Dear NYU Abu Dhabi Students and Families:

On behalf of the Health and Wellness Center and the Campus Life team, we are delighted to welcome you to NYU Abu Dhabi (NYUAD). Members of the NYUAD Class of 2020 are about to embark on incredibly exciting chapters of their lives!

The purpose of this communication is to:

- Help students make a successful transition to studying at a university away from home (and, for many, in a new country)
- Provide you with information on medical and mental health services
- Review details on health insurance provided by NYUAD
- Outline mandatory health requirements to be completed by July 1
- Inform you about entry visa health requirements
- Provide contact information and resources for students and their families
- Summarize key points and items requiring action

Making a Successful Transition

As you know, maintaining good physical and mental health is an important factor in a student’s ability to succeed academically and personally. At NYUAD, students will immerse themselves in new academic, social, and cultural opportunities. This will be a wonderful time of discovery that will provide knowledge and experiences to last a lifetime. As with all experiences, there are also potential stressors which the NYUAD Health and Wellness Center is prepared to assist you in addressing. Students may need the support of medical and mental health professionals. In particular, students who are currently experiencing physical or emotional difficulties — or who have experienced such issues in the past — will benefit from ongoing professional assistance while away from home. Students who should receive particular attention include those:

- with chronic medical conditions (such as asthma or diabetes)
- currently or recently engaged in psychotherapy
- with eating disorders

Our philosophy is that students need to take responsibility for their health and welfare, with our support, by planning for and following through on their individual medical routines. Also important in the transition to NYUAD is recognizing that the range of services available at home may not be fully replicated at NYUAD. Our Health and Wellness Center will help you fully understand and navigate any transitions in health care.

For those of you unfamiliar with Abu Dhabi, we want to share some information with you about the United Arab Emirates (UAE) health-care delivery and medications. Some medications available in your home country may not be available in Abu Dhabi, while others may be strictly controlled. There are also certain medications that may be legal in your home country, but that are illegal in the UAE. Please visit
http://www.uaeinteract.com/travel/drug.asp to see a list of restricted medication in the UAE. The US Embassy’s website is a valuable resource and we encourage you to visit it to learn more about medication regulation:
http://abudhabi.usembassy.gov/restricted_medication.html

If a medication is strictly controlled in Abu Dhabi, the US Embassy recommends a protocol that is helpful to those traveling to the UAE: “...patients or travelers carrying prescribed prescription medications must have their prescriptions issued by licensed doctors, attested by a notary public, and, in the case of U.S. citizens, duly authenticated by both the secretary of state of one’s U.S. state, and finally also authenticated by the Secretary of State of the U.S. Government in Washington, D.C.”

For students from countries other than the US, we suggest a similar approach to that recommended by the UAE Interact. It is important to note that local customs agents may ask you questions about your medications if they believe the amounts are greater than required for personal use or if the medications are not licensed in the UAE. If this occurs, feel free to respond openly. If they choose to take the medications, please willingly allow them to do so. NYUAD will assist you in trying to obtain new prescriptions once you arrive on campus. Upon arrival to campus, please email nyuad.healthcenter@nyu.edu so that we can assist you.

It is important to note that prescriptions written outside the UAE will not be filled in Abu Dhabi — you should discuss with your local health professional whether you should secure enough medication for a smooth transition and then see local medical or mental health professionals who can prescribe refills or recommend alternatives once you arrive in Abu Dhabi. If you are bringing medication with you into the UAE, please:

- Have your health professional state both the trade and generic name for your medication(s) on the prescription (in case a specific brand is not available)
- Keep the medication in the original prescription bottles and, if it is a psychotropic or controlled medication, have a letter signed by your health professional supporting its use for your condition
- Always transport medication in your carry-on luggage
- Be sure to follow airport security guidelines, particularly if the medicine is in liquid form
- Be aware that prescription medications mailed internationally may not be received, or may be received later than planned due to customs restrictions.

For specific questions about bringing prescription or non-prescription medications to NYUAD, please contact the Health and Wellness Center NYUAD at nyuad.healthcenter@nyu.edu

Medical and Mental Health Services

NYUAD offers onsite medical and counseling services. Services at the Health and Wellness Center include:
• Identifying and treating common medical and psychological conditions
• Assessing the urgency of your medical problems and directing you to the best place for care
• Providing preventive and health education
• Making referrals to medical specialists when necessary
• Confidential counseling services

If you will be under the age of 18 when you arrive at NYUAD, your parent(s) or guardian(s) must complete and ensure the submission of an Authorization for Treatment of a Minor form, which is available on the NYUAD Student Portal.

Health Insurance at NYUAD

You will be enrolled in a student health insurance plan with local UAE and international coverage. The local UAE insurance is provided by Oman Insurance Company (OIC). You will receive your local health insurance card within the first weeks of arrival to campus. Emirati students who are already enrolled in a UAE health insurance plan will not receive additional local insurance coverage.

Your Health Insurance

New York University values the health of its students and is committed to offering all students access to quality healthcare and affordable student health insurance plans that will protect them against the financial hardships that may result from high healthcare expenses.

