PARENTS are a primary source of health information for students. Here’s how you can help your student make a healthy transition to college.

IMMUNIZATIONS, HEALTH EXAM and HEALTH HISTORY

Update immunizations before your student leaves for college and document them on the UHS immunization form. Immunizations are available at UHS, for a fee. Go to: uhs.umich.edu/immunization-records

A physical exam is not required by U-M, however athletic teams or clubs may have different requirements. Check with team or club to be sure.

Make sure your student knows their health history, medication allergies, and current medications. If your student has a complex health history:

- Get a summary letter from your student’s physician
- Ensure your student knows current medications
- Encourage your student to schedule an introductory appointment with a UHS physician in early fall and hand-carry the summary letter to that first visit (don’t send in advance).

COMPLETE and SUBMIT THESE FORMS Preferably 30 days before classes start

1. **Immunization form**
   Go to: uhs.umich.edu/immunization-records

2. **Consent to Treatment form**
   (if student is younger than 18 years old)
   Go to: uhs.umich.edu/consent2tx.pdf

PRESCRIPTIONS

Arrange for prescription renewals and/or a supply of medications to bring to school. Keep all medications in original containers.

Contact the UHS Pharmacy (734-764-7387) regarding transferring prescriptions, if desired. We want to be your pharmacy of choice!

If your student takes medication for ADD/ADHD, plan ahead. Students on stable regimens may renew prescriptions by visiting a UHS physician. Bring this documentation to the first visit:

- Testing for and diagnosis of ADD/ADHD
- Current management plans for ADD/ADHD

If your student wears glasses or contact lenses, send a current prescription with them, in case replacement is needed. Eye exams, contact lenses and glasses are available at the UHS Eye Care Clinic and Optical Shop, for a fee.

If your student takes allergy shots, arrange to bring antigen and continue shots at UHS. The UHS allergist must review and approve all treatment programs. Go to: uhs.umich.edu/allergy-services

HEALTH INSURANCE

All students should have it!

Know how health care works on campus. UHS provides most services at no or low cost. Payment for health care outside UHS (including hospital emergency room visits) is your student’s responsibility. This is why students should have health insurance.

Arrange for health insurance if needed. Consider purchasing the **Domestic Student Health Insurance Plan**, a low-cost plan with comprehensive benefits offered through the university specifically for U-M students. Go to: uhs.umich.edu/dship

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 (including policy numbers and billing addresses) to your student and encourage him/her to carry them.

Discuss using health insurance with your student.
ASSEMBLE A HEALTH CARE KIT
for your student to bring to school

SUPPLIES
Elastic bandage e.g. Ace™ for sprains
Adhesive bandages e.g. Band-Aids™
Hand sanitizer
Heating pad
Ice pack
Insect repellant
Sunscreen, SPF 15 or higher
Thermometer
Tissues e.g. Kleenex™
Tweezers

MEDICATIONS
Antacids e.g. Tums™, Zantac™
Antibiotic ointment e.g. Bacitracin™
Anti-diarrheal e.g. Imodium AD™, Pepto-Bismol™
Antihistamine for itching or allergies
Cough drops
Decongestant e.g. Sudafed™, phenylephrine
Hydrocortisone cream 1% for itching
Ibuprofen for pain/fever/inflammation e.g. Advil™ or
Motrin™

The UHS Pharmacy is conveniently located onsite and carries these items. Our pharmacy staff are here to assist.

MENTAL HEALTH
If your student is currently receiving mental health care, visit the Counseling and Psychological Services (CAPS) website for recommendations for transferring care to providers at U-M or in the Ann Arbor area.
Go to: caps.umich.edu/resources

STUDENTS WITH DISABILITIES
Students needing academic accommodations or services should contact the Services for Students with Disabilities Office (SSD).
Call 734-763-3000 or go to: ssd.umich.edu

CONTACT UNIVERSITY HEALTH SERVICE
734-764-8320
contactUHS@umich.edu
uhs.umich.edu

THE U-M PARENT’S HEALTH CHECKLIST
Helping your student make a healthy transition to college.