



Healthcare Readiness Checklist



Supporting your health, vitality, resiliency and academic excellence!

More details at louisville.edu/campushealth and louisville.edu/healthpromotion

Medical Appointments: Belknap Campus (502) 852-6479 Health Science Center (502) 852-6446

Student should carry health insurance ID card and up-to-date *Personal Health, Medication & Immunization Information* card at all times.

Download card at louisville.edu/campushealth/forms

Health Insurance and Primary Health Care Fee

- Consider the four options available to UofL students and choose the option most appropriate for you. Options for UofL students are described at louisville.edu/campushealth/insurance
- Note **deadlines posted** on our website for Fall and Spring enrollment in UofL Student Health Insurance plan, (*Academic Health Plan*) and/or to waive the Primary Health Care fee.
- If student is covered by a family policy but the policy-holder does NOT live in Louisville, check to make sure your policy's network extends into Louisville. Many health insurance plans shift to "out-of-area coverage" if the student is more than 50 miles from home. Determine what type of coverage you have and what co-pays are charged for out-of-area providers.

Pre-College Comprehensive Health Exam

Not required by UofL but it's a good idea to get a comprehensive examination by your current healthcare provider before heading off to UofL. At this visit, you can also discuss immunizations, TB testing, how to request copies of medical and immunization records, and transferring prescriptions.

Immunizations

- Get a copy of your vaccine records, write the date each vaccine was administered on your *Personal Health, Medication & Immunization Information* card, and carry this card with you at all times.
- Check with your healthcare provider to make sure all recommended immunizations are up-to-date. Discuss recommendations for university students listed below. These immunizations are generally covered by health insurance plans or can be obtained at local health departments. These immunizations are also available from CHS and are charged according to your plan.
 - Hepatitis A: Consider if not previously immunized, especially if planning travel as part of university studies or vacations
 - Hepatitis B: Recommended if not previously immunized
 - HPV: Recommended for **both** females and males up to age 26.
 - Influenza ("flu"): Recommended and available each fall at Campus Health Services at no charge to students
 - Meningitis: Recommended if not previously vaccinated, especially if living in residence hall. **Revaccination** recommended if initial vaccine was given before age 16.
 - MMR (measles, mumps, rubella): Total of **two** doses recommended before college
 - Pneumovax (pneumonia vaccine): Recommended for smokers as well as for patients with chronic medical conditions including asthma and diabetes
 - Tdap (tetanus-diphtheria-acellular pertussis): Recommended for all adults younger than age 65 years who have not already received Tdap. Note: previous tetanus booster (Td) **did not** contain pertussis or "whooping cough" protection.
 - Varicella ("Chicken Pox"): Recommend **two** doses if did not have disease

Continued on back....

Page 2 Healthcare Readiness Checklist

Allergy Injections

As a convenience to students, UofL Campus Health can administer allergy injections with orders from a student's allergist. Please refer to our website for complete instructions on establishing allergy care with our clinics and to review our allergy policies.

- Allergy vials must be sent directly to our clinic by the allergist's office. **We will not accept hand delivered allergy vials.**
- An initial visit with one of our healthcare providers is required prior to initiation of allergy injection therapy with Campus Health Services.

Tuberculosis Skin Test, if recommended by your healthcare provider.

Medical Records and Prescriptions

- Students should have a record of ALL immunizations, allergies, chronic medical conditions and medications, including doses and reasons for taking the meds. Campus Health Services provides a free *Personal Health, Medication & Immunization Information* card. **Complete this card and keep it with you at all times, along with your health insurance card.** You may also download the Personal Information card at website: louisville.edu/campushealth/forms
- Students with chronic medical conditions should obtain a copy of their medical records or have them sent to Campus Health Services in case they need to be seen while on campus. **Note: Prescriptions for medications that are controlled substances may not be refilled without these medical records.**
- Students under 18 years old should obtain a notarized letter from parent/guardian that provides consent for medical treatment at Campus Health Services.
- Medical release forms are available at our website: louisville.edu/campushealth/forms

First Aid Supplies

Put together a clearly-marked container with band-aids, antibiotic cream, acetaminophen, ibuprofen, cold medications, digital thermometer, and chemical cold pack to bring with you to UofL.

Medical Care Resources

Identify locations, services provided and hours of operations for **Campus Health Services** on Belknap campus and HSC. Also, become familiar with resources for after-hours, weekends and emergencies listed on Campus Health Services website: louisville.edu/campushealth/emergencies

Health Promotion Resources

Identify locations of health-promoting resources on campus such as yoga; massage and relaxation training; nutrition counseling and cooking classes; walking groups; intramural activities; Health Advocate Volunteer program; STI and HIV prevention education, testing and counseling; sexual health and relationships...plus more options described on the Health Promotion website at louisville.edu/healthpromotion and PEACC Program website: louisville.edu/peacc

- Subscribe** to Campus Health News to get notices about health happenings sent directly to your email. Subscribe at hlthed@louisville.edu Use **Student Health 101** as your reliable on-line source for health information. Go to louisville.edu/healthpromotion ~ click on **Student Health 101**.

University of Louisville
Campus Health Services

**HEALTH
PROMOTION**



**Collaborating to build a campus
community that values health**

Smoke-Free

U OF Thank you for respecting our
Smoke-Free environment