



# Personal Health Inventory for Study-Abroad Students

Have you made preparations to avoid problems with any of the following common issues?

- \*Ability/Disability Issues
- \*Allergies
- \*Contraceptives
- \*Culture Shock
- \*Dental Care (including orthodontics)
- \*Dietary Concerns
- \*Drinking
- \*Exercise
- \*Eyeglass Prescriptions (and contact lens care)
- \*Gender-Sensitive Health Care
- \*Health and Safety Advisories or Warnings
- \*Hepatitis Protection
- \*Immunizations
- \*Insurance
- \*Medication and Medical Supplies
- \*Psychological Services
- \*Regional Health Issues
- \*Sexuality
- \*Skin Care/Dermatology
- \*Sleep Patterns
- \*Smoking
- \*Support Networks/Friends and Family Values

This inventory covers most of the important health concerns you might have to address while abroad. If you prepare for the health issues important to your individual situation **BEFORE** you go abroad, then they are easier to handle at your destination. For example, if you have difficulty with your vision, make sure you pack an extra set of eyeglasses, pack your eyeglass prescription, and locate an optometrist at your destination *before departure*. Pre-departure planning and preparation will make many of the health issues you encounter abroad easier to manage.

*(Inventory Source: Boston University Office of Study Abroad)*