

# The **M** Parent's CHECKLIST

Help your student make a **healthy**  
transition to college

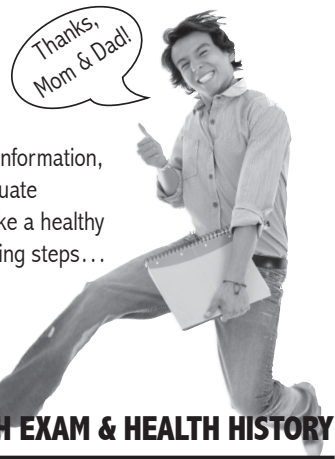


**UHS** UNIVERSITY  
**Health Service**

University Health Service, Division of Student Affairs  
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## Parents

are students' primary source of health information, according to a survey of UM undergraduate students. You can help your student make a healthy transition to college by taking the following steps...



### **IMMUNIZATIONS, HEALTH EXAM & HEALTH HISTORY**

- Update immunizations before your student leaves for college and document them on the immunization form. (see below - UHS also provides immunizations for a fee)
- A physical exam is **NOT** required by the UM, however athletic teams or clubs may have different requirements; check with team or club to be sure.
- Make sure your student knows about his/her health history. If your student has a complex health history:
  1. Get a summary letter from your student's physician
  2. Ensure your student knows current medications
  3. Encourage your student to schedule an introductory appointment with a UHS physician in early fall and hand-carry the letter (don't send it in advance) to that first visit
- Encourage your student to carry a list of his/her medication allergies.

### **GO TO: [www.uhs.umich.edu/students](http://www.uhs.umich.edu/students) PRINT, COMPLETE & SEND THESE FORMS:**

- ① Immunization form (best completed by a health care provider)
- ② Consent to Treatment form (if your student is younger than 18 years old)

### **PRESCRIPTIONS**

- Arrange for prescription renewals and/or a supply of medications to bring to school.
- Contact the UHS Pharmacy (**734-764-7387**) regarding transferring prescriptions. We want to be your pharmacy of choice.
- If your student takes ADD and/or ADHD medications, plan ahead. To obtain a prescription renewal at UHS, students must visit a UHS physician and bring both of the following to the first visit:
  1. Documentation of diagnosis of ADD/ADHD
  2. Documentation of current management plans for ADD/ADHD

- If your student wears glasses or contact lenses, send a copy of the current prescription with him/her, to make getting replacements easier. Students can get eye exams, contact lenses and glasses at the UHS Eye Care Clinic and Optical Shop.
- If your student takes allergy shots, arrange for him/her to bring antigen and continue shots at UHS. The UHS allergist reviews all treatment programs. If your student wants to start treatment, schedule an appointment for an evaluation by the allergist. UHS can prepare antigens for a fee. **734-764-8325**.

## **HEALTH INSURANCE**

### **ALL students should have health insurance.**

- Know how health care works on campus: UHS provides most services at no or low cost. Payment for health care outside UHS is your student's responsibility, which is the reason your student should have health insurance.
- Arrange health insurance if needed; information on the Domestic Student Health Insurance Plan will be mailed. Go to: **[www.uhs.umich.edu/msa](http://www.uhs.umich.edu/msa)**
- Inform your health insurance company that your student will be away at college and inquire about coverage in the Ann Arbor area. Ask whether your plan has network providers here.
- Provide copies of your medical and prescription drug cards (with policy numbers, billing addresses) and encourage your student to carry them.
- Discuss with your student when and how to use health insurance.
- Consider buying the Tuition Refund Plan, **[www.uhs.umich.edu/tri](http://www.uhs.umich.edu/tri)**

## **HELP YOUR STUDENT PRACTICE DECISION-MAKING SKILLS**

- Talk with your student about decisions s/he is likely to encounter in college such as alcohol and other drug use, getting enough sleep, managing time, handling stress, exercising, eating, sexual behavior, hygiene (e.g. hand washing, covering coughs) and being financially responsible.
- Help your student practice making important choices before leaving for college.
- Tell your student what you expect.
- Offer non-judgmental listening and let your student know you're available.

## **ASSEMBLE A HEALTH CARE KIT**

Send your student to school with a kit. Suggestions include:


### **SUPPLIES**

Ace bandage for sprains  
Adhesive bandages, tape  
Cotton swabs  
Heating pad  
Ice pack  
Scissors  
Sterile gauze pads  
Sunscreen (SPF 15 or higher)  
Thermometer  
Tweezers

### **MEDICATIONS ★**

Acetaminophen for pain relief, fever reduction  
Antibacterial hand sanitizer (e.g. Purell)  
Anti-inflammatory (e.g. ibuprofen)  
Antibiotic cream or ointment (e.g. Bacitracin)  
Anti-diarrheal (e.g. Imodium or Pepto Bismol)  
Antihistamine for itching, allergies (e.g. Chlortrimeton)  
Calamine lotion for relief of itching  
Decongestant (e.g. Sudafed or phenylephrine)  
Heartburn prevention/treatment (e.g. Tums, Pepcid AC)

★ The UHS Pharmacy carries most of these items. Many medications are available generically. Ask a pharmacist for recommendations.

cut & shop 



### **Contact University Health Service**



**734-763-1320** Health Promotion and Community Relations



email:

**[contactUHS@umich.edu](mailto:contactUHS@umich.edu)**