

## **Role of the Personal Health & Self Care Form**

The Personal Health & Self Care form is a really important step in your pre-departure processes. Not only does it make Arcadia Abroad aware of the conditions you're managing, so we can help provide you with the appropriate resources, it also helps you think about how you're going to manage your wellness abroad. We know that it can be scary and uncomfortable sharing your physical and mental health information with a stranger and that you likely have questions. Before you fill out your form, please read through these frequently asked questions for information to the questions we receive the most! If your question is not addressed here, please email your wellness advisor or [studentwellnessabroad@arcadia.edu](mailto:studentwellnessabroad@arcadia.edu).

## **I have no conditions. Do I have to do the form?**

Yes, all students need to complete the Personal Health & Self Care form. If you have no known conditions, that's great! But we still need you to tell us that by way of this form.

## **I need to or may need to make changes to my form. Can I still complete it?**

Yes, you can (and should) complete the form. We know that our health changes regularly and that's okay. If you need to make changes to your health form, notify your Program Advisor and they can reopen your Personal Health and Self Care form in your Arcadia Abroad portal. The Student Wellness team will be notified and we will be in touch if we need to discuss your new disclosure. If you know you are going to have a change, there is a question that asks if there is any other information you wish to share with us and in that box, you can tell us what you think may be coming in that space.

## **Are my disclosures confidential?**

What you share with us is considered confidential. There are occasions where we need to share bits of your disclosures with appropriate Arcadia staff, your home school, host institution or other folks managing an emergency. We take this really seriously and will only share information when it is needed to protect you or other persons. An example of a time when we would need to share information disclosed to us is if you are incapacitated in any way, we would share medications you're taking with a local healthcare provider to make sure any treatment you receive won't be interfere with pre-existing conditions.

## **Will what I share impact my ability to participate in my program?**

Our number one goal is to make your study abroad experience happen, but our priority is your health and wellbeing. There are **rare** cases when a student discloses something of a serious nature that may impact their ability to be successful on the program. If this is the case for you, we will work with you to identify possible avenues for success or alternate options.

## **Am I guaranteed my academic accommodations?**

Academic accommodations will look different abroad and there is no guarantee that you will receive the same accommodation you receive at home. If you request academic accommodations, you will receive an email outlining the steps you need to take to secure your accommodations for your program. To maximize your chances of securing your accommodation, you should act quickly as soon as your program advisor acknowledges you're enrolled at your institution abroad (this may mean getting an ID number). If you want a sneak peak of the process to come, you can find your program on the [Academic Accommodations Index](#). If you're not sure, ask for clarification.

# Personal Health & Self Care Form

## *Frequently Asked Questions*

### **Am I guaranteed my request for housing?**

Unfortunately, Arcadia Abroad cannot guarantee that all top housing preferences or disability requests can be accommodated. If you have a housing request related to a true physical or mental health condition, note this on your Personal Health and Self Care Form and the Student Wellness Advisor will be in touch with you to outline next steps. In the meantime, you should gather any documentation you may have to support your need for your requested accommodation. It is possible that the standard accommodation for your program may suit your needs but we will work with you on understanding your needs and what we are able to arrange.

### **Does the ADA protect me abroad?**

The Americans with Disabilities Act (ADA) does not apply abroad. That means that accommodations may look different abroad. We will share information with you, based on your disclosures, about how your disability may be impacted by local guidance. If you have a pressing need, you should be in touch with your Program Advisor or Student Wellness.

### **Can I fill a prescription abroad?**

The answer to this question is complicated. It wholly depends on your medication, the country in which you're studying, and the condition for which the medication is prescribed. Please disclose any medications you're taking and you will receive tailored instructions for your next steps. In general, our advice is to work with your doctors to travel with enough supply to last for the duration of your program. This is the best way to ensure you have your medications.

### **Can I bring my Emotional Support Animal or Service Animal?**

In general, you are unable to bring an emotional support animal with you on your study abroad experience and live in program provided housing. If you have a medical service animal, you should inform your Program Advisor and disclose it on your Personal Health & Self Care form. The Student Wellness team will be in touch with you to discuss viability and logistics. The process for studying abroad with a service animal can be long and cumbersome as laws are different in other countries. Please note that ultimately, it is up to your host program, not Arcadia Abroad, to determine if your service animal will be permitted.

### **Do I need to meet with a doctor before studying abroad or provide any documentation of a physical?**

Arcadia Abroad does not require a physical examination to participate in our programs, nor do we require you to speak with a doctor. While not required, it is good practice to speak with your healthcare providers before you study abroad to make sure everything is okay. We will work with you directly if your condition warrants getting a letter from your doctor to provide ongoing care recommendations for your time abroad.

### **Does Arcadia Abroad require vaccination against Covid-19?**

No, it's strongly recommended that all participants are up to date on all recommended vaccinations. Proof of Covid-19 vaccination is not required for participation.

### **Do I need to provide proof of other immunizations?**

Arcadia Abroad only requires students who are studying on Hamilton, Brandeis, and Independent first year programs only to submit proof of immunizations.