While most undergraduate students are in good health and face few serious illnesses while in school, medical and psychological issues can arise at any time, sometimes without warning. There are also certain health concerns that may become apparent for the first time in early adulthood.

As part of the academic overseas program at NYU Abu Dhabi, students are automatically enrolled in an NYU sponsored global health insurance plan called GeoBlue (formerly HTH) NYU-Abu Dhabi in order to ensure that students maintain health insurance with both medical and mental health benefits (within Abu Dhabi – and throughout the UAE -- coverage is provided by the Oman Insurance Company). This insurance program provides students with improved access to medical and mental health services in the event they become ill or injured or require ongoing health or mental health care while abroad with New York University.

Insurance Options

There are two GeoBlue (formerly HTH) Insurance Plans available to the NYU-Abu Dhabi students: an Affordable Care Act (ACA) compliant plan and a non-ACA compliant plan.
Students from countries other than the United States will be enrolled in the non-ACA compliant plan. This plan provides the same coverage while abroad and also provides insurance coverage through Blue Cross for those times when the student is traveling in the U.S. Students should inquire with health.insurance@nyu.edu if they have questions about the plan.

Several years ago, the Patient Protection and Affordable Care Act (PPACA) was enacted in the United States to increase the level of health insurance coverage for more Americans. There are a multitude of medical coverage provisions that are now required by this law. Failure to have adequate coverage could result in a penalty by the IRS. (Please consult your tax preparer for guidance.)

Students from the United States will be enrolled in the ACA compliant plan offered by GeoBlue (formerly HTH) Insurance which provides insurance coverage for any eventuality while outside the United States and through Blue Cross Blue Shield Insurance for those times when the student returns home on travel, breaks, or on a permanent basis. Students should inquire with health.insurance@nyu.edu if they have questions about the plan.

**Actions to be Taken**

Before you arrive at NYUAD, you will receive a confirmation email from enrollment@hthworldwide.com with the subject line NYU-Global Important Insurance Information. Please ensure that you read this email carefully and activate your access to the tools and information provided on the web site, including the Well-Prepared profile.

You must also print your health insurance ID card from the web site before arriving at NYUAD. This is very important, as this card is proof of your coverage. Should you have any questions, please contact GeoBlue (formerly HTH) customer service at 866-281-1668 (toll free inside the U.S.) or +1 610-254-8741 (collect outside the U.S.), where you can get information about your GeoBlue (formerly HTH) NYU-Abu Dhabi Insurance plan benefits and how to access health care while in Abu Dhabi or studying abroad. For other insurance-related concerns, please contact NYU Student Health Insurance Services at health.insurance@nyu.edu or (212) 443-1020.

For additional information, please visit [www.nyu.edu/health/insurance](http://www.nyu.edu/health/insurance) or contact Student Health Insurance Services +1 212 443 1020 or health.insurance@nyu.edu.

**Mandatory Health Requirements**

You must complete the NYUAD Student Health History Form (available on the NYUAD Student Portal) by **July 1**. This health history form is critical to help us understand the health-care needs of students so that we can proactively offer treatment and/or referral planning. Additionally, if you have specific health, mental health, or other concerns about transition to life at NYUAD, we encourage you to indicate those concerns on the form.
Please be as forthcoming as possible — the more information we have, the better positioned we are to help if an issue arises during your transition or while you are living in Abu Dhabi.

Later this summer, you will receive an immunization form to complete. In the meantime, please familiarize yourself with the vaccination requirements and contact your healthcare provider or school to collect your immunization records.

Minimum immunization requirements are:

- Evidence of vaccination with at least two doses of combined measles, mumps, rubella (MMR) vaccine (if not immune by documented history of having these illnesses or by blood titer)
- Evidence of vaccination with one dose of meningococcal meningitis vaccine within the past five years

Additional recommended vaccinations for you and your healthcare provider to consider for travel during your time at NYUAD include:

- Hepatitis A
- Hepatitis B
- Influenza
- Polio (completion of original series and an adult booster if you are 18 or over)
- Varicella
- Tetanus

Substance Abuse

NYUAD is committed to creating and maintaining a campus environment free of alcohol and substance abuse, and one that complies with local laws. NYUAD views the abuse of alcohol and prescription drugs and the use of illicit drugs as antithetical to the pursuit of educational excellence and the realization of one’s full potential as a student and as a responsible member of the NYU community.

Even when students abstain from drinking alcohol, it is still possible that they will be exposed to alcohol use by others, particularly in those semesters in which they travel abroad and may be in regions in which alcohol plays a more prominent role in day-to-day life than it does in the UAE. It is important that we educate students regarding the risks associated with the use of alcohol and supplement all students’ ability to deal with peer group pressures.

We encourage you and your families to have frank discussions prior to departure for NYUAD about drinking alcohol in Abu Dhabi. It is illegal to buy or consume alcohol in the UAE without a alcohol license. Individuals holding a student visa are not eligible for an alcohol license, regardless of age. Furthermore, excessive consumption of alcohol and/or public drunkenness are considered serious offenses under UAE law -- and are also violations of NYUAD's Community Standards and Policies. Students should remember
the fact that they may be in an unfamiliar setting and understand that the use of alcohol and other illicit drugs can compromise their safety as well as their ability to remain in Abu Dhabi. If you need help talking about these important issues, please do not hesitate to contact the Health and Wellness Center NYUAD, at nyuad.healthcenter@nyu.edu or by phone at +971 (0)26288100 as soon as possible.

