



Student Health Insurance

presents

HEALTHCARE BARRIERS FOR INTERNATIONAL STUDENTS

American health care can feel limiting to international students using it for the first time for a wide range of reasons. Identifying and overcoming those limitations will allow them to make decisions catered to their specific health care needs.

International students may struggle with:



Language & culture



Financial hardships



Misconceptions & confusions



Mental health

How it affects international students:

Language & culture

Misunderstanding diagnoses and consults, resulting in missed follow up care.



Financial hardships

Unaware US health care costs are expensive and can lead to medical debt.

Misconceptions & confusions

Visiting the ER for all medical conditions, resulting in long wait times and high bills.



Mental health

Distance from family and homesickness can impact academic performance.

Tips to overcome these barriers:

Language & culture

- Seek and request for bilingual assistance and medical summaries
- Invite a friend who is familiar with the language to accompany you during medical appointments

Financial hardships

- Enroll in affordable health insurance plan for medical expenses
- Work out payment plans or negotiate to reduce medical bills

Misconceptions & confusions

- Be open when talking about your circumstances or when receiving medical advice
- Ask as many questions to get a clear understanding of your condition

Mental health

- Join societies (clubs, teams, etc.) with like-minded individuals and attend them consistently
- Access counseling and mental health services provided by the university

More info at isoa.org