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ESSENTIAL HEALTH CHECKS

BEFORE COMING TO THE U.S.

The United States is known for having one of the most expensive health care systems in the world. You can prepare for your arrival by getting a head start on these routine health checks to avoid high medical bills.

Health Checklist Before Arrival



Medical History

- Bring your medical records
- Get English version of documents



Immunization Records

- Check university requirements
- Submit records to your school



Prescriptions

- All necessary health devices
- Extra medication from home



Other Resources

- Everyday first-aid kit supplies
- Emergency contacts

Recommended Health Exams in Home Country



Physical Exam

Check overall health and look for areas of improvement



Blood Tests

Check cell counts, cholesterol, and blood sugar levels



Vaccinations

Build your immunity through recommended vaccines



Vision/Dental

Get contacts or glasses and routine dental exams

Most Common Health Related Questions

Is health care free in the U.S.?

Unlike other countries, the U.S. does NOT have a national healthcare system.

How can I get health insurance?

Through your school or a private insurance company like ISO.

Where can I visit if I'm sick?

Visit your school's health center, primary care or an urgent care. The ER is for emergencies only.

How can I make an appointment?

Call ahead or schedule a visit online; best done in advance to get your desired date.

More info at isoa.org