

Fitness for Expatriation Self-Help Questionnaire

Is *your* family fit to transfer to a high-risk location?

Dr Alex Barbey, Schlumberger's International Health Coordinator, has identified several high-risk areas where health issues can be extremely problematic due to a lack of adequate or local health care facilities. Completing a 'Fitness for expatriation self-help questionnaire' will assist you in determining whether your family's current health status makes you fit for life in a high-risk location.

High-risk areas include all countries in Africa (except South Africa), the Middle East, Asia (except for Japan, Australia and New Zealand), South America, East Europe and the Commonwealth of Independent States.

Currently there are at least 1,166 mobile and local SSAfara spouses/partners (numbers of children not known) living in high-risk areas, and with less than 5% of spouses globally taking MedTrack medicals (2004), there is genuine concern for their wellbeing. Schlumberger finances these medicals and recommends they are taken every 3 years, however they can be taken yearly. Schlumberger and the SSA are committed to aiming for 95% of spouses living in high risk areas to have MedTrack by Oct 2006. This is a huge goal and we need YOUR help!

Prior to accepting an assignment in a high-risk location, you should consider completing the following five-step health assessment for each member of the family who will be relocating:

1. Complete the *Fitness for Expatriation Self-Help Questionnaire*.
2. Complete a MedTrack Medical – see www.internationalsos.com/private/schlumberger/medtrack/
Find medical centers that perform the Med Track physicals:
www.internationalsos.com/private/schlumberger/medtrack/index.cfm?Page=3C
3. Highlight any health concerns identified on the questionnaire and MedTrack medical.
4. Discuss specific areas of concern with your Country Doctor.
Country Doctors:
www.hub.slb.com/display/index.do?id=id28230&file=data/aboutthehealth/healthnetwork.html
(Schlumberger internal link - If you do not have access to Schlumberger dialup account, please contact your SSA Regional Coordinator - www.ssafara.net/Who_We_Are/)

or contact Dr. Alex Barbey. Email: barbey@montrouge.sl.slb.com
5. Make the final family decision regarding the transfer to a high-risk location based on sound, substantiated health advice

Who is eligible for MedTrack? Schlumberger people eligible for a MedTrack physical are:

- **International Commuters (IC)**
- **International Mobiles (IM)** - Employees and their dependants who travel or live on a permanent or long-term basis outside their home country, usually in a high health risk area.
- **GeoMobile**
- **Home Country Mobile**
- **Home Country Residents and Home Country Commuters** spending more than 30 days per year outside their home country and in a high health risk country

NB: The *Fitness for Expatriation Self-help Questionnaire* is aimed at assisting your family in making decisions about future postings and is *not* a requirement for accepting an assignment.

Please note that it is ultimately your family's decision whether or not to accept a posting in a remote and/or high-risk location

Fitness for Expatriation Self-Help Questionnaire

Please answer the following questions to the best of your ability, as they relate to those people in your family who will be moving to a high-risk location with you.

Who is moving?

Surname	Name	Age	Sex m/f

History

Have or do you, your spouse/partner or your children suffer/experience any of the following:	Yes	No	If Yes, who?
Cancer	<input type="checkbox"/>	<input type="checkbox"/>	
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	
Heart problems, e.g. attack/murmur	<input type="checkbox"/>	<input type="checkbox"/>	
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	
Respiratory problems, e.g. asthma	<input type="checkbox"/>	<input type="checkbox"/>	
Stroke/blood clots	<input type="checkbox"/>	<input type="checkbox"/>	
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	
Allergies- environmental/others	<input type="checkbox"/>	<input type="checkbox"/>	
Anemia	<input type="checkbox"/>	<input type="checkbox"/>	
Asthma/respiratory problems	<input type="checkbox"/>	<input type="checkbox"/>	
Back problems (chronic)	<input type="checkbox"/>	<input type="checkbox"/>	
Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>	
Fainting or dizziness	<input type="checkbox"/>	<input type="checkbox"/>	
Kidney or urinary problems	<input type="checkbox"/>	<input type="checkbox"/>	
Rheumatoid Arthritis	<input type="checkbox"/>	<input type="checkbox"/>	
Psychological disorders/illnesses, e.g. depression, anxiety, eating disorders or Schizophrenia	<input type="checkbox"/>	<input type="checkbox"/>	
Infectious diseases, e.g. AIDS, Hepatitis	<input type="checkbox"/>	<input type="checkbox"/>	
Tropical diseases, e.g. Malaria, tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	
Significant hearing/vision loss	<input type="checkbox"/>	<input type="checkbox"/>	
Past history of serious obstetrical problems	<input type="checkbox"/>	<input type="checkbox"/>	
Other (please list)	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Children

Expatriate assignments in high-risk locations can have detrimental effects on the wellbeing and development of children with special needs.

Do any of the children who will be traveling with you, experience any of the following health problems

- Convulsions/seizures
- Heart problems
- Diabetes
- Severe hay fever, asthma,
- Severe or repeated allergies or reactions, e.g. food, medication, bee stings
- Chronic sinus or ear infections
- Severe Eczema or frequent skin rashes
- Hearing/vision/speech problems
- Educational disabilities or problems, e.g. dyslexia/Specific Learning disability (SLD)
- Other health problems, e.g. physical limitations/restrictions/disabilities

Please explain problems identified above:

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Is your child regularly taking any medications?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	If Yes, what medication?

For more information on expatriate children with special needs, talk to your children's specialists about their needs or visit the following websites:

- <http://spclneedsparents.meetup.com/groups/>
- http://www.suite101.com/article.cfm/expatriate_living/46081

Final questions

Does anyone in your family (who will be moving abroad with you) have any physical disabilities for which they will need special arrangements?

Describe

Does anyone in your family (who will be moving abroad with you) have any chronic illnesses or allergies?

List

Does anyone in your family (who will be moving abroad with you) have a restricted diet for medical necessity?

Describe

NB: Chronic - being long-lasting and recurrent or characterized by long suffering

If you have marked 'Yes' for a number of the health problems listed above, you or your family member's health and/or wellbeing may be significantly at risk if living in a remote and/or high-risk location.

You may be contacted by Dr Alex Barbey or the Schlumberger Country Doctor at your proposed location should they require further details.

For further information, please contact your local country doctor, or Dr. Alex Barbey at barbey@montrouge.sl.slb.com