



July 6, 2022

Dear member of the class of 2026:

Welcome from the staff of the Wabash Student Health Center! We sincerely hope your Wabash experience will be a healthy one. We provide health and sports medicine services to the student body in our clinic on campus. Please read this entire introductory letter to ensure that you complete all the requirements for students. Student-athletes should also be receiving a separate email from our Head Athletic Trainer Mark Elizondo.

General Health Information/Recommendations

While we do not require you to have a physical examination prior to coming to Wabash, it is recommended for your overall health. **We do require that your immunizations be up-to-date and verified by either a physician or licensed nurse.**

All varsity athletes will be required to have a pre-participation physical examination performed by the College medical staff **before** participating in practice or competition. Your coach or the college athletic trainers will inform you of the date of the physical for your sport.

If you take prescription medication, please have your personal physician write you a prescription with enough refills to last you through the school year. If you are taking ADD/ADHD medications such as Ritalin, Concerta, Adderall, Vyvanse, Focalin etc., we prefer that your personal physician write for these medications. We will not refill controlled substances without a signed authorization from your physician. Note that if you are a varsity athlete and take medications for ADD/ADHD, your physician will need to complete the required form and provide records as indicated in the ADD/ADHD Requirement in the Student Health Portal at <https://wabash.studenthealthportal.com>. If this form did not appear under the "Forms" tab in your Portal, please contact HealthCenter@wabash.edu.

If you have a mental health condition or are taking psychiatric medications, we request that you call or email the College Nurse **well in advance of coming to school in the fall**. This will help us determine how the Student Health Center and Wabash Counseling Center may best serve your needs. The College physicians treat mild cases of depression and we have free counseling services available on campus. College can be a stressful period for all students; please contact our counselors or Student Health Center with any concerns.

All students are required to have health insurance. You should receive information about this from the College business office. Cathy VanArsdall is the contact person in the Business Office for insurance questions. Please note that your private health insurance may have a limited network of doctors or other restrictions that may not pay for doctors, testing or treatment in Crawfordsville. Receiving care at the Student Health Center is free. Laboratory tests, X-rays and any other procedures will be billed to your private insurance. If you receive care outside of the Student Health Center, it can cost you hundreds or even thousands of dollars. You must have a copy of your insurance card with you at school. The College Nurse can assist you with student health insurance issues in addition to her nursing duties.



Wabash.

The details of the care you receive while at Wabash are protected by federal law. Parents will be informed of your health condition only when authorized by you or in emergency situations. Parents may also be informed if you have a health problem where you could present a danger to yourself or others.

If you have any questions regarding the Student Health Center please call or email us using the contact information at the top of this letter. Have a safe and enjoyable summer, and we look forward to seeing you in the fall.

Sincerely,

Scott K. Douglas, MD '84

John R. Roberts, MD '83

Christine Amidon, BSN, RN, NCSN

