BlueCross BlueShield Global Solutions

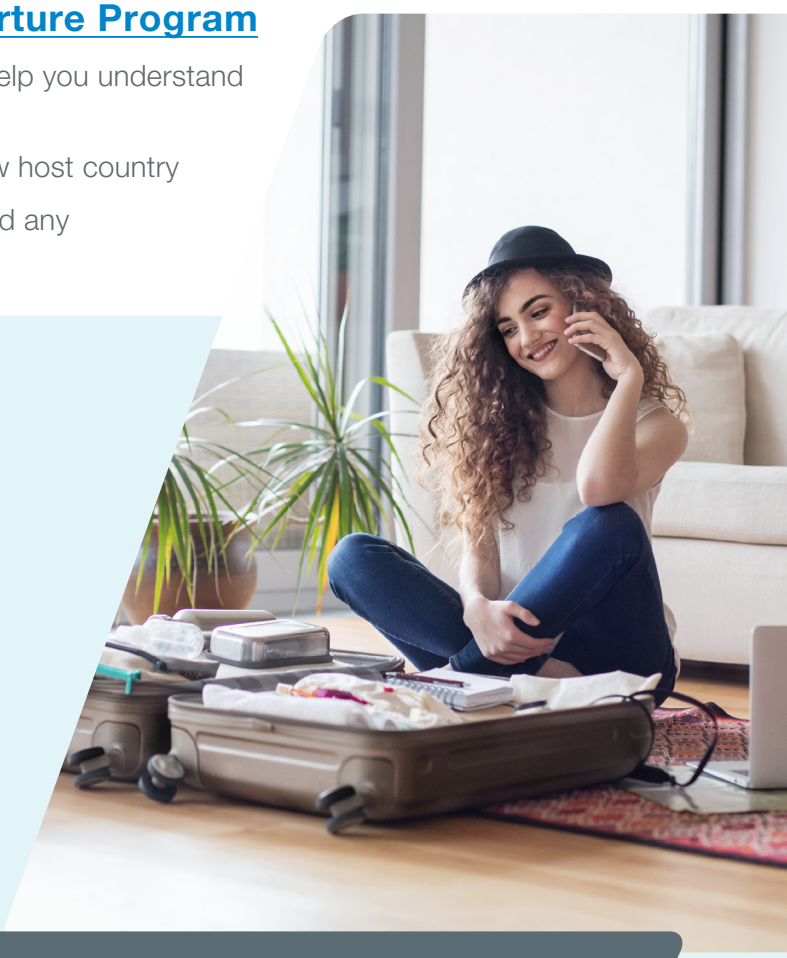
Be Prepared With Our Pre-Departure Program

Preparation is key to success in your new environment. Learning how to access healthcare abroad is an important part of preparing for education abroad programs. This process can be especially beneficial for those managing chronic physical or mental health conditions.

Whether embarking on a long-term research assignment, a short-term education abroad program or planning to enroll in a university abroad program, managing your health and well-being in an international setting is important and can be challenging. We can help you manage this transition with expert advice on how to navigate the local healthcare system and personalized recommendations based on your specific medical needs. Our Pre-Departure Program is available for important pre-trip health guidance and answers to questions you may have.

What you can expect from the Pre-Departure Program

- **Consultations with clinicians before you depart** to help you understand what to expect in your new host country
- **Assistance with planning** healthcare needs in your new host country
- **Guidance to quality healthcare professionals** to avoid any disruption of care



HOW DOES THIS WORK?

1. Fill out this questionnaire
2. Communicate (by phone or email) with a clinician to discuss your medical needs abroad and creating a medical management plan

*Select "yes" on Q+A to allow communications

3. Receive assistance with implementing your medical management plan when you get to your destination, if requested

Pre-Departure Questionnaire (PDQ) Group Code:

Pre-Departure Health Questionnaire

This questionnaire provides us with information about your medical needs and by opting to speak with a clinician, you will receive personalized advice about how to maintain and manage your health in your new living situation. There is a link to frequently asked questions on the last page of the questionnaire.

Expert Clinical Advice

You will have the opportunity to speak with one of our healthcare professionals about any health and medication concerns you have. These experts can also provide insight on how to locate a doctor in your host country and ensure that you can continue to access any prescription medications you require.

Frequently Asked Questions

We've put together this list of answers to common questions and concerns to help you prepare as you embark on your new journey! This is a compilation of questions and answers from expatriate interviews, including information that will be helpful to you before arrival in your new host country.

Complete this **online Pre-Departure Questionnaire** to help best prepare you for your upcoming travel.

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