Below are some **key HEALTH & SAFETY reminders** to review.

As you prepare to travel, we encourage you to research not only your host country, but any locations you plan to visit during your time abroad. The following resources & tips will help you to prepare:

- Learn more about every country in the world via the U.S. Department of State.  
  - Take advantage of the U.S. State Department's **Students Abroad** resource as well:
- Visit the U.S. Department of State **Students Abroad** page for a multitude of tips and resources.
- Familiarize yourself with U.S. State Department Travel Information, Travel Warnings and Travel Alerts, and monitor details when you travel.
- Research health safety on the Centers for Disease Control and Prevention (CDC) website and review the Office of Tourism website of your host country.
- Register yourself with the U.S. Department of State's **Smart Traveler Enrollment Program (STEP)**.
- Save SDSU Study Abroad, CHHS, and SDSU Risk Management contacts to your address book to avoid messages going to spam or junk mail folders.
- Take advantage of the **Student Health Services Travel Medical Consult**

**Physical & Mental Health Considerations**

Whether you need to talk to someone about how you are adjusting (or not) lately, you have questions about health or medication access while abroad, or you are working to maintain a path to support your current mental & physical health plan while abroad, reach out to the campus health center and/or counseling center, as well as an personal doctors for advice. Don't wait until the last minute. Access on-campus resources or get referrals to off-site contacts & services for health or counseling assistance. Build your plan to have a happy and healthy time abroad.

**Virtual Assistance:**

One resource for students with non-urgent matters is SDSU’s HealthConnection site. You can register, be connected to a health contact, and send a Medical Release Form so they can work with you, even from abroad. You can also access the 24 Nurse Line. Referral details will be mostly connected to U.S. options, so use your FTIP and host program or host campus contacts for local referrals. See a full list of current Emergency contact information at SDSU to access this term: [http://shs.sdsu.edu/home/emergency_afterhours.asp](http://shs.sdsu.edu/home/emergency_afterhours.asp)

**Medications:**

If you need help with planning medication purchases and packaging BEFORE you travel, you will have access to the Cal State travel assistance resource available via your mandated SDSU Foreign Travel Insurance Program (FTIP) to help you plan in advance for your health needs and emergency questions. More details are provided below. Review health and safety details noted via the online pre-departure training as well.

**Mandated Coverage and Enrollment in the CSU Foreign Travel Insurance Program (FTIP):**

- All Cal State study abroad participants will be enrolled in a Foreign Travel Insurance Program (FTIP) plan based on program dates or program itinerary. FTIP is a mandatory travel assistance and insurance coverage mandated by the Cal State system for all student, staff, and faculty travelers. There are no exceptions to being enrolled. For more details about FTIP, see the SDSU Risk Management site.
Your host program or campus may have also required enrollment in a program or country-specific plan. If so, that country-specific plan can also be used as a primary source for local resources.

- **Foreign Travel Insurance Program (FTIP) Summary of Coverage** - valid through 2018.
- **Foreign Travel Insurance Program (FTIP) AXA ID Card 2017-2018**
- **Confirmation of FTIP Enrollment & Steps to Make Payments**: An email will be sent in mid-December to confirm enrollment and remind you to expect a bill from Student Account Services and make sure to pay it. The message will likely confirm that "A bill for your coverage will post to your SDSU Student Account Services record within 30-days of your program itinerary start date. You must pay this bill directly via the Student Account Services site since it will NOT be automatically processed by any financial aid or scholarship funds." Check your records now to get familiar with the SDSU Student Account Services site and, if necessary, address any current outstanding bills and late fees.

- **Health, safety, travel assistance abroad**: If you are in an emergency situation abroad, need health referrals, or you are not sure what to do in a travel situation, please use the following FTIP contacts for assistance and additional resources:

  **ACE Travel Assistance (AXA)**
  Phone: 1-630-694-9764
  Email: medassist-usa@axa-assistance.us

  Visit [www.acetravelassistance.net](http://www.acetravelassistance.net) for access to global threat assessments and location based intelligence.

  Username: medassist-usa@axa-assistance.us
  Password: acea&h

**ACE TRAVEL ASSISTANCE PROGRAM**
Organization: California State University RMA
Policy Number: ADD N04950872R
Assistance Provider: AXA Assistance USA, Inc.

AXA provides emergency medical and travel services and pre-trip information services. Please call (or email) when:

- You require a referral to a hospital or doctor
- You are hospitalized
- You need to be evacuated or repatriated
- You need to guarantee payment for medical expenses
- You experience local communication problems
- Your safety is threatened by the sudden occurrence of a political or military event

**FTIP services include:**

- **Medical Assistance** including referral to a doctor or medical specialist, medical monitoring when you are hospitalized, emergency medical evacuation to an adequate facility, medically necessary repatriation and return of mortal remains.
- **Personal Assistance** including pre-trip medical referral information and while you are on a trip: emergency medication, embassy and consular information, lost document assistance, emergency message transmission, emergency cash advance, emergency
referral to a lawyer, translator or interpreter access, verifies medical benefits and assists with medical claims process.

- **Travel Assistance** including emergency travel arrangements, arrangements for the return of your traveling companion or dependents and vehicle return.
- **Security Assistance** including a crisis hotline and on the ground security assistance to help address safety concerns or to secure immediate assistance while traveling as well as access to a secure, web-based system for tracking global threats and health or location based risk intelligence.
  - Visit [www.acetravelassistance.net](http://www.acetravelassistance.net) for access to global threat assessments and location based intelligence.
  - Username: medassist-usa@axa-assistance.us
  - Password: acea&h

Use this information now to research and prepare for your travel abroad. Help prepare yourself to have a happy, healthy, and safe travel experience.

All the best,

Roxanne