

STUDENT HEALTH SERVICES CHECKLIST

DO YOU KNOW ...

How to monitor your health?

- How to take your temperature?
- If you have any chronic conditions?
 - What are your symptoms?
 - How do you monitor these conditions? (e.g., blood sugar, pulmonary function)
 - Who should know about them? (e.g., roommate, resident assistant, professor, Health Services)
- If you're taking any medications (prescriptions, over-the-counter, vitamins/supplements)
 - What does each medicine do?
 - How much should you take, and when?
 - How and where do you pick up refills?
- If you have any allergies?
 - What are your symptoms?
 - Who should know about your allergies? (e.g., roommate, resident assistant, professor)
- If your voicemail is set up, so you can receive health-related messages?

Your health care and insurance providers?

- Who your primary health care provider is?
- If you have health insurance and who provides it?

What to do in an emergency?

- Where the nearest emergency room is?
- Who your emergency contact person is?

DO YOU HAVE ...

Basic supplies?

- Thermometer (VERY IMPORTANT)
- Acetaminophen (Tylenol) or Ibuprofen (Motrin) for pain/fever
- Antacids and antidiarrheal (Pepto-Bismol)
- Antibiotic ointment (Neosporin)
- Antihistamine (Claritin, Benadryl)
- Antifungal cream (Lotrimin, Tinactin)
- Band-aids/bandages
- Cough/cold medication
- Elastic/ACE wrap for sprains/strains
- Hydrocortisone cream
- Hydrogen peroxide
- Ice/heat packs
- Sterile gauze dressings
- Tape/sports wrap
- Supplies for specific medical conditions (glucometer, peak flow meter, inhaler, nebulizer, etc.)

Important documents?

- Insurance card (save a picture of both sides!)
- Pocket card or app listing your allergies, conditions, medications and medical history
- Copy of vaccination records
 - This is especially important if you're planning to major in health care, education or lab sciences (which may involve animal contact)
 - You'll be asked to provide proof of immunization to participate in educational experiences such as clinicals, child care, etc.



STUDENT HEALTH SERVICES

- **Location:** Student Recreation and Wellness Center, Suite 260
- **Appointments:** Visits are by appointment. Same-day appointments are often available. Call **330-972-7808** or email healthservices@uakron.edu to schedule an appointment. Walk-ins are not accepted at this time. If you cannot keep your appointment, please call to cancel or reschedule.
- **Fees:** The visit fee is \$15. There may also be a cost for medications or in-office testing (e.g., for strep, UTI, etc.) due at the time of service. All-Campus funds, cash and credit/debit are accepted.
- **Insurance:** Health insurance isn't required to use our services, and we don't bill insurance for services provided. The lab (Quest) we use can bill insurance for send-out tests; however, cash pricing is available. If you're using insurance, you're responsible for any costs not covered.

COVID-19 INFORMATION

- UA's coronavirus response: uakron.edu/coronavirus
- Guidelines for Student Health Services visits (per CDC/ODH):
 - Masks required unless medically contraindicated (e.g., asthma exacerbation)
 - Temperatures taken before admittance
 - Sick and well patients will be separated
 - ONLY patients with appointments will be admitted (no walk-ins)
 - Guidelines subject to change
- Illness, exposure and recommended actions: uakron.edu/coronavirus/health
- Public health orders, family resources and more: coronavirus.ohio.gov

