

PARENT *alk*

Staying Healthy at College

Laptops, tablets, cell phones. Luggage. A TV, microwave or mini-fridge for the dorm. Money for the student union or the local pizza place. Parents may find these on their student's wish list of their students as they head off to college this fall. For most teens, it will be the first time they are in charge of their health, deciding when they need health care and learning to deal with insurance rules. Consider the following checklist of health-related topics to do over the summer to prepare your student for college.

INSIDE...

- Talking with your PCP
- Immunization update
- Campus resources

✓ *Insurance*

Check with your health plan to see what is and is not covered for an out-of-town student. Send an insurance card (or copy) with your student.

✓ *Dental/eye exams*

Time to get this done. Checking your glasses or contacts before leaving for college is a good idea. Also time for a teeth cleaning and exam. EWU's Student Health Services do not cover these.

✓ *Immunizations*

Please make sure all shots are up to date. This includes DTap, and MMR boosters. Consider Hepatitis A & B, bacterial meningitis & HPV vaccines for residential students. Immunization recommendations are on the back.

✓ *It is time to talk about "it"*

New college students are faced with many tough decisions. Parents are still one of the best sources of information for their students. Talk to your student about your expectations and/or concerns about dating, alcohol and drugs, personal safety, as well as the basics of exercise and nutrition.

Welcome!

Rockwood has partnered with EWU to provide health clinic services to students. These services provide for the basic medical needs of eligible students. Students registered for six or more credits are automatically eligible.

Students may visit any Rockwood Family Medicine location or Urgent Care Center in Cheney, Spokane, Medical Lake, and Airway Heights.

These student health clinic services are designed to cover most of your students routine medical needs, but does not cover all health care costs.

Please visit www.rockwoodclinic.com for a list of benefits, coverage and locations.



Talking with your Primary Care Provider (PCP)

For the majority of students entering college in the fall, this will be the first time they will be in charge of their health care. A provider's ability to determine what is wrong and how to treat your son/daughter depends almost entirely on communication. From scheduling an appointment to wrapping up the visit, effective communication will help ensure that your student will get what they need. Here are some helpful tips for your son/daughter to keep in mind when visiting with a Primary Care Provider (PCP) at the Student Health Center.

1. Make an appointment for any routine or non-urgent care issues. Walk-in and urgent care are for immediate needs. Please note that a 24 hour notice should be given if you need to cancel your appointment. Failure to keep and/or cancel scheduled appointments may result in dismissal from clinical services.
2. Make a list of all the questions you have. This will help make the most of your time with the provider.
3. It's ok to ask questions during your appointment. Providers are not mind readers and you will not get the care you need unless you are open and honest during your visit.
4. Bring your medications or a list of your medications with you to your appointment.
5. Even with routine exams or check-ups, be sure you understand any instructions given to you by your provider before you leave.
6. Be sure to make a follow up appointment if necessary.
7. Become familiar with your health coverage by knowing what is or is not covered. If you are not sure, call the insurance provider about your benefits.

Recommended Immunizations

Eastern Washington University does not currently require documentation or verification of student immunization status to attend. However, we encourage all students to conform with current college health recommendations, which include:

- Measles/mumps/rebulla (MMR)
- Td/Tdap
- Varicella (Chickenpox)
- HPV
- Meningococcal
- Influenza
- Hepatitis A & B

Some immunizations are available to students under the student health clinic services at EWU.

Campus Resources

Admissions.....	509.359.6555
Advising.....	509.359.2354
ASEWU.....	509.359.2514
Campus Safety Escort.....	509.535.9233
Campus Police.....	509.359.6300
CAPS.....	509.359.2366
Career Services.....	509.359.6365
Cheney Student Health Clinic.....	509.235.6151
Club Sports.....	509.359.4013
Dean of Students Office.....	509.359.7924
Dining Services.....	509.359.2540
Disability Support Services.....	509.359.6871
EPIC.....	509.359.4014
Fitness Center.....	509.359.4017
Intramural Sports.....	509.359.4836
Pride Center.....	509.359.7870
Student Employment.....	509.359.2525
Student Financial Services.....	509.359.6372
Student Support & Advocacy.....	509.359.2291
URC Main Desk.....	509.359.4026