



Health Information

Health Insurance

All international students and long-term visitors are required to have insurance to be accepted in the program. The Ecuadorian healthcare system might differ from your home country, therefore, you need to understand the following:

First, there are public and private clinics. For public clinics, you could just walk in and you will be treated for free (waiting time could be long). For private hospitals/clinics, you could walk in and then you will have to pay to the hospital and ask for reimbursement to your insurance.

In case you have to be admitted through the emergency room (ER) at a private hospital, you will need to place a financial guarantee while they contact your insurance company, it could be a check or a credit card. Please have in mind that if you give your debit card as form of guarantee, the hospital will immediately charge your bank account and you will have to ask for a reimbursement to the hospital. On the other hand, if you give your credit card as form of guarantee, the hospital will place a hold on your card, and once your insurance has paid the bill, the hospital should remove the hold from your credit card. We strongly suggest you bring a credit card for emergencies.

If you go to a private clinic or hospital for regular treatment (a doctor's appointment for example), you will need to pay up front and request a reimbursement from your insurance company, **keep ALL of their receipts**. Depending on your insurance policy you will get a full refund or a percentage. It is really important that you ask for invoices to be under your name and store all documents provided to you by the doctor, such as orders for tests, prescriptions, x-rays, etc.

USFQ works with Hospital de los Valles and has a special agreement for emergency admissions, please try to go to this hospital in case of an emergency.

Hospital de los Valles
Av. Interoceánica km 12.5 y Av. Florencia
servicioalcliente@hospitaldelosvalles.com
PBX: (+593) 2 2977900

Please have in mind that USFQ could not guarantee the processing time from the insurance for direct payments to the hospital or reimbursement to the participant.

Finding a Doctor

If you get sick while in Ecuador, please let your coordinator and your host family (if applicable) know. Included in this booklet is a list of recommended physicians and health facilities in Quito.



Important Notes

- Drink lots of water
- Be careful with alcohol and sedatives
- Be careful with street food, it can cause you Diarrhea
- Boil tap water
- Build up gradually to regular physical activity
- Wear sunscreen
- Water Safety (Never swim, snorkel or dive alone)
- Be careful of dog bites
- Prescriptions: if you take daily prescriptions, please bring enough to cover your time in Ecuador. Mailing prescriptions is costly and not very reliable. Many prescriptions sold in the U.S. are not sold in Ecuador, so please don't count on finding the medicine you need here.

List of Doctors (Quito)

The following doctors have worked with USFQ International Programs Office:

Family Doctor / Internal Medicine

Dr. Pablo de la Cerda (CUMBAYA) 098-708-6228 (speaks English)
Dirección: Edificio de Especialidades Médicas Hospital de los Valles.

Dr. John Rosemberg / Dr. Edmundo Torres 096007057 (Both Speak English)
Address: Foch 476 y Almagro - Medcenter
Telephone: (+593 2) 2521104 / 0999408358 / 0999739734
E-mail: jrd@pi.pro.ec

Dr. Alvaro Dávalos. (Tropical Medicine)
Address: Av. Mariana de Jesús y Occidental. Edificio Meditropoli, across from Hospital
Metropolitano / Of. 20 y 21
Telephone: (+593 2) 2922185 / 0999736264
E-mail: adavalos@pi.pro.ec

Allergist

Dr. Gualberto Arias
Address: Av. Mariana de Jesús y Occidental. Centro Médico Meditrópoli, 4to. Piso, Of. 415
Telephone: (+593 2) 2260555 / 099 949 8795
Email: gariass@hmetro.med.ec

Dentists

USFQ's Dental Clinic / Telephone: 2971945

Dr. Gerzon Cabezas (Orthodontist)
Address: Moreno Bellido 217 y Amazonas



Telephone: (+593 2) 2525518 / 2501500 / 0983844 444

Dermatologists

Dr. Oswaldo Viteri

Address: Av. Mariana de Jesús y Occidental. Centro Médico Meditrópoli, Of. 410

Telephone: (+593 2) 2271911 / 2437307 / 099827646

Email: mdovit.d@uio.satnet.net

Dr. Víctor Hugo Moncayo

Address: Av. Mariana de Jesús y Occidental. Centro Médico Metropolitano, Of. 310

Telephone: (+593 2) 2468672 / 2463361 / 0999724083

Email: moncayov@uio.satnet.net

Dr. César Augusto Sandoval

Address: Av. Mariana de Jesús y Occidental. Centro Médico Metropolitano

Edificio Meditrópoli: Of. 617

Telephone: (+593 2) 2260563 / 2269092 / 0992081264

Email: csandoval@hmetro.med.ec

Ear, Nose and Throat

Dr. Rodrigo Albán

Address: Calle A No.19 y Mariana de Jesús. Centro de Diagnóstico ORL

Telephone: (+593 2) 2250500 / 2462753 / 099461977

Email: albanvi@yahoo.com

Dr. Ramiro Yépez H.

