# HEALTH ABROAD CHECKLIST

## What you need to KNOW:

- **HTH Worldwide Health Insurance**: NU requires all study abroad students to have HTH insurance coverage for the entire period of time they are studying abroad, regardless of any other coverage from their parents, Northwestern, or their study abroad program.

- **HTH Insurance benefits include**: pre-departure consultations, routine or non-emergency care, appointment assistance and direct billing (if arranged by HTH), continuing services needed for pre-existing conditions, emergency treatments for accidents, injuries, illness, etc., mental health services, prescription medication.

- Maintain your domestic healthcare coverage during the entire period of time you are abroad.

## What you need to DO:

### If you have routine or pre-existing health conditions:

- Contact the HTH Global Health Team before you go abroad to discuss managing your condition while abroad and arranging medical treatment.
- You are encouraged to disclose pre-existing health conditions to your program staff.

### If you take prescription medication:

1) Inquire with the HTH Global Health Team if your medication is legal and available in your host country.

2) Review known side effects with your physician that could be exacerbated by travel.

3) Bring an adequate supply in the original container, in your carry-on bag, with a copy of your prescription. Maintain your usual routine and dosage while abroad.

Don’t have pre-existing conditions? We still recommend seeing a physician for a basic check-up before going abroad.

### Research health risks and recommendations by reviewing the CDC Prevention Traveler’s Health website (see Resources section below)

### Be up-to-date on your immunizations and check with your doctor about recommended immunizations or prophylaxis medication specific to your host country.

### Pack over-the-counter medication, such as ibuprofen and allergy medicines, sufficient contact lenses and solution, if applicable, and contraception as these may be difficult to obtain on-site.

### For non-emergency medical care while abroad:

- Email or call the HTH Global Health Team, or use the search function on the HTH website for a physician’s referral or appointment (HTH can arrange direct billing and English-speaking physicians).
- You can also arrange an appointment without HTH and pay out-of-pocket first and get reimbursed later (make sure to keep receipts).

### For EMERGENCY medical care while abroad:

1) Go to the nearest treating facility.

2) Call HTH at +1-610-254-8771, and provide the following information: Your name; HTH certificate number; hospital name, location and telephone number. Direct billing with HTH is often available for hospital admits, but only at the intake stage.

3) Then, call NUPD at 847-491-3456.

## RESOURCES:


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<td>☐ HTH Global Health Team</td>
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Questions? Contact: studyabroad@northwestern.edu | northwestern.edu/studyabroad | 847-467-6400 |