

Confidential Health History Form and Health Clearance Form Instructions

For programs in **Botswana, Ghana, India, Solomon Islands, or South Africa**, you must be cleared through your UC campus Student Health. For all other countries, refer to your campus Student Health to check if you have the option of going through a private physician.

Schedule an appointment with your doctor, specialists (if applicable), and a travel health clinic if recommended by your doctor. See your specialist(s) before you see your general practitioner. This appointment is to discuss medication and treatment plans during your program abroad, and to obtain your providers' signatures indicating you are cleared to participate. *We cannot waive this requirement. All information is confidential and may only be shared with UCEAP officials in an emergency. Failure to provide complete and accurate information may be grounds for non-participation in UCEAP.*

Before Your Appointment(s):

1. Fill out the Confidential Health History Form, and the top portion and vaccine compliance section of the health clearance.
2. Complete the required Health and Safety Course, linked in your UCEAP Portal.
3. Review the Health chapter of the Guide to Study Abroad linked in your UCEAP Portal.
4. Research medication legality if you will be traveling with prescription medication.

Students with Disabilities: If you have a documented disability or other chronic systemic condition, contact your campus EAP office and your UC campus Disabled Students Office (DSO). A letter on letterhead from your campus DSO must be sent to UCEAP indicating your UC accommodations. See Request for Disability Accommodation Abroad, under requirements in your UCEAP Portal.

In light of varying conditions and services available, universities abroad may require this letter with sufficient notice for a request for accommodations to be evaluated. Students who disclose needs at the last minute, or who require accommodations that cannot be made available in the host country, may be advised to postpone participation or consider another site. (NH2019)

During Your Appointment(s):

1. Give the Confidential Health History Form to your providers and discuss the following:
 - a. Any pre-existing conditions, even if under control. Your doctor/specialist can advise and discuss possible continued treatment plans in support of your participation in UCEAP. UCEAP can help you identify resources abroad.
 - b. Environmental or programmatic factors that may affect chronic health conditions.
 - c. Prescription medication legality and if you need to switch to a different medication.
 - d. A contingency plan for flare-ups or medical emergencies.
2. Ask for a letter from your physician on letterhead, explaining diagnosis, treatment, and prescription regimen, as you may need this for customs and it can facilitate continued treatment abroad.
3. Show your treating doctor(s) and specialist(s) the below Provider Notes section.

Instructions for Providers (students may have additional forms required by host university/country):

- Review the student's Confidential Health History Form and/or health history on file.
- Consider student's stability of medical conditions, compliance, and treatment plan if needed.
- Discuss medication or treatment availability in the host country.
- Consider environmental or programmatic factors that may affect chronic conditions.
- If student is seeing a specialist, the general practitioner should review any specialist notes.
- Sign the form under the appropriate box (general practitioner or specialist).

Submitting Forms

- Submit Completed Health Clearance form by either eFax or email by the stipulated deadline in your UCEAP Portal:
 - **eFax:** (805) 893 3021 *This is a secure, HIPAA-compliant eFax portal.*
 - **Email:** healthclearance@uceap.universityofcalifornia.edu
NOTE: Using non-encrypted email to send your completed health clearance is not private or secure. Also, there is a possibility that the email could be intercepted and read by others whom you did not intend to receive it.
- Take your Confidential Health History form with you abroad for personal reference—do not submit this form to UCEAP.
- If there are any changes to your health after submitting the health clearance form, you must notify UCEAP. You may be required to submit an updated health clearance or treating doctor's letter.