Student Health Clearance Packet

Health Clearance is required to participate in Harvard-sponsored international travel, with some exceptions for travel lasting less than two weeks.

See globalsupport.harvard.edu/travel-tools/forms-policies, or ask your program administrator for more information about this requirement.

Visit globalsupport.harvard.edu/travel-tools/forms-policies for FAQs and additional information.

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  Completed by student and given to Health Provider(s)

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  Completed by Health Provider and returned to student
1. The Health Clearance process must be completed **at least** one month prior to your departure, or by the deadline set by your program.

2. Complete the Confidential Health History form (pages 2-3) **and** Part 1 of the Health Clearance form (page 4). Print a description of your Harvard travel plans (a printout from the program website, a description from your funding application, or a written description including planned activities and accommodations).

3. If you have seen mental or physical health specialists in the last year for treatment of a serious, chronic, or ongoing condition, you must receive clearance from these specialists first. They complete Part 3 (pages 5-6).

   Note: Your program or sponsor may consult with Harvard officials (i.e. Resident Dean or Administrative Board) about your ability to meet the requirements of your Harvard travel plans.

**HOW TO OBTAIN HEALTH CLEARANCE:**

<table>
<thead>
<tr>
<th>If receiving clearance from a primary care physician</th>
<th>OR</th>
<th>If receiving clearance from Harvard UHS (Harvard College students only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Send the Health History form, Health Clearance form (including specialist clearance if required), and Harvard travel plan description to your doctor’s office. Your doctor completing this form cannot be a family member.</td>
<td>Send or deliver the Health History, Health Clearance (including specialist clearance, if required), and Harvard travel plan description to: ATTN: Medical Records Health Clearance Harvard University Health Service 75 Mount Auburn Street, 4th Floor Cambridge, MA 02138</td>
<td>Upon review of the information provided, UHS may require an in-person appointment in order to make a clearance decision. If so, you will be contacted within 5 business days of submitting your packet to schedule an appointment.</td>
</tr>
<tr>
<td>The <em>original</em> signed request should be sent directly to: Office of International Education 77 Dunster Street Cambridge, MA 02138</td>
<td></td>
<td>Once you are cleared, UHS will send you an email confirmation and return your packet to the Office of International Education for submission to the program or funding office indicated on page 4.</td>
</tr>
<tr>
<td>We cannot accept electronic copies or faxes.</td>
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</table>

**QUESTIONS?**

Contact Camila Nardozzi, Director, Office of International Education, cnardozzi@fas.harvard.edu.
To be completed by student

Last Name: ___________________________ First Name: ___________________________ MI: _____  
Prefered Name: ___________________________ HUID: ___________________________ Gender: ___________  
Email Address: ___________________________ Phone Number: ___________________________  
Program and Funding Source: ___________________________  
Destination Country/ies: ___________________________  
Travel Dates: ___________________________  

List any condition(s) for which you are currently being treated or have been treated by a clinician:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________  
List any physical or learning disabilities: ________________________________________
________________________________________________________________________
________________________________________________________________________  
Are you currently seeing a physical or mental health specialist for treatment of an ongoing health issue?  
Y ☐  N ☐  
If yes, for which conditions? ________________________________________________
________________________________________________________________________
Health Provider’s Name: ___________________________  
Phone: ___________________________  Fax: ___________________________  
List any other specialists you have seen in the last 12 months and the reason for consultation or treatment:
________________________________________________________________________
________________________________________________________________________  
Have you ever had surgery? Y ☐  N ☐  
If yes, please describe: ____________________________________________________
________________________________________________________________________

do you have any drug or food allergies? Y ☐  N ☐  
If yes, list the allergy or allergies and briefly describe your reaction: ________________________
Medications
Are you currently taking any medications?  Y [ ]  N [ ]

If yes, please note that you are responsible for ensuring that your medications are legally permissible abroad.
Specify the medications you are currently taking, including medication(s) you carry for possible use (e.g. insulin, asthma inhaler, Epi-pen): ____________________________________________________________

Mental Health History
Have you ever suffered from, been treated for, taken medication for, or been hospitalized for the following?
Mental health condition (e.g. depression, anxiety)?  Y [ ]  N [ ]

If yes, please explain: ____________________________________________________________

Substance abuse (alcohol or drugs)?  Y [ ]  N [ ]

If yes, please explain: ____________________________________________________________

Eating disorder (e.g. anorexia or bulimia)?  Y [ ]  N [ ]

If yes, please explain: ____________________________________________________________

Services or Accommodation
Indicate any services or accommodation you believe you will need to facilitate participation in your chosen plan for study abroad. *Note that Harvard cannot guarantee that services or accommodation will be available in the region(s) where you will be studying.*

Certification
I certify that all responses made on this packet are complete, true, and accurate. I understand that if there are any changes in my health status I will contact Harvard immediately. I understand that if I misrepresent or fail to provide the information requested on this packet, then I may be barred from participation in, dismissed from, or told to discontinue the Harvard travel plans I have chosen.

