

Wabash College
Student Health Service

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Dear incoming international student:

Welcome from the staff of the Wabash Student Health Center! We sincerely hope your Wabash experience will be a healthy one. We offer health services to the student body in our clinic on campus. We also offer sports medicine services.

In order to provide the best possible medical care to Wabash men, it is essential that we receive complete and accurate health information from each student. Please complete the Student Health Record (SHR), using the instructions found on the form. You must transmit the form to us **by August 1st** using the mail, fax or email information at the top of this letter. Links to the SHR can be found on the freshman checklist or on the Student Health Center web page at wabash.edu/studentlife/health. While we do not require you to have a physical examination prior to coming to Wabash, it is recommended for your overall health. We **require that your immunizations be up-to-date and verified by either a physician or licensed nurse**. **Your class schedule for the fall semester will be cancelled if we do not receive the completed SHR and vaccination record.** We require international students to receive a ***Mantoux*** tuberculosis (TB) skin test prior to coming to Wabash. You can find the details on the SHR.

All varsity athletes will be required to have a physical examination performed by the college medical staff before participating in practice or competition. Your coach or the college 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 your prescription through the school year. Note that if you are a student-athlete and take these medications, your physician will be required to complete additional paperwork per NCAA rules. We will not refill controlled substances without a signed authorization from your physician. If you wear contacts, we strongly recommend you have a backup pair of glasses in case you develop an eye infection.

If you have a history of mental illness or are taking psychiatric medications we request that you contact the college nurse or email her well in advance of coming to school in the fall. This will allow us to determine if you are an at-risk student and what type of local psychiatric care you may require. The college physicians treat mild cases of depression and we have free counseling services available on campus. The curriculum, adjustment to a new country and extra-curricular activities at Wabash can be extremely demanding and can be a strain on young men with a history of mental illness, particularly international students.

All students participate in the Wabash health reimbursement program that takes care of most of the medical expenses you may incur while at Wabash. Receiving care at the Student Health Center is

free. All international students are also required to have private health insurance. if you don't have your own policy, we are recommending the Cigna plan through LowerMark Student Insurance. We strongly recommend that you speak to Nurse Lamb before pursuing any health care outside of Wabash since that care may cost you hundreds or even thousands of dollars of your own money. Laboratory tests, X-rays and any other procedures will be billed to your private insurance or the student reimbursement program. If you have health insurance from your parents, you must have a copy of your insurance card with you at school. Our school nurse also handles all of the student health insurance issues in addition to her nursing duties.

The Student Health Center is open from 8:30 a.m. to 2:00 p.m. Monday through Friday when classes are in session. The physicians see students from 11:30 a.m. to 12:50 p.m. We ask that you contact the health center by phone or e-mail prior to coming in to be seen. This allows us to provide enough time for your needs and to minimize time away from studies. We recommend that you call ahead for an appointment. Students are seen in the Health Center without charge.

If you experience an emergency, call 911 or report to the Franciscan Health - Crawfordsville Emergency Department at 1710 Lafayette Road, north of Crawfordsville on State Road 231, 362-2800. If you require admission to the hospital, the hospital physicians will take care of you. Care outside of Health Center hours is available the St. Vincent Ambulatory Care Center, 1684 Bush Lane (south of Crawfordsville on State Road 231 behind O'Reilly Auto Parts), Monday through Friday 8:00 a.m. to 8:00 p.m. and Saturday and Sunday 8:00 a.m. to 5:00 p.m. This clinic is to be used only for semi-emergencies that cannot wait until Student Health Center is open. Problems outside office hours can also be directed to the private office of Drs. Douglas and Roberts at 765-362-5789, Monday through Friday from 2:00 p.m. to 5:00 p.m.

If you are age 18 or older, the details of the care you receive while at Wabash is 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, other students or the college staff.

If you have any questions regarding the Student Health Center, feel free to stop in, call, or email us. Have a safe and enjoyable summer and we look forward to seeing you in the fall.

Sincerely,

Scott K. Douglas, M.D. '84

John R. Roberts, M.D. '83

Carol Lamb, R.N.