

Healthcare Readiness Checklist



Campus Health Services

louisville.edu/campushealth

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

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
- Sept. 15, 2008 is Fall deadline to waive Primary Health Fee and/or enroll in UofL Student Health Insurance plan, unless you have a “qualifying event” at a later date.
- 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.
- **Student should carry health insurance card and Personal Health & Medication Info card at all times.**

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 test, getting copies of medical records and transferring prescriptions.

Immunizations

Check with your healthcare provider to make sure all recommended immunizations are up-to-date: discuss immunizations and recommendations for university students listed below. These immunizations are generally covered by health insurance plans or can be obtained at local health departments. Bring a record of all your immunizations with you to UofL. These immunizations are also available from CHS; charged according to your plan.

- Hepatitis A: Consider if not previously immunized, especially if planning international travel as part of university studies or vacations
- Hepatitis B: Recommended if not previously immunized
- HPV vaccine: For women between ages 11-26
- Influenza (“flu”) vaccine: Available in each fall at Campus Health Services at no charge to students
- Meningitis vaccine: Strongly advised if not previously vaccinated.
- MMR (measles, mumps, rubella): booster needed during primary or secondary school or before college
- Tetanus-diphtheria-acellular pertussis: Recommended by the CDC 8-10 years after the last tetanus-diphtheria booster.
- Chickenpox Vaccine (Varicella): Per CDC recommendations, should receive two doses

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 Information* card when issued their Cardinal ID Cards. Complete this card and always carry it along with your insurance card. You may also print the Personal Info card from website: louisville.edu/campushealth/forms
- Students with chronic medical conditions should obtain a copy of their medical records from current health care providers in case they need to be seen at Campus Health Services. **Note: prescriptions for medications that are controlled substances may not be refilled without these medical records.**

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

Campus Health Services Identify locations of medical resources on campus, become familiar with hours of operation and be familiar with resources for after-hours, weekends and for emergencies listed on Campus Health Services website: louisville.edu/campushealth/emergencies