



June 3, 2026

Dear member of the class of 2030:

Welcome from the staff of the Wabash Student Health Center (SHC)! We sincerely hope your Wabash experience will be a healthy one, and we'll do our best to support you along the way. We provide health services to students in our clinic on campus, upstairs in the Allen Athletics Center. Please read this entire introductory letter to ensure that you complete all of the requirements for students. *Student-athletes will receive a separate email from the Athletic Department staff regarding additional health requirements for NCAA athletics.*

General Health Information/Recommendations

While we do not require you to have a physical examination prior to coming to Wabash, it is a good opportunity to get guidance from your primary care provider prior to college. We do require that your immunizations be up-to-date and verified by a physician or licensed nurse. This is a crucial task which must be completed before you can move into campus housing. Note: Indiana students' immunization records will automatically be imported from the state's database, CHIRP. Others can obtain their records from their doctor's office, local health department, or high school. Our vaccine requirements are found here: https://www.wabash.edu/aboutwabash/docs/consumer_info_immunizations_2026-27.pdf

Every student must log into their secure health portal, PyraMED, and fill out required forms before July 15 (by July 2 if you are in the WLAIP program). You'll find instructions here: <https://www.wabash.edu/studentlife/docs/Student-PyraMED-Portal-Intro-Letter-Final-F24.pdf>

If you take prescription medication, please have your personal health care provider write you a prescription with enough refills to last you through the school year, if appropriate. 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 if at all possible. We will not refill controlled substances without past documentation of your diagnosis and care from your primary health care provider.

If you have a mental health condition or are taking psychiatric medications, we strongly recommend that you connect early with the Student Health Center and Wabash Counseling Center to create a plan to best serve your needs on campus. Our team of health professionals do treat depression, anxiety, and some other mental health conditions. We have excellent onsite counseling services on campus, as well. We can refer students to off-campus providers if indicated, but there are limited options in our small community. College can be a stressful period for anyone; please contact our counselors or the Student Health Center with any concerns. Being proactive and asking for support is a sign of strength, and will increase the likelihood of a successful first year as a college student.

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



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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 covered by the small health fee you pay when you register. You will not be billed for visits, and visits are unlimited. Laboratory tests, X-rays and other procedures performed off-campus will be billed to your health 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 or guardians will be informed of your health condition only when authorized by you or in emergency situations. Parents or guardians 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. We will meet during orientation to explain more fully how to utilize our services and how to be optimally healthy as a first-year student. In the meantime, have a safe and enjoyable summer. We look forward to seeing you in the fall.

Sincerely,



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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 Physicians: Dr. Eric Poplin, MD, MPH (T, Th) & Dr. Bob Einterz '77, MD (M, W, F)