Student’s Signature: ___________________________________________ Date: ________________

If submitting packet to Harvard UHS:
[ ] Check here if you DO NOT want your Health History to be forwarded to you program or funding office.

- If this box is NOT CHECKED, both your Health Clearance and the Health History will be sent to your program or funding office.
- If this box is CHECKED, only your Health Clearance will be sent; the Health History will be retained at UHS.
Harvard Health Clearance Packet: Health Clearance

Health Clearance for Harvard-Sponsored International Travel

Part 1: To be completed by student

Last Name: ____________________________      First Name: ____________________________      MI: __________
Preferred Name: ____________________________      HUID: ____________________________      Gender: __________
Email Address: ____________________________      Phone Number: ____________________________
Program Name (if applicable): ____________________________
Program or Funding Department Requesting Health Clearance: ____________________________
Approximate Dates of Harvard-Sponsored Travel: ____________________________
Destination Country/ies: ____________________________

I have seen a medical or mental health specialist within the past year for treatment of a serious, ongoing, or chronic condition: Yes ☐      If “yes,” Part 3 must be completed before Part 4 can be completed. No ☐
Part 2: Instructions for Health Providers

Health providers must be appropriately licensed and credentialed and may not be a family member of the student they are evaluating.

1. Review the following:
   - Printed description of the student’s international travel plan or program (provided by the student)
   - General requirements of the Harvard Travel Participation, set forth below
   - Completed Harvard University Confidential Health History

2. Complete the Health Clearance:
   - Physical or Mental Health Specialists: Complete Part 3 of the Health Clearance on pages 5-6.
   - Primary Care Physicians: Verify that medical or mental health specialists have completed Part 3 of the Health Clearance (if required), and then complete Part 4 on page 7.

3. Return the original Health Clearance packet to the student.
   - Harvard UHS: Health Clearance packets can be returned to the Office of International Education for submission to program and funding offices. Please note if student has requested that the Health History not be submitted (see check box on bottom of page 3); if so, only return the Health Clearance.

GENERAL REQUIREMENTS OF HARVARD TRAVEL PARTICIPATION

In addition to meeting any specific requirements of the international travel plan or program they have chosen (as set forth in the written description provided by the student), students must meet the following requirements:

- Possess the physical and mental well-being required to live and study in the applicable foreign setting, where resources may be different or fewer than those to which they are accustomed; exercise good judgment and safely fulfill all essential components of their program, including appropriate standards of conduct;
- Be able to display flexibility and to function in the face of potentially uncertain or stressful situations;
- Be able to align their health care needs with the limited resources that may exist nearby;
- Be able to live in a setting different from what they may be accustomed to and that may aggravate existing health conditions (e.g. dormitories that may not be air-conditioned or afford privacy, homestays with local families, etc.);
- Participate in typical classroom work;
- Participate in planned excursions and activities in the area, which may include moderate physical activity.
Part 3: To be completed by licensed medical or mental health specialist (if applicable)

If the student is seeing one or more specialists, or has seen one or more specialists within the past year, for the treatment of a serious, ongoing, or chronic condition, then the approval and signature of each specialist must be obtained before final clearance is signed by a Primary Care Clinician. If this section does not apply, please skip to the next section. This section may be photocopied as needed.

I have thoroughly reviewed the student’s health, referring to the student’s Confidential Health History, medical records on file, and the general and specific requirements of the student’s international travel plan or program. Based on this information and my current observation of this student, to the best of my knowledge:

CHECK ALL THAT APPLY. AT LEAST ONE BOX MUST BE CHECKED.

