Student Health Readiness Checklist

It is important for your student to be well versed in their medical history. This makes it possible for them to receive the best care and guidance.

We recommend the incoming student be able to answer the following questions (Please confirm your student knows the correct answers and review with them). This can be reviewed with your home provider as well.

- Do you have any chronic medical conditions? Yes No
  If yes please list ________________________________

- What medications are you on? ________________________________

- Can you name them, provide dosing and use Yes No
  What do you take them for ________________________________

- Do you need a reminder to take your medications? Yes No
- Do you know your allergies? Yes No
- Do you know if you have had any surgeries? Yes No
- Are you able to make your own appointments? Yes No
- Do you know how to obtain your own refills if applicable? Yes No
- Do you know how to use your thermometer? Yes No
- Do you need to monitor anything – such as glucose, blood pressure? Yes No
- If so, do you know how to? Yes No
- Can you name your health care insurance provider and your doctors? Yes No
- Do you know how to enter the online health center portal? Yes No
- Do you understand your insurance coverage for students away from home? Yes No
  (for example, preferred pharmacy, testing coverage)

Consider bringing the following supplies:

<table>
<thead>
<tr>
<th>Bandaids</th>
<th>Pain/Fever relief</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thermometer</td>
<td>Antacids</td>
</tr>
<tr>
<td>Antibiotic ointment</td>
<td>Anti-diarrheal medication</td>
</tr>
<tr>
<td>Bandages</td>
<td>Cough/Cold medication</td>
</tr>
<tr>
<td>Ice/Heat wraps</td>
<td>Hydrocortisone Ointment</td>
</tr>
</tbody>
</table>

It is recommended to:
- Refill any prescriptions if needed
- If you wear contact lenses, bring a pair of glasses
- Have a copy of your insurance card in your wallet