Before You Leave Home

There are many things to think about before leaving home, but your health should be your top priority! Make sure you have your medications, prescriptions, travel insurance, and your new medical insurance lined up before you leave!

Dental & Vison Care
Unlike other countries, in the U.S., dental and vision insurance are not included in your overall medical insurance, so you want to make sure to purchase additional plans to support all of your needs.

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Global Travel Assistance

At Yale, all students and employees are covered by UHC Global Travel Assistance for both business and pleasure travel. Learn more about what is covered.

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Health Coverage Options
Depending on your Yale affiliation, you will have different options for coverage for health insurance. Make sure you are informed to what is available to you.

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Mental Health

Mental health means different things to different people, but what's important to keep in mind is that there is support on campus to make sure you are well taken care of in both body and mind. It's ok to ask for help and we are here when you need it!

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Staying Healthy
It's easy to be in the classroom or the lab for 12 hours a day, but make sure you're taking care of yourself! Stay active and get involved across campus and the community.

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### Wellness & Self Care

As we all know, self care is extremely important, and Yale is here to help. With Student Wellness and Being Well At Yale offerings, you can relax with yoga and meditation classes, or take part in mindfulness and de-stressing activities.

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### Women's Health
For women, navigating health care presents a unique set of questions and concerns, all of which can vary depending on your native country or culture. We have resources to help!

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Yale Health

Depending on your Yale affiliation, you may qualify for the Yale Health plan. Learn more about the facility, doctors, and care that you can receive.

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Alcohol & Drug Use
While you are in the U.S., it's important to understand the culture and responsibilities surrounding alcohol and drug use. Make sure to educate yourself before you arrive and ask questions once you get here about these issues.

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[10]

Source URL: https://oiss.yale.edu/coming-to-yale/before-you-leave-home/health-care

Links:
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