

Pre-departure Health Request

IMPORTANT

To avoid delays with your Staging event and scheduled overseas departure, please review and respond to these health services requests from the Office of Medical Services.

Update Your Health Records

The Peace Corps Office of Medical Services (OMS) must complete a final review of your health records prior to your Staging event.

It is your responsibility to ensure that all medical and dental work and reports are completed prior to your departure. You will not be allowed to attend your Staging unless you have final medical and dental clearance.

- Phone OMS for information on how to update your records if any of the following statements are true:
 - Your dental examination was performed more than a year ago.
 - Your medical examination was performed more than two years ago.
 - You had an illness, injury, or dental problem after your medical or dental examination.

Withholding this information can endanger your health and safety as a Trainee/Volunteer and is grounds for disqualification or separation from service.

- Check with your physician to confirm that all requested medical reports have been submitted to OMS and to obtain documentation of your immunization record.
- Check with your dentist to confirm that you have completed all required dental work and that a report has been submitted to OMS.

Review your packing list

Bring these things with you to your staging:

- Immunization Record. Peace Corps will update your immunizations at your Staging event or shortly after you arrive overseas.
 - To avoid unnecessary immunizations, please bring written documentation of your vaccination history, either from your physician or in a World Health Organization (WHO) booklet. In particular, documentation is needed of previous immunizations for measles, mumps, rubella (MMR), polio, and yellow fever.
- Eyewear. If you wear eyeglasses or contact lenses, bring two replacement pairs.
- Medication. Bring a six-month supply of any prescription or over-the-counter medication you use, including sunscreen, birth control pills, and special vitamins.

Review Your Health Insurance Needs

Peace Corps will provide all necessary healthcare from the time you depart for your staging event until your return to the U.S. When you leave service, you will be entitled to the post-service healthcare benefits described in the *Volunteer Handbook*.

Please review the insurance information in the *Volunteer Handbook*. If you are eligible for Medicare, are over 50 years of age, or have a health condition that may restrict your future participation in healthcare plans, you may wish to consult an insurance specialist about unique coverage needs before your departure.

If you need to update your health records or have questions about this form, call the Office of Medical Services at 1-800-424-8580, extension 1500; or 1-202-692-1500.