



## Health and Wellness Guidance for International Students at Wabash

Welcome to Wabash College! The health care system in the U.S. is undoubtedly quite different from what you have experienced in your home country. The Student Health Center (SHC) is here to support you as you learn to navigate college life in the U.S., and to help you to be as healthy as possible.

We are staffed with a Registered Nurse and myself, a Nurse Practitioner, Monday through Friday from 8:30am-2:00pm. You can reach us at 765-361-6265, or by sending us a message through your Student Health Portal, at <https://wabash.studenthealthportal.com/> We have a medical doctor here at lunchtime, Monday through Friday. We recommend you reach out via your portal or visit the SHC to schedule an appointment with one of the doctors. You may just walk into our office for help, too!

Whenever possible, we encourage you to take advantage of the services we offer, because health care can be costly in the U.S., and our services are all covered by a small health fee you pay as part of your tuition. We offer free testing for strep throat, mononucleosis, influenza, and COVID-19. We also can draw your blood and perform other laboratory testing ordered by one of our staff. We treat people for acute conditions such as sore throat, cough, skin problems, and injury, and we provide care for depression, anxiety, and other mental health issues. If you have a mental health condition, please contact Nurse Amidon as soon as you arrive, so we can arrange for the appropriate care to help make your transition to college successful. If you have a chronic health condition such as asthma, diabetes, etc., we can work with you to make a plan to keep you healthy. We stock some short-term medications in the SHC which are available at no cost to you when recommended by our health care providers.

Most international students are required to have a test for tuberculosis (TB) on arrival to campus, if you are from a country with a high prevalence of TB. We will arrange that with you during your orientation on campus. We will also provide any required vaccines you might be missing during your orientation. We will communicate a date and time for that early in August. It is very important that you complete your student health portal requirements no later than July 15, so we can advise you if you are missing any required vaccines. You may wish to obtain those at home, because the cost is likely to be less in your home country. Your student insurance will cover any vaccines or testing you need, but you do have a deductible of \$250 which you must pay before insurance covers the remainder.

Most dental and vision care is not covered by U.S. health insurance, and can be expensive. It is recommended that you obtain those services in your home country before you come to campus, for the most cost-effective care. The SHC can help you to arrange care for needs which arise once you are here, as well. These offices have been willing to work with our students:

### Dentists:

- Dr. Dane Mishler is within walking distance  
765-362-1906, 380 W. Market Street
- Dr. Scott Frey is farther away; you will need transportation  
765-362-3333, 506 Corda Boulevard



# Wabash.

- Dr. Canal  
765-364-1740, 1950 Indianapolis Road

## Eye Doctors:

- Walmart Optical is the most cost-effective option  
765-361-0598, 1835 U.S. 231 South
- Norman & Miller Eye Care - Dr. Andrew Gilman is a Wabash alumnus  
765-362-4893, 408 W. Market Street (behind Dollar General)
- Sugar Creek Eye Care is within walking distance  
765-362-2706, 109 E. Main Street (across from the courthouse)

## After-Hours Care

If you have a true emergency, you should go to the Franciscan Health – Crawfordsville Hospital Emergency Department at 1710 Lafayette Road (north of Crawfordsville on U.S. 231). This would be for something such as difficulty breathing, a seizure, loss of consciousness, or a significant injury such as a car accident. After-hours care can be extremely expensive, so try to be seen at no cost at the Student Health Center when at all possible. For non-emergent medical problems after 2:00 p.m. Monday through Friday that can't wait until normal Student Health Center business hours, there are also some urgent care options in Crawfordsville. You can find information on our website, <https://www.wabash.edu/studentlife/health>.

We look forward to working with you to make your college career successful and healthy! Please do not hesitate to reach out if you have questions or concerns.



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