Healthcare Readiness Checklist

CAMPUS HEALTH SERVICES

Supporting student health, vitality, resilience 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 Care Health 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 Care Health 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.
  - Note: Primary Care Health Fee is NOT health insurance!

- ❑ **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 international 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. For adolescents who received the first dose before age 16, a one-time booster dose is recommended, preferable at age 16 through 18 years, before the peak in increased risk. Adolescents who receive their first dose at or after age 16 years do not need a booster dose.
    - 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 provided by UofL Campus Health Services

- ❑ **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. Please plan ahead for your allergy care.

- ❑ **Tuberculosis Skin Test,** if recommended by student's healthcare provider, or if student is arriving from another country.

- ❑ **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 download the Personal Information card at website: louisville.edu/campushealth/forms or request copy in offices.
  - 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 access healthcare services 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 website: louisville.edu/campushealth/forms

- ❑ **First Aid Supplies**
  Put together a clearly-marked container that contains band-aids, antibiotic cream, acetaminophen, ibuprofen, cold medications, digital thermometer, and chemical cold pack for personal use at UofL.

- ❑ **Medical Care Resources**
  Identify locations, services provided and hours of operations for **Campus Health Medical & Psychiatric 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 and Education Resources**
  Identify locations of health and resilience-promoting resources on campus such as yoga; massage; relaxation, stress resilience & sleep training; nutrition coaching & cooking classes; fitness testing & personal training; Health Advocate Volunteer program; STI & HIV prevention education, testing and counseling; sexual health & relationships; violence prevention; alcohol & substance resilience…plus more options described on the Office of Health Promotion websites: louisville.edu/healthpromotion and louisville.edu/BRICC and the PEACC Program website: louisville/edu/peacc

- ❑ **Subscribe to *Campus Health News*** to get notices about health and wellness happenings sent directly to your email. Subscribe at: hlthed@louisville.edu

- ❑ **Sign up** for the UofL Alert System to receive e-mail and/or text alerts at: louisville.edu/alert

- ❑ **Get important safety information** and the **PEACC app** at: louisville.edu/peacc

University of Louisville
Campus Health Services
HEALTH PROMOTION

Smoke-Free
Thank you for respecting our Smoke-Free environment