

# Travel Health Preparation Guide

The Travel Health Preparation Guide is designed to help you (1) identify and (2) plan for your health and well-being during travel, with a particular focus on how health conditions and/or disabilities that are managed in the U.S. healthcare context may change or be more challenging in an off-campus or international setting. Whether you are traveling domestically or abroad, answering the questions in this guide will assist you in proactively addressing potential health challenges.

If you need assistance going through this form or have any questions/concerns/inquiries about your proposed study away location or details of your program, schedule an appointment with the CAS Study Away Office or your travel course faculty leader.

## Student Instructions:

- Review and answer the questions within this guide.
- Research strategies to manage your health in your travel destination/s.
- Consult with your current psychological and/or physical health care provider or with any of the following resources available to U o R students:
  - [Counseling Center](#)
  - [Academic Success and Accessibility Office \(ASA\)](#)
  - Students can find a list of English speaking doctors and medical professionals for their host country by visiting [Learn About Your Destination page](#) from the US Department of State. Enter your travel destination in the Where Are You Traveling box. Under the Health section there will be information about local medical facilities, English speaking doctors and medical professionals, and other relevant country specific health information.
  - Work together to develop a self-care plan for your off-campus experience if needed. Make appointments with your psychological and/or physical healthcare provider, or ASA early since appointment times fill up quickly. If you need assistance contacting iNext insurance, the CAS Study Away Office can help with that.
  - All CAS undergraduate students will be enrolled in iNext international health insurance unless participating on a program through one of the following providers: CET, CIEE, DIS, IES, and SIT. Students on those programs need to check with the insurance provider provided by the program for their coverage specifics. iNext insurance includes mental health and wellbeing support through TELUS Health Services. Contact CAS Study Away, if you have questions about your study away insurance coverage.
- Keep a digital or printed copy of your completed guide during your travels for easy reference.
- Share relevant information with a travel companion, onsite staff member, or program leader (if applicable) if it will make you feel safer, if you need routine support or support in the case of an emergency, or if you have questions. Common examples include sharing information about approved accommodations, medications, life-threatening allergic reactions, and dietary preferences.

## Consider the following questions about your health and well-being:

### 1. Planning for Travel

- Are there aspects of travel that you are anxious or fearful about?
- What experiences may be most challenging for you (e.g., culture, interpersonal situations, managing your health, academic expectations, etc.)?
- Are there any particular health and/or well-being concerns so serious that you may be unable to manage them during travel? If so, is it better to:

- Travel to another destination for another experience where you can better manage your health and well-being?
- Postpone your travel to another time when you are better able to manage your health and well-being?
- Implement strategies and utilize on-site resources that will better enable you to manage your health and well-being in your intended destination?

## 2. Physical Health

- Are you currently being treated, or have you been treated for a serious physical health condition, injury, or disease within the last five years?
- If yes, what do you do in the U.S. to care for these conditions (e.g., taking medication, seeing a health professional, maintaining personal networks, etc.)?
- Do you plan on taking prescription medications while traveling? If so, are your medications legal and available at your destination/s? Some medications common in the United States, such as pain medications like codeine and tramadol, and others, may be considered illegal in other countries. See [Traveling Abroad with Medicine](#) for details.

## 3. Physical Health Needs During Travel

- What do you need to successfully manage your physical health conditions during your travel experience?
- What concrete steps will you take to address these needs?
- Do you need to consult with a healthcare professional at your destination/s for continued care or to refill a prescription?
  - Explore the iNext travel assistance program or your insurance provider to help with planning your healthcare needs in your host country. Communicate with your program or faculty leader to learn about on-site healthcare options and availability.
- What precautions will you take for travel health risks? (See [Additional Considerations for International Travel](#)).

## 4. 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, PTSD, eating disorder, a condition related to loss or grief, etc.)?
- If yes, what do you do on campus to care for these conditions (e.g., medication, seeing a health professional, personal networks, etc.)?
- Do you plan on taking mental health prescription medications while traveling? If so, are your medications legal and available at your destination/s? Some medications common in the United States, such as medications for attention deficit disorder like Adderall, Ritalin, and others, may be considered illegal in other countries. See [Traveling Abroad with Medicine](#) for details.

## 5. Mental Health Needs During Travel

- What do you need to successfully manage your mental health and well-being during your travel experience?
- What concrete steps will you take to address these needs?
- Do you need to consult with a mental health professional at your destination for continued care or to refill a prescription?
- How would this condition be treated during an acute flare up, what coping strategies have you found helpful for it, and can you replicate this treatment or apply the coping strategies while traveling? Suggested resources include:
  - Following [General Emergency Protocols for Uof R International Travelers](#) for urgent

situations, which may include going to an emergency room in the event urgent is needed and using your iNext (or other international health insurance).

