Healthcare Readiness Checklist

CAMPUS HEALTH SERVICES

Supporting student health, vitality, resilience and academic excellence

More info 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 at all times**
- ❑ **Health Insurance**
  - Campus Health Services (CHS) recommends that all students have health insurance.
  - UofL Student Health Insurance Plan (ULSHIP) may be purchased by UofL students.
  - Go to louisville.edu/campushealth for information on ULSHIP.
  - If student has health insurance from another carrier: check that CHS providers are in network.
- ❑ **Primary Care Health Fee (PCHF)**
  - The $150 PCHF provides a safety net for uninsured students. IT IS NOT INSURANCE!
  - Office visits at Campus Health are covered by this fee. Other procedures, labs and services may be discounted. See the CHS web site for details.
  - Students with high deductible and/or out of network medical insurance policies may benefit from paying the $150 fee.
  - Students may waive the PCHF via ULink with proof of insurance. Waivers apply for one academic year.
- ❑ **Pre-College Comprehensive Health Exam**

  CHS recommends a comprehensive health examination by your current healthcare provider before heading to UofL. At this visit, you can also update immunizations and request copies of medical and immunization records for your files.
- ❑ **Immunizations Requirements for Freshmen**
  - TDAP: 1 dose of Tdap vaccine (Tetanus, Diphtheria and acellular Pertussis)
  - MMR: 2 MMR vaccine (2 doses Measles, 2 DOSES Mumps and one dose Rubella if administered separately); OR documentation of serologic immunity; OR physician documented disease history.
  - Hepatitis B: 3 doses vaccine; OR Positive Hepatitis B Surface Antibody; OR physician documentation of active disease with Hepatitis B surface antigen.
  - Varicella: 2 doses vaccine or positive antibody titer or physician documented disease history.
  - TB Screening Questionnaire: all incoming students will be screened for risk factors for TB through a screening questionnaire. While all incoming students will be screened, only those students with identifiable risk factors for tuberculosis including coming from a high risk country will require additional testing.
  - Meningococcal vaccine:
    Incoming first time freshmen will generally have received two doses of meningitis vaccine - first dose between ages 11-13 and a second booster between ages 16-18.

    For incoming freshmen who have never received ANY meningococcal vaccine:
    - ➢ An initial dose of vaccine is required.

    For incoming freshman living in residents halls or affiliated housing who have only received one dose of vaccine:
    - ➢ A second dose of vaccine is required UNLESS the first dose was received at or after age of 16.

    For incoming freshman NOT living in residents halls or affiliated housing who have only received one dose of vaccine:
    - ➢ A second dose of vaccine is recommended but not required.

  The following vaccines are recommended, but not required:
  - Influenza: annual influenza vaccine is free to UofL students each fall
  - Hepatitis A: 2 doses vaccine
  - HPV Vaccine

  Visit www.louisville.edu/campushealth for information on how to submit your vaccination records.

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- ❑ **Allergy Injections**
  - As a convenience to students, UofL CHS can administer allergy injections with orders from a student's allergist. Refer to our website for complete instructions on establishing allergy care.
  - **Note: Allergy vials must be sent directly to our clinic by the allergist's office**. CHS will not accept vials that are hand-delivered to the office by the student or a parent.
  - An initial visit with one of our healthcare providers is required prior to initiation of allergy injection therapy. Please plan ahead for allergy care.

- ❑ **Medical Records and Prescriptions**
  - Students should have a record of all immunizations, allergies, chronic health conditions and medications. 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 and prescription insurance cards. You may download the Personal Information card at website: louisville.edu/campushealth.
  - Students with chronic medical conditions should bring a copy of their medical records with them to campus, if they plan to seek medical or prescription management services at CHS or with another Louisville healthcare provider.
  - Students under 18 years old should obtain a notarized letter from parent/guardian that provides consent for medical treatment at CHS.
  - Medical release forms are available at website: louisville.edu/campushealth.

- ❑ **Medical Care Resources**

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

- ❑ **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.

- ❑ **Health Promotion and Education Resources**

  Identify locations of health and resilience-promoting resources on campus such as yoga, massage, stress resilience & sleep training, nutrition coaching & cooking classes, fitness testing & personal training, Health Advocate Volunteer program, STI & HIV prevention education, testing & counseling, sexual health & relationships, alcohol & substance resilience, violence prevention…plus more options described on the websites of Health Promotion Office: louisville.edu/healthpromotion and louisville.edu/bricc, and the PEACC Program: 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** at: louisville.edu/peacc

- ❑ **All students** should review their rights and responsibilities under **Title IX** at the PEACC website: louisville.edu/peacc

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