UofL Healthcare Readiness Checklist

Supporting student health, vitality, resilience and academic excellence

CAMPUS HEALTH SERVICES

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**
  - 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 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**
  - Check with your healthcare provider to make sure all recommended immunizations are up-to-date. UofL CHS recommends the following:
    - Hepatitis A: Recommended if not previously immunized, especially if planning to travel internationally.
    - 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 CHS at no charge to students.
    - Meningitis: Recommended if not previously vaccinated, especially if living in residence hall. For students who were previously vaccinated, please see the CDC web site for updated recommendations: http://www.cdc.gov/vaccines/vpd-vac/mening/default.htm.
    - MMR (measles, mumps, rubella): Total of **two** doses recommended before college
    - Pneumonia vaccine: Recommended for smokers and for students with chronic medical conditions including asthma and diabetes.
    - Tdap (tetanus-diphtheria-acellular pertussis): Recommended for adults who have not already received a Tdap injection. Note: Student's previous tetanus booster may have been Td, which does not contain protection against pertussis (whooping cough).
  - Get a copy of your immunization records. Transfer this information or attach a copy to your *Personal Health, Medication, & Immunization Information Card.* Carry this card with you at all times.

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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/forms.
- 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/forms.

❑ 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

❑ 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

University of Louisville Campus Health Services HEALTH PROMOTION

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 Health Promotion Office 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

Smoke-Free

UofL Thank you for respecting our Smoke-Free environment