- For iNext users, use [TELUS Health](#) (access to 24/7 immediate support with counselors through chat and calls and ongoing support by appointment through telephone and video and multilingual resources on the TELUS Health app).

## 6. Allergies

- Do you have any drug, food, or other allergies (e.g., medications, gluten, 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 destination/s?
- Do you know how to say what you are allergic to in the local language of your host destination?
- What steps will you take to minimize the risk of exposure and/or plan for treatment?
- If meals will be provided for you by a program leader or in-country host, how will you make your allergies known?

## 7. Dietary Needs

- How will you accommodate these dietary preferences 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?
- If meals will be provided for you, either by a program leader or in-country host, how will you make your dietary preferences and restrictions known?
- Do know how to express your dietary preferences in the local language of your host destination?

## 8. Medications

- Make a list of any prescription and over-the-counter medications you currently take (e.g., birth control, insulin for diabetes, Claritin for outdoor allergies).
- Next, indicate which ones you will need during travel and in what amounts.
- What are the translations for each medication in your destination language and a local brand name?
- Are these medications available in your host location/country?
- Are there any legal restrictions? Some medications common in the United States, such as Adderall, Ritalin, Sudafed, codeine, tramadol, and others, may be considered illegal in other countries.
- For international travelers, the following resources can assist you in determining the legality or availability of your medications abroad:
  - See [Traveling Abroad with Medicine](#) for guidance, which includes calling the Embassy or Consulate of each country you will be visiting to determine if your medications can be safely brought into the country.
  - You may also want to check the [International Narcotics Control Board](#), which provides general information about narcotics and controlled substances for countries that have information available for travelers.

## 9. Immunizations

- Keep a copy of your immunization record in case of a health emergency or for public health entry requirements.
- Review the list of required and recommended immunizations for your host location/s. For general recommendations, look up your destination/s on the Centers for Disease Control and Prevention [Traveler's Healthsite](#).
- If you do not have these items, how will you locate them and arrange for any boosters or new immunizations needed before departure? You can schedule an [appointment](#) at a travel health clinic.

## 10. Language

- Are you traveling to a destination where English is not the primary language?
- Do you speak the local language? If not, what strategies will you use to explain your healthcare needs?

If needed, have you identified healthcare facilities where English-speaking professionals are available? Note: Students can find a list of English speaking doctors and medical professionals for their host country by visiting [Learn About Your Destination page](#) from the US Department of State. Enter your travel destination in the Where Are You Traveling box. Under the Health section there will be information about local medical facilities, English speaking doctors and medical professionals, and other relevant country specific health information.

## 11. Disability Accommodations

- Do you have any conditions requiring special accommodations during travel (e.g., mobility or physical activity restrictions, learning disabilities, deaf/hard of hearing, blind/low vision, etc.)?
- If yes, what accommodations or support services do you receive on campus?
- Will these accommodations be needed during travel?
- Are these accommodations available in your host location?
  - Contact the CAS Study Away Office if you need additional information about semester program locations or your faculty leader for May Term travel courses.
- What steps will you take to research your options?
- Additional considerations and resources are on the [Disabilities Abroad](#) page.
- Note: Students are responsible for initiating the accommodations process by contacting the Academic Success and Accessibility Office. If you are not already registered with the Academic Success and Accessibility Office, students should schedule appointments with ASA at least 2 months before the start of their study away program. Please contact ASA at [ASA@redlands.edu](mailto:ASA@redlands.edu).

## Resources

### University of Redlands Resources:

- [CAS Study Away Office](#)
- [Academic Success and Accessibility Office](#)
- [General Emergency Protocols for U of R International Travelers](#)

### iNext Health Insurance Resources:

- [Procedures for When In a Medical Emergency](#)
  - Students with iNext insurance can go to any medical facility. After treatment students must file a claim for reimbursement. If there is an incident that will cost more than \$500 it can be arranged with iNext's travel assistance provider for upfront payment. Or if there is a sudden need for a procedure that is more than \$500 arrangement can also be made for payment.
- [iNext Travel Assistance Services](#)
  - Students should go to [travelsecurity.garda.com](http://travelsecurity.garda.com); click login and enter U of R email address. Complete registration form using Crisis 24 contract number: 17632020.
  - Once registration is complete you will have access to travel alerts, country briefings, fact sheets, trip registration and iNext 24/7 hotline.
  - iNext 24/7 hotline: 463.274.2241. Contract number: 17632020.
- [iNext TELUS Health and Wellbeing Resources](#)
  - Confidential mental health support with a counselor 24/7 via telephone, chat, video or by appointment