



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. We are located in the upper level of the Allen Athletics Center.

Our physicians, Dr. Scott Douglas and Dr. John Roberts, are both Wabash alumni and board-certified family physicians who enjoy working with our students. One of them is in the SHC daily between 11:30am-1:00pm, Monday through Friday. Nurse Practitioner Christine Amidon is in from 8:30am-2:00pm, Monday through Friday, and you can reach her at 765-361-6265, or by email at amidonc@wabash.edu. To make an appointment, please send a message via your secure PyraMED health portal. Instructions are here: <https://www.wabash.edu/studentlife/docs/Student-PyraMED-Portal-Intro-Letter-Final-F23.pdf>

It is important to fill out your health portal forms prior to July 15, and sooner is even better. We must have accurate information about your health history, any medications you take, and your immunization record. STUDENTS ARE NOT PERMITTED TO MOVE ONTO CAMPUS without an approved immunization record. The required (mandatory) and recommended vaccines are listed here: https://www.wabash.edu/studentlife/docs/Required_Vaccinations_23-24.pdf If you are unable to obtain required vaccines in your home country, we will arrange for you to receive them upon arrival to campus. It is your responsibility to keep any follow-up appointments if more than one dose is required.

International students also must have had a negative tuberculosis test, either a Mantoux TB skin test or an FDA-approved IGRA blood test, within the last six months. Again, if you are unable to obtain a TB test at home, we will provide one upon arrival, but it will generally be more cost-effective to obtain this in your home country. Those who had a positive result to a TB test should submit a chest x-ray and any other testing such as sputum cultures.

Whenever possible, we encourage you to take advantage of the services we offer, because health care can be costly in the U.S., and services at the SHC are provided at no extra cost to you. We offer onsite testing for strep throat, mononucleosis, influenza, STIs, and of course, for COVID-19. We also can draw your blood for laboratory testing ordered by a health care provider. 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 or diabetes, we can work with you to keep you healthy. We stock some medications in the SHC which are available at no cost to you when recommended by our providers.

Dental and vision care are not covered by most U.S. health insurance, and can be quite costly. Nurse Amidon can help you make appointments for this kind of care. It is wise to have dental and vision exams and any recommended treatments before you head to the U.S. 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)

Insurance:

International students and many domestic students receive health insurance through the College. Watch for messages from Amy Weir regarding this, and plan to attend a session with a representative who will show you how to utilize your benefits, and how to access your online account.

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 extremely expensive, so try to be seen for free at the Student Health Center if at all possible.

Outside of SHC hours, there is one urgent care provider in Crawfordsville, Access Medical, 1641 U.S. 231 South, phone 765-307-7146. Their hours are advertised as 8:00am-8:00pm.

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, MD, Wabash Class of 1984

John R. Roberts, MD, Wabash Class of 1983

Christine Amidon, MSN, APRN, FNP-C

