



June 3, 2024

Dear member of the class of 2028:

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 the Athletic Department staff.

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 have a pre-participation physical examination free of charge by the College medical staff **before** participating in practice or competition. Your coach or the Athletic Department staff 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 primary health care provider continue to prescribe those medications for you. We will not refill controlled substances without a signed authorization from your primary health care provider. Note that if you are a varsity athlete and take medications for ADD/ADHD, your provider will need to complete the required form, and provide records as indicated in the "ADD Medication Form for Athletes" that should be in your Student Health Portal at <https://wabash.studenthealthportal.com>. If this form does not appear under the "Forms" tab in your Portal, please contact Nurse Amidon via email at amidonc@wabash.edu.

If you have a mental health condition or are taking psychiatric medications, we request that you connect with the Student Health Center and Wabash Counseling Center to create a plan to best serve your needs. The College health professionals treat mild cases of depression and anxiety, 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 and should contact them for any insurance questions. We simply request a copy of your card be uploaded in case we do lab work or send you for x-rays, etc. You should have a copy of your insurance card with you at school. 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, and visits are unlimited. Laboratory tests, X-rays and any other procedures will be billed to your private insurance. If you receive care off-campus, it can cost you hundreds or even thousands of dollars, so we recommend that you begin with us if you have a non-emergent health care need.





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. See Wabash's FERPA policy for further details.

If you have any questions regarding the Student Health Center, please call or email us, or send a message via your secure health portal. Have a safe and enjoyable summer. We look forward to seeing you in the fall.

Sincerely,

Nurse Practitioner: Christine Amidon, MSN, APRN, FNP-C amidonc@wabash.edu
SHC Nursing Team: Rene Cook, BSN, RN cookr@wabash.edu (M, W, TH)
Ellen Warren, BSN, RN warrene@wabash.edu (T, F)
Part-time College Physician: Dr. Eric Poplin, MD, MPH