<table>
<thead>
<tr>
<th>Student is CLEARED by specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ There are no <strong>medical contraindications</strong> to participation in the international travel plan or program the student has chosen.</td>
</tr>
<tr>
<td>☐ There are no <strong>mental health contraindications</strong> to participation in the international travel plan or program the student has chosen.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Student is CLEARED by specialist provided the following conditions are met:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Student requires services or accommodation, as specified below, to facilitate participation in the academic program (e.g. note-taking, wheelchair access). <em>Please note that Harvard cannot guarantee that services or accommodation are available, nor can it guarantee the accessibility of vehicles, housing or other accommodations, study sites, or other places students may visit.</em></td>
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<tbody>
<tr>
<td>☐ Student requires services or accommodation, as specified below, to facilitate a healthy and safe stay abroad (e.g. regularly available psychiatric therapy). <em>Please note that Harvard cannot guarantee that services or accommodation are available.</em></td>
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<tbody>
<tr>
<td>☐ Student requires medication throughout the duration of the international travel plan or program. <em>Note: It is the student’s responsibility to ensure that the medication is available and legal.</em></td>
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<tbody>
<tr>
<td>☐ Student has a significant allergy to certain medication(s) and/or to certain food(s) and has an appropriate treatment plan in place. Please list allergies:</td>
</tr>
</tbody>
</table>

Continued on next page.
Student is NOT CLEARED by specialist

☐ There are **medical contraindications** to participation in the international travel plan or program the student has chosen.

☐ There are **mental health contraindications** to participation in the international travel plan or program the student has chosen.

Licensed Specialist Name: ____________________________________________________________

**May not be a family member of the student.**

Title: ____________________________________________________________

Specialty: ____________________________________________________________

Signature: ____________________________________________________________

Date: _________________  Phone: ________________________________
Part 4: To be completed by primary care physician (may not be family member of student)

I have thoroughly reviewed the student’s health, referring to the student’s Confidential Health History, medical records on file, and the general and specific requirements of the student’s international travel plan or program. Based on this information, to the best of my knowledge:

CHECK ALL THAT APPLY. AT LEAST ONE BOX MUST BE CHECKED.

Student is CLEARED by primary care physician

☐ There are no medical or mental health contraindications to participation in the international travel plan or program the student has chosen.

Student is CLEARED by primary care physician provided the following conditions are met:

☐ Student requires services or accommodation, as specified below, to facilitate participation in the academic program (e.g. note-taking, wheelchair access). Please note that Harvard cannot guarantee that services or accommodation are available, nor can it guarantee the accessibility of vehicles, housing or other accommodations, study sites, or other places students may visit.

☐ Student requires services or accommodation, as specified below, to facilitate a healthy and safe stay abroad (e.g. regularly available psychiatric therapy). Please note that Harvard cannot guarantee that services or accommodation are available.

☐ Student requires medication throughout the duration of the international travel plan or program. Note: It is the student’s responsibility to ensure that the medication is available and legal.

☐ Student has a significant allergy to certain medication(s) and/or to certain food(s) and has an appropriate treatment plan in place. Please list allergies:

Student is NOT CLEARED by primary care physician

☐ There are medical or mental health contraindications to participation in the international travel plan or program the student has chosen.

Primary Care Clinician (M.D., N.P., or R.N.)

May not be a family member of the student.

Print Name: ____________________________

Title: ____________________________

Signature: ____________________________

Date: ____________ Phone: ____________
To be completed by Student and the Accessible Education Office or Harvard Summer School Disability Services Coordinator (if applicable)

Complete this page only if one of your health providers indicated that services or accommodation were required to facilitate your participation in your planned academic program or to facilitate a healthy and safe study abroad.

In the space provided below, or on an attached sheet, describe the arrangements you have made to meet the conditions specified in Part 3 and/or Part 4. If you have mobility-related issues, you also must indicate that you have conferred with the leaders of your program (if applicable) and have a feasible plan in place to address any barriers that might exist in and outside your academic, living, and other settings.

Please note that Harvard cannot guarantee that services are available, nor can it guarantee the accessibility of vehicles, housing or other accommodations, study sites, or other places students may visit. However, the Accessible Education Office (AEO) or Harvard Summer School disability services coordinator can provide assistance identifying and/or arranging services. Once a plan is established, the AEO or HSS disability services coordinator must sign in the space below to indicate that the arrangements you have made appear to meet the conditions required for participation in your Harvard travel plan.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I understand that it is my responsibility to make arrangements for the services and/or accommodation that have been identified by the AEO or HSS Disability Services Coordinator. I understand that if the arrangements described above are amended in any way, then I must inform Harvard immediately.

Student’s Signature: __________________________ Date: ______________________

Name of AEO staff member or HSS Disability Services Coordinator __________________________ Signature of AEO staff member or HSS Disability Services Coordinator __________________________