institutions?

For field school and practicum students, what medical services are available where you will be living and travelling?

#### **5. MEDICAL INSURANCE**

What does your medical insurance cover? What's missing? How can you accommodate services you might need that are not covered?

What do you need to do before/during/after medical intervention to ensure your insurance plan will cover the expenses? (Tip: Read your medical insurance pamphlet)