

Parents: Healthy Advice for New College Students




- **New Student health requirements at Wichita State University**
 - Tuberculosis screening and testing – State of Kansas law requires newly enrolled students to complete. New international students may need tuberculosis testing. For more information: www.wichita.edu/tuberculosis
 - Meningitis ACYW vaccination requirement: If your student is living in the residence halls, make sure they have submitted their documentation of receiving at least one dose of the meningitis ACYW vaccine **after the age of 16**. For more information: www.wichita.edu/meningitis. To submit immunization records, upload using instructions: www.wichita.edu/uploadhealthdocs.
- **Encourage your student to visit the WSU Student Health Services clinic** when they need healthcare. Encourage them to call 316-978-4792 or log-on to the myShockerhealth portal through our website, www.wichita.edu/shs to make an appointment or ask health-related questions with one of our healthcare providers.
- **myShockerhealth patient portal:** Students can make online appointments, view accounts, pay bills, enter medical and immunization history and securely message healthcare providers. Enacting the text message option allows student to receive appointment reminders and message notifications. Access the portal through our website, www.wichita.edu/shs.
- **List student’s medical conditions, allergies and routine medications including over the counter, herbals/vitamins and prescriptions** in student’s cell phone for easy access. Then also enter same list into the myShockerhealth portal health information pages.
- **If your student takes regular daily medication or has a chronic illness (i.e. asthma, allergies, diabetes, etc.).** Refill prescriptions for 9-12 months and identify a pharmacy near WSU that takes your insurance to get more refills. If your student has a chronic illness that could create an emergency situation (i.e. epilepsy, food allergies, etc.) please make sure they wear medical alert bracelets and carry epi-pens, also notify housing staff if living on campus.

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- **Make sure your student knows if they have health insurance.** They should have an insurance card and understand how to use it and know if they have co-pays or an HSA. Provide your student with a list of Wichita facilities that accept their insurance card in case of emergencies. For information on the United HealthCare Student Resources plan that is available for all currently enrolled students, go to www.wichita.edu/shs for more information.
- **Insurance is not required at Student Health Services.** However, if your student does have health insurance, we will file as both in-network providers and out-of-network. Find how to upload insurance cards to the myShockerhealth portal: www.wichita.edu/uploadhealthdocs.
- **If your student is covered under your Health Savings Account or under your private health insurance,** they may use their HSA card to pay for services at Student Health. The HSA card must be imprinted with the student's name. Or, your student can pay for services in the patient portal.
- **Send a small first aid kit** with your student to college that includes band aids, gauze, tape, thermometer, aspirin and/or ibuprofen, antacid and anything else that applies to their needs.
- **Encourage** your student to take advantage discounted FLU vaccines and laboratory events.
- **TALK** to your student about getting adequate sleep, eating healthy and drinking water, protecting themselves from infectious and sexually transmitted diseases, personal safety and alcohol awareness.
- **Please remember that your student is now considered an adult.** Services your student received at Student Health are confidential while they are in college and/or over 18 years of age. If the student chooses to authorize SHS to give health information to someone, they must sign an "Authorization to Release Health Information" form and designate what information may be shared and to whom. This form can be found on the www.wichita.edu/shs/forms.
- **If your student is under the age of 17 when starting school, and won't turn 18 for a while,** you will need to complete a "Minor Medical Release" and sign/date to authorize your student to receive medical care at Student Health. This form can be found on the www.wichita.edu/shs/forms.

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