



# Self-Guided International Travel Health Inventory & Self-Care Plan

## Student Instructions

This inventory is designed to help you identify and plan for your health care needs during your international experience. Note that health conditions or disabilities that are managed in the U.S. health-care context may change or be more challenging in your particular international setting.

Gathering accurate and complete information for this inventory will guide you in proactively addressing potential health challenges such as securing appropriate on-site treatment services, obtaining prescription and over-the-counter medications, understanding controlled substance regulations in foreign countries, researching customs requirements for medications and/or medical devices, and preparing for emergencies.

**Completing this form is voluntary. U-M personnel will not collect or review it.**

Use this form to:

- A. Document relevant health information and plan for your international experience
- B. Share information with your current health care provider or UHS medical professional if advice is needed
- C. Provide an easy reference to your health care information during travel (carry a copy of this plan)

## Student Responsibilities for Personal Health During International Travel

1. All students on university-related international travel must register with the U-M. Benefits include emergency communications and assistance during a health care or personal safety emergency: [U-M Student Travel Registry](#)
2. All students on university-related international travel must have [U-M travel abroad health insurance](#)
3. Remember that you are responsible for your health care needs during international travel. This includes proactively seeking advice and/or consultation from appropriate U-M resources or external health care providers. Consider how any existing health conditions may be affected by international travel, new environments or differences in health care services. Visit [Global Michigan](#) for travel checklists, guides and subscriptions, safety plan templates, and resilient travel tools for managing stress and mental health abroad.
4. Students are responsible for securing appropriate accommodations for any disabilities. If you are not already registered with the Office for Services for Students with Disabilities, please do so: [registration page](#). Consider scheduling a meeting with your disability coordinator to discuss the best ways to accommodate your disabilities while participating in your international experience.
5. Research your host country's health and drug regulations and determine how to access the prescription and/or over-the-counter medications you may need during your experience.
6. Disclose health conditions to a travel companion or program leader (if applicable) if it will make you feel safer or help you in case of emergency. Common examples include sharing information about emergency medications or life-threatening allergic reactions.

## Health Care Provider Information

Having this information in one place can be helpful when seeking health care or emergency care during travel.

### 1. Health Care Provider Name

List the name of your regular health care provider (personal physician, group practice, etc.)

### 2. Health Care Provider Office Contact Information

Provide the office phone number and email address for your regular health care provider.

### 3. Health Care Provider Emergency Contact

Provide the after-hours emergency number for your health care provider.

### 4. U-M Travel Abroad Health Insurance

List the emergency phone number for U-M HTH/Worldwide Travel Abroad Health Insurance. Note: all students on U-M related travel must have this coverage: [uhs.umich.edu/tai](https://uhs.umich.edu/tai).

## Physical and Mental Health

### 5. Physical Health

Are you currently being treated, or have you been treated for a serious physical health condition injury or disease? If yes, what do you do in the U.S. to care for these conditions (e.g. medication, seeing a health professional, personal networks, other strategies)?

### 6. Physical Health Needs During Travel

What do you need in order to successfully manage your physical health conditions during your international experience? What concrete steps will you take to address these needs? Do you need to consult with a health care professional?

## 7. Mental Health

Are you currently being treated, or have you been treated during the last 5 years for a mental health condition (e.g. addiction, depression, anxiety, eating disorder, a condition related to loss or grief)? If yes, what do you do in the U.S. to care for these conditions (e.g. medication, seeing a health professional, personal networks, other strategies)?

## 8. Mental Health Needs During Travel

What do you need in order to successfully manage your mental health and well being during your international experience? What concrete steps will you take to address these needs? Do you need to consult with a health care professional?

## 9. Allergies

Do you have any drug, food, or other allergies (medications, nuts, shellfish, bee stings, wool, etc.)? If yes, what are your reactions if exposed? How likely will it be to encounter these allergies in your host location? What steps will you take to minimize the risk of exposure and/or plan for treatment?

## 10. Dietary Restrictions

Make a list of any dietary restrictions you may have (vegan, vegetarian, kosher, no pork, etc.). How will you accommodate these restrictions during travel? Will your main sources of nutrition be available in your host location? Are there any items you should plan to carry with you?

### 11. Medications

Make a list of any prescription and over-the-counter medications you are currently taking (e.g., birth control, insulin for diabetes, Claritin for outdoor allergies). . Next indicate which ones you will need during travel and in what amounts. Are these medications available in your host country? Are there any legal restrictions? What are the translations for each medication in your host country language and local brand name?

### 12. Immunizations

Do you have the following?

Copy of your own immunization record to carry in case of health emergency

List of required and recommended immunizations for your host location(s)

If you do not have these items, how will you locate them and arrange for any boosters or new immunizations needed prior to departure? View University Health Service [immunization resources](#).

### 13. Accommodations

Do you have any of the following conditions that may require special accommodations during travel?

mobility of physical activity restrictions (e.g. disability, obesity or cardiac condition)

Health conditions (e.g. learning disability, attention deficit disorder, diabetes, brain injury, epilepsy)

Hearing or visual loss

If yes, what accommodations or support services do you receive in the U.S.? Will these accommodations be needed during travel? Are they available in your host location? What steps will you take to research your options? Are you registered with the Office for Services for Students with Disabilities?

## **Additional Planning Questions**

What is your greatest challenge in taking care of your health in the U.S.?

What do you anticipate will be the most challenging aspect of taking care of your health while traveling?

What questions do you still need to research about your particular travel health care needs?

Visit [global.umich.edu](https://global.umich.edu) to register your travel and find more health and safety resources.