



**BOSTON COLLEGE**  
OFFICE OF INTERNATIONAL PROGRAMS

**STUDENT HEALTH AND DISABILITY INFORMATION FOR STUDY ABROAD**  
<http://www.bc.edu/offices/international/travel-health-safety.html>

Although studying overseas is an “experience of a lifetime,” it can also be physically and emotionally stressful. Please be aware that not all programs will be able to accommodate every need or circumstance. If you have any health, emotional and/or disability issues, you must discuss them with your personal health care provider or with University Health Services and/or University Counseling Services on campus prior to departure. We also recommend that you let your on-site coordinator know of any condition that may require special attention on his or her part, especially allergy to food or medicine.

**MEDICAL COVERAGE**

All BC students are required to have adequate medical coverage for their entire stay abroad.

**CHECK-UPS AND VACCINATIONS**

Have medical/dental exams before departure and check that all your vaccinations are current. Some countries may also require or recommend vaccinations against specific diseases before departure. Visit the following web sites for details:

- [www.state.gov](http://www.state.gov) (US Department of State)
- [www.cdc.gov](http://www.cdc.gov) (Centers for Disease Control)

**PRESCRIPTIONS**

Bring medications in their original labeled bottles and copies of all written prescriptions with generic names. When feasible, bring medication to last all semester/year. Do not ship medications overseas as they might be retained at customs.

**OTHER PRECAUTIONS**

- Exercise caution with water and dairy products and avoid raw/undercooked food.
- Wear a Medic Alert bracelet if you have a serious health condition or allergies.

**HTH Health Insurance**

All Boston College Students who study abroad will automatically be enrolled in HTH Worldwide Insurance Services. HTH is a health insurance that provides worldwide medical coverage for you while traveling and living outside of the United States. With this service and coverage, there is no need for a separate claim to your health insurance company in the United States. In case of an emergency abroad, you should go immediately to the nearest physician or hospital without delay and then contact HTH worldwide.

This policy is in effect for both BC and approved external programs. Please note that HTH does not replace required medical insurance within the United States. Rather, it will provide you with medical services and assistance overseas.

**DOCUMENTED DISABILITY**

If you are currently receiving disability-related arrangements and/or accommodations for any documented disability condition (e.g. hearing, visual, medical, psychiatric, learning), please contact the appropriate Office (the Disability Services Office and/or the Connors Family Learning Center). The Office of International Programs will work in collaboration with those offices to facilitate disability-related accommodations while abroad. Be aware that not all host institutions will be able to accommodate you.