

# Parents: Healthy Advice for New College Students

- **New Student health requirements at Wichita State University**
  - Tuberculosis online questionnaire – State of Kansas law requires newly enrolled students to complete this survey. For more information: [www.wichita.edu/tuberculosis](http://www.wichita.edu/tuberculosis)
  - Meningitis ACYW vaccination requirement for Housing and Residence Life students: 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](http://www.wichita.edu/meningitis). To submit immunization records, fax to (316) 978-3517 or email to [student.health@wichita.edu](mailto:student.health@wichita.edu).
- **Encourage your student to visit the WSU Student Health Services clinic** when they need healthcare. Call 316-978-4792 or log-on to the portal through our website, [www.wichita.edu/shs](http://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 patient portal through our website, [www.wichita.edu/shs](http://www.wichita.edu/shs).
- **List your student’s medical conditions, allergies and routine medications - over the counters, herbals/vitamins and prescriptions.** Enter list in student’s cell phone for easy access and enter same list into the myShockerhealth patient 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 that takes your insurance near WSU 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 notify housing staff if living on campus. It might be proactive to find a local specialist in Wichita before classes begin, in case of an emergency.
- **Make sure your student knows if they have health insurance.** They should have an insurance card and understand when to use it. 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](http://www.wichita.edu/shs) and click on “Health Insurance” in the right drop-down menu.

- **Insurance is not required at Student Health Services.** However, if your student does have health insurance, we are currently in-network providers file for Blue Cross and Blue Shield, Aetna, United Healthcare, and United Healthcare – Student Resources (UHCSR).
- **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. If your student is covered under your private health insurance, students may ask for a “walk-out statement” that they can give to you to send to your insurance company.
- **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 of the flu vaccines that are available to all WSU students beginning in the fall of every year.
- **TALK** to your student about getting adequate sleep, eating healthy and drinking water, protecting themselves from infectious and sexually transmitted diseases, maintaining personal safety and alcohol awareness.
- **Please remember that your student is now considered an adult.** Services your student received at Student Health are confidential. If the student chooses to authorize SHS to give health information to someone, they must sign a “Authorization to Release Health Information” form and designate what information may be shared and to whom.
- **CoVID-19 Information.** Make sure your student has plenty of masks, a thermometer, and acetaminophen (Tylenol). They will be asked to monitor themselves daily for illness and if sick they should stay home or dorm room, see <https://www.wichita.edu/shs> for current symptoms of CoVID-19. They should notify instructors for classes missed due to illness. If they live in the residence halls, they should inform their resident advisor. Advise them to call Student Health for assistance with symptoms and other needs: (316) 978-4792.

