

# Graham Health Center

## Check List for New Students

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### Immunizations, health examination and health history:

- Have a comprehensive examination of your student completed before they leave for college.
- Update immunizations before your student leaves and provide GHC with a copy of this record or complete the **GHC Immunization Form** (best completed by a health care provider although not required). This record can be brought to Graham Health Center, dropped off during move-in day or faxed to GHC.
- Make sure your student understands his/her health history. Students should have a record of their prescriptions including doses and reason for medication.
- For students with chronic/serious medical problems, a physician summary should be provided to GHC.
- If your student is under 18 please complete the **Consent to Treatment** form and submit to GHC.

### Prescriptions:

- Update any prescription medications.
- Arrange for a supply of medications to bring to school.
- You may arrange for allergy injections at GHC upon completion of the **Allergy Injection Form**.

### Health insurance:

- Inform your health insurance company that your student will be away at college, and inquire about the level of coverage in the Rochester area. Ask whether your plan reimburses for services at college student health centers.
- Provide an insurance card or a photocopy (front and back) and encourage your student to carry it with him/her.
- Discuss with your student when and how to use health insurance.

### Graham Health and OU Counseling Center:

- Identify available health resources on-campus with your student. For more information about Graham Health Center and OU Counseling Center visit our websites.
- If you think your child may use counseling services call the OU Counseling Center *before* school starts to talk to the psychologists and perhaps even set up a first appointment.
- Visit [oakland.edu/ipause](http://oakland.edu/ipause) for tips on managing time, reducing stress and making a smooth transition to college.
- Be familiar with evening and weekend resources for emergencies.

### Assemble a health care kit:

- Provide your student with a container of band-aids, acetaminophen, Ibuprofen, cold medications, digital thermometer and chemical cold pack.

### Emergency preparedness:

- Develop a crisis communication plan to stay in contact. Identify a meeting place, as well as a contact person outside the local calling area (should direct communication be compromised).

*All forms for above documentation (in bold) can be found at [oakland.edu/ghc/top-links/forms/](http://oakland.edu/ghc/top-links/forms/)*

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