

## Personal Health Form

The Feinberg School of Medicine's (FSM) Center for Global Health at Northwestern University asks FSM students to complete the Personal Health Form to ensure that they are aware of the travel services, supplemental health insurance, and health services available to them and to ensure that students have made proper preparations to safeguard their mental and physical health and safety while participating in a global health program and/or clinical rotation at an international site. *Please note that responsibility for your well-being rests with you. Submission of this form does not place any obligations on Northwestern University or its agents.* Additional details on the Drum Cussac security information services, HTH supplemental health insurance, and the Student Health Plan may be found by visiting:

<http://www.northwestern.edu/global-safety-security/health-safety/travel-health/hth-worldwide-health-insurance.html>

**GeoBlue Insurance:** Northwestern University offers its students, faculty, and staff supplemental GeoBlue travel insurance at a modest additional cost. GeoBlue insurance covers primary care expenses when traveling abroad for a nominal weekly fee (approximately \$8 per week). Students may apply for global health funding through FSM to cover this additional cost. GeoBlue is not intended to be a substitute for domestic health insurance but covers an individual for certain services when traveling outside of the U.S. FSM students are required to register for supplemental GeoBlue insurance prior to participating in a clinical rotation and/or global health program at an international site.

- In case of an emergency, consult your GeoBlue identification card for the appropriate contact information and contact GeoBlue International at 1-610-254-8771 or toll-free inside the U.S. at 1-800-257-4851, or email [globalhealth@geo-blue.com](mailto:globalhealth@geo-blue.com).
- The Reimbursement for Care page provides phone numbers and email for claims: <http://www.northwestern.edu/global-safety-security/health-safety/travel-health/reimbursement-for-care.html>
- Customer Services information is also on the Reimbursement for Care page. For questions or concerns, students can contact GeoBlue's customer service (24/7) at 1-844-268-2686 or [customerservice@geo-blue.com](mailto:customerservice@geo-blue.com).

**Drum Cussac:** Drum Cussac is a supplemental travel service that NU makes available to all students, faculty, and staff. Drum Cussac provides security updates, worldwide assistance, and recommendations on local hospitals and travel immunizations, among other services, to all students and employees who travel outside the United States to study or conduct University business. By logging on to the Drum website, Northwestern community members can access country-and city-specific travel safety and security information. Travelers can review colored-coded daily Travel Alerts in the following categories:

medical (outbreaks of infectious disease); security (incidents of crime or terrorism); environment (various natural disasters); and political violence. For complex security environments, the Analysis section offers in-depth evaluations of critical incidents or ongoing circumstances. Under the Travel Advice section or by clicking on the map, travelers can review color-coded country profiles and city briefings in these subjects of risk: overall, security, environmental, infrastructure, medical and political, which are also rated from low to extreme. FSM students are required to submit their emergency contact information to Drum Cussac and familiarize themselves with security and health recommendations for their destination prior to travel. There is no additional expense to use Drum Cussac. The URL for self-registration is <https://www.drum-cussac.net/self-registration>. Only travelers with a Northwestern email domain will be able to set-up an account. Review [detailed registration instructions](#) (also attached), if needed, and email [platformsupport@drum-cussac.com](mailto:platformsupport@drum-cussac.com) if there are any difficulties with setting up an account.

**Mental Health:** Extended international travel often presents individuals with physically and emotionally challenging settings and activities. You are likely to find that familiar medications, support networks, and health services may not be available in the host country. Should you experience abnormally strong feelings of stress, isolation, and/or depression, please communicate these feelings with the local program director immediately and/or contact GeoBlue Insurance, which provides on-call counseling services. While abroad and in the event of an emergency, consult your GeoBlue identification card for the appropriate toll-free access number or contact GeoBlue International at 1-610-254-8771. In Chicago, NU's Counseling and Psychological Services (CAPS) offers mental health services to NU students and may assist students before travel by helping to identify local mental health services at the international site. Students may contact Counseling and Psychological Services in Chicago at: 710 N. Lake Shore Drive, Abbott Hall, 5th floor; For appointments, 1-847-491-2151; Daytime emergency service, 1-847-491-2151; After-hours emergency service, 1-847-491-8100 (Ask to speak with CAPS staff on call).

**Personal Health Consultation:** Feinberg students should consult with their primary care physician and make preparations and obtain appropriate medical resources regarding their personal health before travel. In addition to a visit to a primary care physician, these preparations may include a visit to an authorized travel clinic for consultation, review of prior immunizations records, review of the host country's entrance requirements particularly regarding immunizations, and ensuring that there will be access to prescription medications and necessary care for emergencies and/or pre-existing conditions.

**Travel Medicine and Immunizations:** Students may familiarize themselves with country specific recommendations on travel medicine and immunizations using Drum Cussac services, but should also consult the U.S. State Department website ([www.state.gov](http://www.state.gov)) regarding entry requirements, the U.S. Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) and the World Health Organization

([www.who.int](http://www.who.int)) for immunization profiles. For those students who require travel medicine and/or immunizations, they should contact a travel clinic to schedule a consultation a minimum of six weeks before travel. There are a number of travel clinics in and around Chicago, including at Northwestern Memorial Hospital. You may contact the travel clinic at NMH by calling, 1-312-926-3155.

**Guidelines for Blood-borne Pathogen Exposure and Post-Exposure Prophylaxis at Global Health Field**

**Sites:** The purpose of the [guidelines](#) are to delineate recommended actions that should be taken in case of an occupational exposure of any member of the Feinberg School of Medicine to infected or potentially infected bodily fluid while at a global health field site, i.e. off-campus, non-U.S. site. The policy extends to Feinberg School of Medicine students. The guidelines outlines the recommendations of the Feinberg School of Medicine (FSM). It does not replace individual choice. Each exposed person has the right to weigh the risks and benefits and make their own choice about when to take post-exposure prophylaxis (PEP). The guidelines are posted on the CGH website ([www.globalhealth.northwestern.edu](http://www.globalhealth.northwestern.edu)) and in the FSM Student Handbook on Global Health.

**I understand that it is my responsibility to make adequate preparations to safeguard my own physical and mental health including obtaining proper travel medicine and immunizations prior to participating in a clinical rotation and/or global health program at an international site. In addition, I confirm that I will register for GeoBlue supplemental health insurance, will familiarize myself with host-country entry requirements for immunizations and travel medicine, and will make appropriate preparations to safeguard my physical and mental well-being prior to and while I am abroad. Lastly, I confirm that I have received, reviewed, and understand Feinberg’s Guidelines for Blood-borne Pathogen Exposure and Post-Exposure Prophylaxis at Global Health Field Sites.**

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

NU ID #: \_\_\_\_\_

Date: \_\_\_\_\_