

# International Students

Student Health welcomes you to the University of Otago.

To help us provide health services to you during your stay, we offer the following advice:

- Student Health highly recommends that you bring with you a letter from your family doctor or specialist summarising your health conditions, medications, and care plan. This letter will assist us with providing care for you while in New Zealand (NZ). If you have a complex health history or medications queries, we also recommend booking an appointment at Student Health shortly after your arrival – we have specific 30min appointments reserved for international students at the start of the year.
- Medications that you currently take may not be available in NZ. We suggest you check with your home health provider before arrival, they may recommend alternative medication or assist you with bringing medications into NZ (see below).
- When coming to NZ, you may find the health services we provide differ to those available to you in your home country. For example, we do not offer weekly counselling. Student Health works on a brief intervention model of care based on 6 sessions of support. If you require ongoing weekly support, we suggest you make these arrangements with a private provider prior to coming to NZ as the private wait list can be over 8 weeks.
- Check your insurance policy regarding coverage for: pre-existing conditions (including medications), contraception and sexual health.

## Importing Personal Use Medications from outside New Zealand

New Zealand Medicines and Medical Devices Safety Authority (Medsafe) provides clear advice regarding what medications can be imported, and how to import them. This advice is available in full here: <https://www.medsafe.govt.nz/consumers/miet/importmedicines.asp>.

We urge that all individuals intending to import medication consult Medsafe via the above link as soon as possible, to ensure proper planning can take place.

If you are on medication for ADD/ADHD your usual medication may not be available in New Zealand. Medication for treatment of ADD/ADHD in New Zealand is prescribed under “special authority”. We would suggest you bring an adequate supply of your medication (within the limitations in the guidelines above). You will need a letter from your diagnosing clinician with sufficient information about your diagnosis and treatment to enable ongoing prescribing, or to organise a switch to an appropriate alternative while you are in New Zealand.

In general, medical insurance carried by students at the University of Otago will cover medications on the Pharmac Community Pharmaceutical Schedule. This list can be found here: <https://pharmac.govt.nz/pharmaceutical-schedule/>. It is important to note that your insurer may not cover the costs of care and medication for pre-existing conditions.

We look forward to partnering with you to keep you well while you are here in New Zealand.

Student Health Team.

10 April 2024