



**Don't Get  
Locked Out  
of Health  
Care**





## CHECKLIST

Student ID # \_\_\_\_\_

Student Health Center at College

Phone Number \_\_\_\_\_

Nearest Hospital to College

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number \_\_\_\_\_

Child's Family Doctor

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Child's Blood Type \_\_\_\_\_

Nearest Pharmacy

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of any prescription(s) being taken and refills  
available:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Child's Eyeglass Prescription

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Plan on transferring any prescriptions before they either expire or run out.
  
- Any special allergies or medical conditions should be discussed.

**Save More Money by:**

- Downloading and creating your own power of attorney and medical waiver forms.
- Receive free notarization service by going to your local bank with your 2 witnesses.
- Locate a drugstore near your home that also has a store near your child's campus. Plan on giving your child's prescription to the pharmacist at your store and having your child fill and pick up the medications at the store near them.
- Send your child to college with a first aid kit that you have been able to fill with purchases made on sale and at discount stores. When needed, your child won't be dashing to the nearest campus convenience store and purchasing travel size versions at premium prices.

## STUDENT HEALTH SERVICES

**E**VERY COLLEGE AND university has a student health service that is designed to meet your child's health care needs while there. Departments could include everything from medical care, behavioral medicine, crisis intervention counselors to chiropractic and emergency care. Overnight medical care may or may not be an option. Before your child is at college, it is in your best interest to ascertain the scope of their services. In addition, the prepared parent should also know the phone number and address of the nearest hospital and pharmacy.

Should a true emergency occur,  
the college will assist your child in  
obtaining the best care.



If your child has special needs, you will want to discuss these needs and meet the doctors and nurses ahead of time. Ann has her own set of allergists in College Station along with a pharmacy that fills her prescriptions.

Before your child arrives on campus, every college and university will send you a student information, medical history and physical report form that will need to be completed and returned. Your child will need a physical and a physician's record of immunizations. These forms will require an "***In Case of Emergency Contact***" and also "***Consent of Treatment Permission.***" In particular, it's very important to keep a copy of the vaccination record. If your child needs to see someone outside of the university/college medical system, the outside institution will not, unfortunately, have access to these records—especially the last tetanus shot date.



**Don't forget to ICE your cell phones.**

### **ICE (IN CASE OF EMERGENCY)**

Paramedics will turn to a cell phone for clues to a person's identity. Add an entry in the contacts list in your cell phone under **ICE (In Case of Emergency)** with the name and phone number of the person that the emergency services should call on your child's behalf. It only takes a few moments of your time and you can save the paramedics time too. Paramedics know what **ICE** means and they look for it immediately. **ICE your cell phone NOW!**

## ROUTINE VACCINATION RECORD

*Required for all students:*

Vaccination	Dose	Date
Diphtheria, Pertussis and Tetanus Tdap or Td booster given within the last <b>10</b> years		
Hepatitis B <i>(3 doses required)</i>	Dose 1	
	Dose 2 <i>(given 30 days after the first dose)</i>	
	Dose 3 <i>(given 4–6 months after the first dose)</i>	
Measles, Mumps, and Rubella <i>(2 doses required)</i>	Dose 1	
	Dose 2	
Varicella <i>(2 doses required)</i>	Dose 1	
	Dose 2 <i>(given 4–8 weeks after the first dose)</i>	
<b>OR</b> Varicella serological immunity/titer		

Vaccination	Dose	Date
Haemophilus Influenza (type B) (optional)		
Hepatitis B		
Polio Vaccination (optional)		
Vaccine Prophylactic (optional)		
Meningitis		
Gardasil (optional for female students)	Dose1	
	Dose 2	
	Dose3	

*The yellow **International Certificate of Vaccination** form is a convenient way to keep track of this information.*

## MEDICAL WAIVER INFORMATION

### Health Care Proxy

The HIPAA (Health Insurance Portability and Accountability Act) enacted in 1996 requires that all medical information and records be strictly confidential. As a college parent this means two things:

1. You will not be able to voice your opinion to any clinician about your child's medical care.
2. You will not have access to their medical records, x-rays etc.

Individuals over 18 are considered adults and will be expected to voice their own health care decisions and can designate a health care agent to make medical decisions for them in the event that they are unable to make decisions on their own. Each state has its own position on this and some have specific forms that must be downloaded from state websites and filled in.

If your child is sick or hospitalized **you'll need a college/university or state health care proxy on file to direct the medical care** or to be able to speak to the attending physician about the condition of your child.

Your child will need to fill this form out and file it with the appropriate college office and you will need to have an additional copy at home that you can fax to doctors and hospitals.

## **Power of Attorney and Other Written Consents**

Most universities have their own form that they require students to file. Once again this is a form that your child can find in “student accounts” and can download. It is also suggested that you create and have on file a power of attorney. This power of attorney will help you access past medical records should your child need them. Blanket permission is usually not accepted, so permission may need to be granted each time your child wants the provider to discuss care with you.

You can find standard boiler plate power of attorney forms on the web if your college doesn't provide them. Most need to have a notary witness their signing and most colleges provide this service for free. Many banks will also provide this service to their customers, but you'll need to bring your own witnesses.

Ann was stung by a bee, went into respiratory failure and was transported to a hospital via an ambulance. Our power of attorney allowed us to fax the insurance information to the hospital while she was being transported in the ambulance and talk with the emergency room doctors as they treated her. Otherwise, there would have been no communication between us and the treating physicians, and we would have been dependent on her roommates. Unfortunately, the school health proxy was not accessible.

## HEALTH INSURANCE

Many states have laws in place that require all full time students to have medical insurance. Sometimes, regardless of your current medical insurance coverage, you will be billed for the insurance offered through the college. If your current insurance will cover your child while away at college, you can usually reject this college insurance and have the charge removed from your bill by filing an insurance waiver form. You may need to submit documentation to support your claim and sometimes all of this has to be done online by your child in their “student link.”

It is extremely important that you verify that your insurance will cover your child’s medical care away from your home area and in the state that your child will be living as a student. Many out-of-area insurance companies restrict the services they will pay for when you are away from home. It is best to inquire and ask specifically what services are covered by your insurance company prior to coming to campus.

If you have a prescription plan within your insurance coverage, inquire if out of state prescriptions are accepted. If not, you may need to arrange to have the drugs ordered online from a reliable website or be referred to a local physician.

**Fill prescriptions at a drug store that has locations nationwide. This will facilitate retrieving refills in another city.**





## **STUDENT FIRST AID KIT**

*Every dorm room needs a basic first aid kit*

### **It should contain:**

- Acetaminophen or Ibuprofen for aches, pain and fever
- Alcohol pads
- Antibacterial ointment
- Antibiotic ointment
- Bandages
- Calamine lotion
- Cough drops
- Cough syrup
- Eye drops
- First aid tape
- Hot pack
- Ice pack
- Liquid bandages
- Medicine for allergies
- Medicine for colds
- Medicine for diarrhea
- Rubbing alcohol
- Scissors
- Second Skin blisters or blister bandages
- Sterile gauze
- Thermometer
- Tweezers

## HOW TO HANDLE AND TREAT . . .

Determine how to handle and when to treat these as true emergencies and seek immediate medical help:

- Headaches
- Stomach aches
- The common cold
- Cuts and scrapes
- Splinters
- Nosebleeds
- Minor burns
- Ear aches
- Poison Ivy
- Sunburn

One of the most common causes of skin infections is the Staph bacteria.

Health experts advise everyone to:

- Frequently wash their hands
- Vigorously wash your hand past the wrist
- Don't share personal items
- Clean and cover with a bandage any cuts or scrapes

