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Healthy Preparation Goes a Long Way to Protect Students Abroad

HTH Worldwide releases educational video series to help students prepare

December 16, 2010 (Radnor, PA) — HTH Worldwide, a global health and safety services company, announced today the release of the educational *Health and Safety Abroad* video series available on YouTube and DVD. Dr. Frank Gillingham, medical director for HTH Worldwide, created this video series to help study abroad participants prepare for their experience. These video vignettes cover how to avoid or manage serious health and safety issues that confront students abroad: Alcohol, Prescription Drugs, Illegal Drugs, Mental Illness, Chronic Illness, STDs, Jet Lag, Traveler's Diarrhea, Sun Exposure, Malaria, Motion Sickness, Water Hazards, Altitude Sickness and Security.

Dr. Gillingham presents the material personally in an entertaining and engaging manner because he knows that, "many students will be interested in making sure their study abroad experience is as memorable as possible. It is my hope that they will pay attention to this information because a little knowledge and preparation will enable students to enjoy a positive and rewarding experience."

Many universities have already started including these videos in their pre-departure training programs and are recognizing their value. David Larsen, formerly Executive Director of Arcadia University's Center for Education Abroad notes, "This video series is terrific! It covers many important topics with unbiased, factual information delivered in a manner that today's students should welcome. It's an important contribution to education abroad. Thanks to Dr. Gillingham and to HTH for preparing these pieces and making them broadly available."

You can find the series, broken down by segment, on HTH Worldwide's YouTube channel: http://www.youtube.com/view_play_list?p=368698865CF956AD. If you would like a DVD of the video, please send an email request to Moira Bishop at mbishop@hthworldwide.com.

About HTH Worldwide

HTH Worldwide provides health insurance plans and global medical assistance services for more than 650,000 business, leisure and study abroad travelers. HTH programs are distinguished by a contracted community of over 6,500 hospitals and doctors in 180 countries. HTH combines its health and safety research, advanced Internet and mobile applications, and extensive experience in designing and delivering international health insurance plans to ensure customers' health, safety and peace of mind. For more information, visit www.hthworldwide.com.

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