

# 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:

Band-aids	Pain/Fever relief
Thermometer	Antacids
Antibiotic ointment	Anti-diarrheal medication
Bandages	Cough/Cold medication
Ice/Heat wraps	Hydrocortisone Ointment

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