PARENTS... are a primary source of health information for students. Here’s how you can help your student make a healthy transition to college...

IMMUNIZATIONS, HEALTH EXAM and HEALTH HISTORY

Update immunizations before your student leaves for college and document them on the immunization form. Immunizations are available at UHS, for a fee.

A physical exam is not required by U-M, however athletic teams or clubs may have different requirements; check with team or club to be sure.

Ask your student to know their medication allergies.

Make sure your student knows his/her health history. If your student has a complex health history:

- Get a summary letter from your student’s physician
- Ensure your student knows current medications
- Encourage your student to schedule an introductory appointment with a UHS physician in early fall Hand-carry the letter to that first visit (don’t send in advance)

COMPLETE and SUBMIT THESE FORMS

1. Immunization form
   Go to: uhs.umich.edu/immunization-records

2. Consent to Treatment form
   (if student is younger than 18 years old)
   Go to: uhs.umich.edu/consent2tx.pdf

PRESCRIPTIONS

Arrange for prescription renewals and/or a supply of medications to bring to school.

Contact the UHS Pharmacy (734-764-7387) regarding transferring prescriptions. We want to be your pharmacy of choice!

If your student takes medication for ADD/ADHD, plan ahead. Students on stable regimens may renew prescriptions by visiting a UHS physician. Bring this documentation to the first visit:

- Diagnosis of ADD/ADHD
- Current management plans for ADD/ADHD

If your student wears glasses or contact lenses, send a current prescription with him/her, in case replacement is needed. Eye exams, contact lenses and glasses are available at the UHS Eye Care Clinic and Optical Shop, for a fee.

If your student takes allergy shots, arrange to bring antigen and continue shots at UHS. UHS must review and approve all treatment programs. Go to: uhs.umich.edu/allergy-services
**MENTAL HEALTH**

If your student is currently receiving mental health care, visit the Counseling and Psychological Services (CAPS) website for recommendations for transferring care to providers at UM or in the Ann Arbor area.

Go to: [caps.umich.edu](http://caps.umich.edu)

**STUDENTS WITH DISABILITIES**

Students needing accommodations or services should contact the Services for Students with Disabilities Office (SSD).

Call 734-763-3000 or go to: [ssd.umich.edu](http://ssd.umich.edu)

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**HEALTH INSURANCE**

All students should have it!

Know how health care works on campus. UHS provides most services at no or low cost. Payment for health care outside UHS (including hospital emergency room visits) is your student’s responsibility. This is why students should have health insurance.

Arrange for health insurance if needed. Information about the Domestic Student Health Insurance Plan will be mailed to students this summer.

Go to: [uhs.umich.edu/dship](http://uhs.umich.edu/dship)

Inform your health insurance company that your student will be away at college and inquire about coverage in the Ann Arbor area. Ask whether your plan has network providers here.

Provide copies of your medical and prescription drug cards (including policy numbers and billing addresses) to your student and encourage him/her to carry them.

Discuss using health insurance with your student.

Consider buying Tuition Insurance, which protects against financial loss if students are unable to complete a term due to illness (physical or psychological).

Go to: [uhs.umich.edu/tri](http://uhs.umich.edu/tri)

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**ASSEMBLE A HEALTH CARE KIT**

for your student to bring to school

**SUPPLIES**

- Elastic bandage e.g. Ace™ for sprains
- Adhesive bandages e.g. Band-Aids™
- Hand sanitizer
- Heating pad
- Ice pack
- Sunscreen, SPF 15 or higher
- Thermometer
- Tissues e.g. Kleenex™
- Tweezers

**MEDICATIONS**

- Antacids e.g. Tums™, Zantac™
- Antibiotic ointment e.g. Bacitracin™
- Anti-diarrheal e.g. Imodium AD™, Pepto-Bismol™
- Antihistamine for itching or allergies e.g. Chlortrimeton™
- Cough drops
- Decongestant e.g. Sudafed™, phenylephrine
- Hydrocortisone cream 1% for itching
- Ibuprofen for pain/fever/inflammation e.g. Advil™ or Motrin™

The UHS Pharmacy carries most of these items and many are available as generics. Ask a pharmacist for recommendations.

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**CONTACT UNIVERSITY HEALTH SERVICE**

- 734-764-8320
- contactUHS@umich.edu
- uhs.umich.edu

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