

HEALTH AND SAFETY

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Health Check-up



- ▣ VEF pays for:
 - General health check-up
 - Immunizations required by your University
 - ▣ Written proof
 - ▣ Timing of inoculations
- ▣ Complete BEFORE departing Vietnam
- ▣ SOS clinics - Hanoi, Ho Chi Minh City
- ▣ Health form of the University
 - Take this with you to SOS.
 - Get this signed. Make a copy.

Medical Insurance



- ▣ Insurance -- Paid by VEF
 - FELLOWS - 30 days
 - VISITING SCHOLARS – Entire period
- ▣ Insurance – Paid by the University
- ▣ Minimum insurance for international students, scholars, dependents:
 - Medical coverage – \$50,000 per person per accident or illness
 - Repatriation of remains - \$7,500
 - Medical evacuation benefits - \$10,000
 - Deductible – Maximum \$500 per accident or illness
- ▣ Violation of the law if you do not carry insurance

Medical Insurance (cont.)

- ▣ Types of insurance
 - Preferred Provider Organization (PPO)
 - Health Maintenance Organization (HMO)
- ▣ Purchase – Premiums to pay
- ▣ Insurance identification card
- ▣ Finding a doctor
 - Primary care physician – Internist
 - Specialist
 - Pediatrician

Medical Insurance (cont.)

- ▣ Copayment at the time of service
- ▣ Expiration date of policy
 - Renewal policies
- ▣ Lifetime coverage maximum
- ▣ Prescription medicine
- ▣ Vision
 - Examination
 - Glasses
- ▣ Exclusions
 - Pre-existing conditions
 - ▣ Pregnancy
 - Dental work



University Health Clinic

- ▣ Services vary.
- ▣ Cost of services – usually less expensive
- ▣ Dental work
 - May be available if the university has a Dental School.
- ▣ Mental health help
 - Psychologists, Psychiatrists
 - Counselors
- ▣ Other services at the Counseling Center:
 - Stress management
 - Time management
 - Study skills
 - Sexual issues



Private Physician

- ▣ Choose a doctor
 - Ask around for recommendations.
 - Male or female
 - Background
 - Group practice
- ▣ Changing to another physician
- ▣ Medical records
- ▣ Procedures covered by insurance
- ▣ Confidentiality
- ▣ Patient information – Be honest!
 - Social Security Number requested, but not required
- ▣ Patient power – Be proactive!

Hospital Emergency Room

- ▣ Emergency: 911
- ▣ Preference of hospital
- ▣ Coverage by your insurance
 - Ambulance
 - Full care
- ▣ Contact your primary care physician immediately.
- ▣ Cost – payment up front
- ▣ Waiting for services
- ▣ Urgent Care Center – option



Medicine



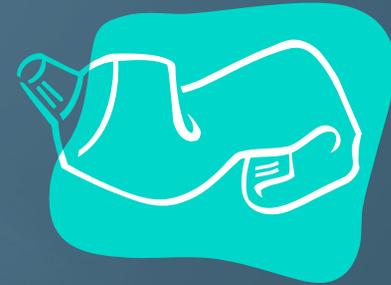
- ▣ Familiar medicines from Vietnam
 - Leave in their package.
 - English translation
- ▣ Prescription medicine in the U.S.
 - Available at pharmacies, grocery stores
 - Time to complete the request
 - Co-payments
 - Follow directions exactly and completely.
- ▣ Over-the-counter medicine
 - No prescription required.

Dental Care

- ▣ Get dental care before departing Vietnam.
- ▣ Know your insurance while in the U.S.
 - Procedures covered
 - Percentage of coverage
 - Maximum coverage per year
- ▣ Not considered emergencies
- ▣ Find a dentist before you have a problem.
 - Ask around about who is good.
- ▣ Don't wait if you have a toothache.

General Hygiene

- ▣ Bodily odors
 - Brush your teeth twice per day.
 - Strong smells after eating garlic, onions.
 - Take a bath daily.
 - Wash your hair often.
- ▣ Clean clothes.
 - Wear clean underwear and socks every day.
 - Wash your clothes weekly.
- ▣ Clean sheets and towels.
 - Wash weekly.



Sexual Issues

- ▣ Get more information : Health clinic, counselors
- ▣ Heterosexuals and homosexuals
- ▣ Protection from sexual diseases and pregnancy
 - Condoms
- ▣ Rape - definition
- ▣ “No” means “No”! -- STOP!
- ▣ Sexual favors
- ▣ Sexual harassment

SAFETY

Safety at home

- ▣ Lock your doors and windows
 - At night
 - When you leave
- ▣ Don't keep large amounts of cash.
 - Put your money in a bank.
- ▣ Protect your identification documents and your credit cards.
- ▣ Know how to use a fire extinguisher.
- ▣ Be careful when cooking with oils.
- ▣ Burns – use pure Vitamin E oil immediately.
- ▣ Buy a First Aid Kit when you arrive.

Safety on campus

- ▣ Your back-pack and/or purse :
 - Keep them with you at all times.
 - Keep them zipped.
- ▣ Find out about any crimes on campus and how to avoid them.
 - Orientations on campus
- ▣ At night -
 - Walk in lighted and populated areas.
 - Use the campus bus or escort service, provided free.
 - Arrange your schedule at the same time of a classmate/colleague so that you are not alone.



Safety in public

- ▣ Your luggage, back-pack, and/or purse :
 - Keep them with you at all times.
 - Keep them zipped.
- ▣ Don't accept a ride with a stranger.
- ▣ Only take authorized taxis. Get the number, license plate of the cab if you are worried.
- ▣ Travel with a friend if you can.
- ▣ Find out about areas in a city/town that you should avoid.
- ▣ Keep your cell phone charged.
- ▣ Don't be afraid to ask or call for help.

Abuse

- ▣ Definition: Physical abuse – harm to the body
- ▣ Of spouses
- ▣ Of children
- ▣ Of you
- ▣ These are criminal offences.
- ▣ Do not be afraid to get help.
- ▣ Report abuse to the campus or local police.
- ▣ You can get a police restraining order if you are afraid that a particular person will harm you.

Plan ahead!

- ▣ Stay healthy.
- ▣ Be safe.
- ▣ Be careful.
- ▣ Be smart.
- ▣ Be happy!

THANK YOU!

Questions?