



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 staffed with a Registered Nurse and myself, a Nurse Practitioner, Monday through Friday from 8:30am-2:00pm. You can reach us at 765-361-6265, or by sending us a message through your Student Health Portal, at www.wabash.studenthealthportal.com. We have a medical doctor here for limited hours each week, so we recommend you reach out via your portal to schedule an appointment with Dr. Poplin.

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, influenza, and COVID-19. We also can draw your blood for laboratory testing ordered by one of our staff. 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 mental health condition, please contact Nurse Amidon as soon as you arrive, so we can arrange for the appropriate care on campus. If you have a chronic health condition such as asthma, diabetes, etc., 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 health providers.

All international students are required to have a test for tuberculosis on arrival to campus. We will provide the TB testing during your international student orientation, the week of August 13. We will also provide any required vaccines you might be missing during that week. It is very important that you complete your student health portal requirements no later than July 15, so we can advise you if you are missing any vaccines. You may wish to obtain those at home, because the cost is likely to be less in your home country.

Most dental and vision care is not covered by U.S. health insurance, and can be expensive. It is recommended that you obtain those services in your home country before you come to campus, for the most cost-effective care. The SHC can help you to arrange care for needs which arise once you are here, as well. 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)

After-Hours Care

If you have a true emergency, you should go to the Franciscan Health – 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 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, there are some urgent care centers in Crawfordsville. You can find information on our website at <https://www.wabash.edu/studentlife/health>.

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.

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