



# Healthcare Readiness Checklist

**U<sup>OF</sup>L** Campus Health Services

For detailed information: [louisville.edu/campushealth](http://louisville.edu/campushealth)

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

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

**Health Insurance**

- Consider your four options and choose the plan most appropriate for you.
- Options for UofL students are described at [louisville.edu/campushealth/insurance](http://louisville.edu/campushealth/insurance)
- Sept. 15, 2009 is deadline to enroll in UofL Student Health Insurance plan (*Academic Health Plan*) for coverage in fall semester. There is another opportunity to enroll for spring 2010 coverage.
- If student will be covered by a family policy but the policy-holder does NOT live in Louisville:
  1. Check to make sure your policy's network extends into Louisville.
  2. Many plans offer out-of-area coverage while attending college if the student is more than 50 miles from home. Determine what out-of-network coverage you have and what co-pays will be charged.

**Pre-College Comprehensive Health Exam**

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

**Immunizations**

- Get a copy of your vaccine records, fill out the dates each was received 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 women between ages 11-26
  - 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
  - MMR (measles, mumps, rubella): Total of 2 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 that previous tetanus booster (Td) **did not** contain pertussis or "whooping cough" protection\*\*)
  - Varicella ("Chicken Pox"): Recommend two doses if did not have disease



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### Allergy Injections

As a convenience to U of L students, 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. New UofL students receive a *Personal Health, Medication & Immunization Information* card when issued their Cardinal ID Cards. **Complete this card and keep it with you at all times, along with your health insurance card.** You may also access the Personal Information card at website: [louisville.edu/campushealth/forms](http://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.**
- Medical release forms are available at our website: [louisville.edu/campushealth/forms](http://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](http://louisville.edu/campushealth/emergencies)

### Health Promotion & Education Resources

Identify locations of health-promoting resources on campus such as yoga and Pilates; 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; plus others listed on Campus Health Services website: [louisville.edu/campushealth/healthpromotion](http://louisville.edu/campushealth/healthpromotion) and PEACC Program website: [louisville.edu/peacc](http://louisville.edu/peacc)

### Use **Student Health 101** as your reliable on-line source for health information.

Go to website: [louisville.edu/campushealth](http://louisville.edu/campushealth) Click on **Student Health 101**



**In the interest of your health, vitality and academic excellence!**