

Education Abroad: Health Clearance @ UCR's Student Health Services

Instructions from:

https://studenthealth.ucr.edu/services#travel_clinic

UCR Student Health offers nurse travel consultations for students traveling abroad. The nurses will review recommended vaccinations, safe food and drinking practices, and how to access healthcare where you will be traveling.

To start the travel clearance process go online to the student portal at <https://chconline.ucr.edu> and complete the items listed below to make an appointment with the Travel Clinic Nurse. ALL education abroad students must see the UCR Student Health Services (SHS) regardless if they have the University Student Health Insurance Program (USHIP) or not. **Please begin this process as early as possible- especially if you are also followed by any medical specialists or mental health provider. SHS only accommodates a few travel appointments a day and are often busy.**

BEFORE YOU SCHEDULE AN APPOINTMENT, complete the following items:

1. Immunizations:
 - a. Complete the "Student Immunization Records" form found in the patient portal under "Forms" tab.
 - b. Upload a copy of your Immunization records, by either:
 - Clicking on "Add attachment..." when completing the Travel Questionnaire.
 - Clicking on "Immunization/TB Upload" tab to add any Immunization Record (Only). **Please Do Not use this tab to upload Online Travel Certification.**
2. Complete the Travel Course and upload the certificate or proof of completion **as a PDF**:
 - a. **UCEAP Students ONLY**: Click here for your [Online travel Course](#) (60 min).
 - b. **FLEAP, OAP, and any Student Traveling ONLY**: Click here for your [UC Abroad Travel Course](#) (20 min).
3. Complete the Travel Questionnaire:

Click on the "Messages" tab on the left pane, then "New Message" on the patient portal.
4. After completing these 4 items, **call 951-827-3031 to schedule an appointment** with a Travel Nurse.

Note: at least THREE appointments are required, and more may be necessary.

Appointment 1: \$40

With a travel nurse, who reviews CHH and immunization records (or orders titers test) and provides forms and instructions for any required specialist clearances.

Appointment 2: \$25

Travel vaccinations or any necessary follow-up deemed required, but not performed, in 1st visit.

Appointment 3: \$25

Physical by a provider (MD, DO, NP, or PA) and to provide final clearance.

Vaccine Information: Vaccination prices will vary.

All vaccines including travel vaccines are offered at our travel clinic. It is important to get vaccinated at least 4-6 weeks before you plan to travel in order to give the vaccines time to start protecting you and to allow adequate time for you to complete vaccines that require more than one dose. Medications are also discussed to ensure safe and healthy travel. Some travel destinations may require prescriptions.

A note to students from Counseling & Psychological Services (CAPS): Students often present at CAPS requesting clearance to learn abroad. Generally speaking, students are encouraged to seek services as soon as mental health concerns arise. Students who need a clearance form signed are encouraged to present their request to their CAPS clinician at the earliest possible moment. **Please note CAPS clinicians can only sign off on clearance forms for students with whom they have established a professional relationship and whom they know well enough, in a clinical sense.** In addition, visits must have been within the past six months to complete clearance, otherwise, students will need to have time to re-establish the therapeutic relationship which will typically include multiple sessions prior to the clinician being able to complete the form. Please also note for this reason clearance forms for learning abroad cannot be signed off on during a same day/ walk-in visit.

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Where are the forms sent?

- UCEAP: faxed as a batch to UCEAP's office
- FLEAP & OAP: given back to the student, who submits to the Education Abroad office