



Health and Wellness Guidance for International Students at Wabash

Welcome to Wabash College! The Student Health Center (SHC) is here to support you as you learn to navigate college life in the U.S. The health care system in the U.S. is probably quite different from what you have experienced in your home country.

Our physicians, Dr. Scott Douglas and Dr. John Roberts, are both Wabash alumni who enjoy working with our students. One of them is in the SHC daily between 11:30am-1:00pm, Monday through Friday. Nurse Amidon is in during the day, Monday through Friday, and you can reach her at 765-361-6265, or by email at amidonc@wabash.edu. Please email when you need to make an appointment, so we can be sure to have enough time to spend with each patient.

Whenever possible, we encourage you to take advantage of the services we offer, because health care can be costly in the U.S., and our services are all free. We offer onsite testing for strep throat, mononucleosis, urinary tract infections, and of course, for COVID-19. We also can draw your blood for laboratory testing ordered by a doctor. We treat people for acute conditions such as sore throat, cough, or injury, and we see people for depression, anxiety, and other mental health issues. If you have a chronic health condition such as asthma, diabetes, we can work with you to make a plan to keep you healthy. We stock some medications in the SHC which are available at no cost to you when recommended by our physicians.

Dental and vision care are not covered by most U.S. health insurance, and can be expensive. Nurse Amidon can help you make appointments for this kind of care. These offices have indicated willingness to work with our students:

Dentists:

- Dr. Dane Mishler is within walking distance
765-362-1906, 380 W. Market Street
- Dr. Scott Frey is farther away; you will need transportation
765-362-3333, 506 Corda Boulevard

Eye Doctors:

- WalMart Optical is the most cost-effective option
765-361-0598, 1835 U.S. 231 South
- Norman & Miller Eye Care—Dr. Andrew Gilman is a Wabash alumnus
765-362-4893, 408 W. Market Street (behind Dollar General)
- Sugar Creek Eye Care is within walking distance
765-362-2706, 109 E. Main Street (across from the courthouse)



Wabash.

After-Hours Care

If you have an emergency, you should go to the Franciscan Alliance – Crawfordsville Hospital emergency department at 1710 Lafayette Rd (north of Crawfordsville on U.S. 231). After-hours care can be expensive, so try to be seen for free at the Student Health Center if at all possible. For non-emergent medical problems after 2:00 p.m. Monday through Friday that can't wait until normal Student Health Center business hours, students may call the private office of Drs. Douglas until 5:00 p.m. at 765.362.5789. Dial "9" after the answering machine message starts.

Outside of these hours, non-emergencies can also be seen at Franciscan Alliance - Crawfordsville emergency department. Note that being seen here can be extremely expensive.

We look forward to working with you to make your college career successful and healthy! Please do not hesitate to reach out if you have questions or concerns.

Scott K. Douglas, M.D., Wabash Class of 1984

John R. Roberts, M.D., Wabash Class of 1983

Christine Amidon, R.N., B.S.N., NCSN

Guide to living with worry...available in many languages:

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>