Address: San Gabriel and N. Arteta, HM, TM 1, P3, Office 303

Telephone: (+593 2) 2251950 / 2459547 / 0999566252

Email: ryepez@hmetro.med.ec

Gynecologists and Obstetricians

Dr. César Argüello

Address: Vicente Cárdenas 286 y Amazonas

Telephone: (+593 2) 2253718 / 2267573

Urologist

Dr. Oscar Gilbert

Address: Suiza 209 y Eloy Alfaro. Clínica de Urología

Telephone: (+593 2) 2456456 / 0994306639

Dr. Milton Paz y Miño

Address: Av.6 de Diciembre y Colón, Edif. Antares 8vo. Piso, Oficina 805

Telephone: (+593 2) 2238815 / 0999492564

Surgery

Dr. Gastón Guerra Plaza (Speaks English)

Cirugía General / Cirugía Oncológica / Laparoscópica



Address: Hospital de los Valles, Consultorio #314
Telephone: (+593 2) 2378890 / 0999444661
Website: gastongg1@yahoo.com

Laboratories

Clínica USFQ – Telephone: (+593 2) 2971912/13

Resources and Organizations in relation to Sexual Harrasment

USFQ – María Gabriela Romo
International Student Counselor
(+593 2) 2971895 (office)
mgromo@usfq.edu.ec

CEPAM - Centro Ecuatoriano para la Promoción y Acción de la Mujer
Address: Luis Cordero E6-11 y Reina Victoria, Edificio Gabriela Mistral, piso 1 oficina 102
Telephone: (+593 2) 222 4994

Fundación Fabián Ponce- Psychological counseling and legal support
Address: Av. 10 de Agosto 1564 y Jorge Washington, Edif. Botar 2 piso
Telephone: (+593 2) 23216912 -3217033 – 2522758 – 3214691 - 3215940
Website: <http://www.fundacionfabianponceo.blogspot.com/>

Patricia Almeida Brown
Address: Av. República 700, Edificio María Victoria
Telephone: (+593 2) 2550404 / 2255061

GLBT Information

Fundación Ecuatoriana EQUIDAD
Address: Baquerizo Moreno E7-86 y Diego de Almagro
Telephone: 2544337
Website: www.equidadecuador.org

Organización Ecuatoriana de Mujeres Lesbianas
Address: Jorge Juan N31-172 y Mariana de Jesús
Telephone: 2239744 / 0985877724
http://ilga.org/directory/es/detail?o_id=4555

Fundación Causana
Website: <http://www.desafiandomitos.blogspot.com/>
Email: fcausana@yahoo.com
Dirección: Leonidas Plaza 1035 y Lizardo García (Quito- Ecuador)
Teléfono: (593) 255 8321

Proyecto Transgénero - Cuerpos Distintos, Derechos Iguales
Address: Jeronimo Leiton 11 80 y Av. La Gasca,



Telephone: 0995036035 / 0999383861

Website: www.proyecto-transgenero.org // www.casatrans.blogspot.com

Email: info@proyecto-transgenero.org

Hospitals

Hospital de los Valles (Cumbayá)

Address: Av. Interoceánica Km 12 ½-Cumbaya

Telephone: (+593 2) 2977900

EMERGENCY: (+593 2) 2977911

Website: <http://www.hospitaldelosvalles.com/>

Hospital Metropolitano

Address: Av. Mariana de Jesús y Occidental

Telephone: (+593 2) 3998000

Talk Free Numbers: 1800 hmetro (463876)

Website: www.hospitalmetropolitano.org/

Hospital Vozandes

Address: Villalengua Oe2-37 y 10 de Agosto

Telephone: (+593 2) 2262142

EMERGENCY: EXT: 3051

Website: <http://www.hospitalvozandes.org/>

Clínica Pasteur

Address: Av. Eloy Alfaro N29-248 e Italia.

Telephone: (+593 2) 2992400

EMERGENCY EXT: 220

Hospital de Clinicas Pichincha

Address: Páez No. 22 - 160 (entre Ramirez Dávalos y Veintemilla)

Telephone: (+593 2) 29987002998 / 2562 - 296 / 2562 - 410

Website: <http://www.hcp.com.ec/>