**Abu Dhabi Visa Health Requirements**

After students arrive, NYUAD will organize a group trip to the immigration office for those students who are not UAE residents to obtain a UAE residence visa, as required by UAE law. A medical check at a government hospital or medical clinic is a required part of the immigration and visa process. The medical check consists of a physical exam, blood tests, and a chest x-ray to screen for medical conditions, including HIV (AIDS), hepatitis B, hepatitis C, leprosy, tuberculosis (TB), and syphilis. If results and/or findings are positive for any of these conditions, the student may be required to receive immediate treatment or possibly return home.

If you have concerns about any of these conditions, we strongly urge you to be screened for them **prior** to your departure for Abu Dhabi. You should also discuss with your health-care professionals (or with the NYUAD Health and Wellness Center at nyuad.healthcenter@nyu.edu or +971 (0)2-628-8100) whether such pre-departure screening would be beneficial.

Regardless of what tests are done in your home country, all tests must be performed in the UAE after arrival in order to obtain a residence visa. The results of testing or physical examinations done in home countries are **not accepted** for the fulfillment of the visa requirements.

**If you believe that these health requirements may pose an issue, we would like to hear from you as soon as possible.** For a confidential consultation with a health-care professional at NYU, contact the NYUAD Health and Wellness Center at nyuad.healthcenter@nyu.edu or by phone at +971 (0)2-628-8100 as soon as possible.

**Students in Need**

NYUAD will assist you if you are experiencing medical or mental health challenges. On very rare occasions, the University will make the decision that you are too ill to continue your studies. Under these circumstances, it may be necessary for family to travel to NYUAD to assist you and/or accompany you back home. In the unlikely event that family travel becomes necessary, it will be important that you have a valid passport and have provided a contact number in case of an emergency. Of course, if a student makes the decision to end his/her academic career at NYUAD or take a temporary leave of absence for whatever reason, we will assist him/her in navigating any academic and/or travel issues.

NYUAD realizes that the support and supervision a student receives from family is irreplaceable. If students demonstrate the need for continued close involvement from their families, we encourage you to do your best to maintain it, using all mechanisms
available to you, such as telephone, email, and video chats. Please let us know if you anticipate any barriers in maintaining this contact. NYUAD is fully committed to providing students the support they need during this important time in their lives.

Most of all, please stay in touch with one another. We will also keep families informed of key events that may be impacting students at NYUAD. The health and safety of our students is the University’s top priority. We would like to assure you that as a global University, NYU is well prepared to safeguard students and other members of our community — be they in Abu Dhabi, New York, Shanghai, or anywhere else in NYU’s global network. Should parents or guardians have any general questions or concerns, please do not hesitate to contact us either by emailing nyuad.parents@nyu.edu, or by calling our Department of Public Safety in Abu Dhabi at +971 2 628-8777 (02-628-7777 from within the UAE) or in New York at +1 212-998-2222.

If at any time you suspect or become aware that a student may be in need of mental health assistance, please contact the NYU Wellness Exchange immediately by calling +971 2 628-5555 (02-628-5555 from within the UAE, or simply 8-5555 from a campus phone) or +1 212-443-9999 (in the US), or by emailing wellness.exchange@nyu.edu. The NYU Wellness Exchange is staffed 24 hours a day, seven days a week.

NYU and NYUAD place the highest priority on the academic success and overall well-being of students. We look forward to an effective partnership with you and your family in achieving these goals.

Sincerely,

Halal Ibrahim MD MEHP
Executive Director, Health and Wellness NYUAD

Kyle Farley
Associate Vice Chancellor of Student Affairs and Dean of Students
Health and Wellness Checklist

☐ You must complete the NYUAD Student Health History Form (available on the NYUAD Student Portal) by **July 1**.

☐ You should plan to continue any ongoing medical care or mental health counseling while at NYUAD. Please contact the Health and Wellness Center NYUAD, at nyuad.healthcenter@nyu.edu to have a confidential conversation.

☐ If you are bringing medications, prescription or non-prescription, to NYUAD and have specific questions or concerns, please contact the NYUAD Health and Wellness Center at nyuad.healthcenter@nyu.edu.

☐ If you believe that the Abu Dhabi visa health requirements may pose an issue, contact the NYUAD Health and Wellness Center at nyuad.healthcenter@nyu.edu as soon as possible.

☐ If at any time you suspect or become aware that a student may be in need of mental health assistance, please contact the NYU Wellness Exchange immediately by calling +971 2 628-5555 (02-628-5555 from within the UAE, or simply 8-5555 from a campus phone) or +1 212-443-9999 (in the US), or by emailing wellness.exchange@nyu.edu. The NYU Wellness Exchange is staffed 24 hours a day, seven days a week.