



June, 2023

Dear member of the class of 2027:

Welcome from the staff of the Wabash Student Health Center! We sincerely hope your Wabash experience will be a healthy one. The SHC provides health and sports medicine services to the student body in our clinic on campus, located in the upper level of the Allen Athletics Center. 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 the athletic department.

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.** You must submit these via your health portal before July 15. You will not be permitted to move into campus without us having a verified immunization record on file for you. The required (mandatory) and recommended immunizations are listed here:

https://www.wabash.edu/studentlife/docs/Required_Vaccinations_23-24.pdf

Every student must log into their secure health portal, PyraMED, and fill out required forms before July 15. We anticipate these being accessible by June 15. You'll find instructions here:

<https://www.wabash.edu/studentlife/docs/Student-PyraMED-Portal-Intro-Letter-Final-F23.pdf> Most students will need to submit just a few forms; student athletes will see several in their portal which are required by the College and the NCAA.

All varsity athletes will be required to have a pre-participation physical examination performed on campus 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 amidonc@wabash.edu.

If you have a mental health condition or are taking psychiatric medications, we advise 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 excellent, free counseling services available on campus. College can be stressful for anyone; please contact our counselors or the SHC with any concerns.





All students are required to have health insurance. Watch for an important email about this from the College business office. Misty Newport is the contact person in the business office for insurance questions. Her email is newportm@wabash.edu. The business office will have you submit your insurance information to a third party in order to obtain a waiver from the College's health plan. It is important to do this; otherwise, you will automatically be enrolled in, and billed for, the College's health insurance plan. We will still ask you to upload your insurance card to your PyraMED health portal, as the third party does not share information with our health staff.

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 SHC is free to you. Laboratory tests, X-rays and any other procedures will be billed to your health insurance. If you receive care outside of the SHC, it can cost you hundreds or even thousands of dollars. You must have a copy of your insurance card with you at school.

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

If you have any questions regarding the Student Health Center, please contact the campus nurse practitioner at amidonc@wabash.edu. Have a safe and enjoyable summer. We look forward to meeting you, hopefully at a Wabash 101 session, and to seeing you in August.

Sincerely,

Scott K. Douglas, MD '84

John R. Roberts, MD '83

Christine Amidon, MSN, APRN, FNP-C

