



Health Center Information

Dear Valpo Student and Parent:

Welcome to Valparaiso University! The Valparaiso University Health Center (VUHC) provides professional health care for qualifying students and wellness programs for all students. The VUHC is a medical clinic provided solely for Valparaiso University students. The VUHC is staffed by Nurse Practitioners (NPs) advanced practice nurses that provide high-quality health care services similar to those of a doctor. Nurse Practitioners diagnose and treat a wide range of health problems. The NP staff at Valpo order, perform, and interpret diagnostic tests, diagnose and treat both acute and chronic conditions, prescribe medications and other therapies, coordinate the students plan of care, and take time to counsel students and help them learn how their lifestyle choices affect their health and well-being. Our NP staff specializes in both family and women's health. A consulting physician is also available upon referral two afternoons per week. Walk-ins and appointments are available all day. Appointments are encouraged; our schedule does fill up rather quickly! Visits to the Health Center are strictly confidential. Except in rare instances, as specified by law, no medical information will be released without written authorization from the student. You will find a release form on the Health Center web site: www.valpo.edu/healthcenter

Services performed at no cost, yes FREE, include assessment by a Nurse Practitioner and/or physician and minor tests and procedures. Some services such as immunizations, allergy injections, and certain physicals (Fulbright and Peace Corp) are available for a nominal fee. The Health Center also offers reduced rates for laboratory services. **It is the responsibility of the student to complete an insurance claim form. Please see the Health Center web site for information on services and insurance: www.valpo.edu/healthcenter.** Illnesses or accidents that require more extensive treatment or services are referred to specialty care in the community. Students or their parents are expected to pay for the costs of treatment not covered by the Student Medical Plan.

We suggest all parents and students visit the Health Center web site: www.valpo.edu/healthcenter. The web site goes into greater detail on services provided, student insurance, important forms, pre-travel information and much more. We also suggest "liking" the Health Center on Facebook (the link is on our web page). We use Facebook to keep the students aware of upcoming events sponsored by the Health Center. The Health Center also tries to keep a steady flow of health related information available to our students in a variety of formats.

Below are some frequently asked questions related to the Health Center:

How do I pay for Health Center Charges?

The Health Center currently accepts cash, checks and Crusader Cash. There are only a limited number of services that have a fee. The following are examples of services that would incur a fee: sutures, lesion removals, injections, and some medications. Sick visits are always FREE.

Insurance

All full-time students at Valparaiso University will have a Basic Student Accident/Sickness policy paid for through the general fee. Because the basic plan is not designed to cover all medical costs, you may want to purchase further protection through the Optional Supplemental Medical Expense Plan (please refer to your Admission's Packet for further information), if not covered currently under a family medical plan. If you have family medical coverage, it would be helpful to include a photocopy of your health insurance card (front & back) along with the Health Form. By doing this, we may be able to expedite a referral to a specialist, if needed. More information, the policy and claim forms for the Basic Student Accident/Sickness policy can be located on the Health Center website: www.valpo.edu/healthcenter

What insurance do you accept?

The Health Center provides services to Valparaiso University students from all over the world. Because of the large number of insurance companies involved with such a diverse group of students, the Health Center does not submit charges directly to insurance companies. In the event that a charge is incurred at the Health Center, the student will be provided with a bill. The bill has the special codes and descriptions accepted by most insurance companies.

Do you have a pharmacy? Do you take pharmacy cards? How are medications paid for?

Currently the Student Health Center does not have a pharmacy. We have a small supply of over the counter medications that can be dispensed to the student **without cost**, and a limited quantity of prescription medications are available for a small fee. All other medications would require a prescription that would be filled at a local pharmacy. Many of our local pharmacies participate in the \$4 prescription drug program (Wal-Mart, Target), though we cannot guarantee that the medication the student needs will be available on that program. A list of area pharmacies and distance from the university is on our website.

STUDENT HEALTH FORM

We **REQUIRE** every student to have a completed Student Health Form on file at the Health Center prior to beginning classes by **July 1st** for fall admission or **December 1st** for spring admission. If the Health Center does not receive a Student Health Form or the information is incomplete, a late fee may apply. In addition, a hold will be placed on the student's account making him/her unable to obtain grades or register for classes for the following semester until requirements are met. If you did not receive or misplaced your Student Health Form, one can be located on the Health Center website: www.valpo.edu/healthcenter

All Student Health Forms are reviewed by health center staff, who check the immunization dates for compliance with state and federal regulations as well as review medicines, pertinent food allergies, chronic diseases and other health issues so that we may plan for and provide the appropriate health services when your student arrives.

MOST COMMON REASONS HEALTH FORMS ARE CONSIDERED INCOMPLETE

Typically, Student Health Forms are considered incomplete because the immunization section was not completed correctly or the consent for treatment is not signed. Please do not simply send a copy of the student's "Childhood Immunization Record" although we want you to attach it to the Student Health Form. We need you to **TRANSFER** this information onto the mandatory immunization list so that pertinent information is not missed. If you do not have an official copy of the immunization history, the immunization section should be filled out and signed by a Medical Doctor, Nurse Practitioner, Physician Assistant, or Doctor of Osteopathy. The consent for treatment is at the bottom of page 1 of the form. All Immunization information must be in English. If a chest x-ray is required because of a previous reaction to a PPD skin test, the chest x-ray report must be in English. Please use the checklist included with your health packet.

Health History

The Health History section must be completed and signed. If your student has an on-going medical issue, i.e., hypertension, asthma, diabetes, etc. it is helpful to have his/her medical records sent to us with the health form. A complete list of medications should be included. Remember, medications include birth control, over-the-counter, herbal remedies and diet supplements or vitamins. It would also be helpful to include any pertinent family medical history.

Physical Examination

A physical examination is **REQUIRED** for all **ATHLETES** and strongly recommended for any students who plan to participate in on-campus activities, travel, or study abroad. The form is to be completed by a Medical Doctor, Doctor of Osteopathy, Nurse Practitioner, or Physician Assistant. The physical exam form is part of the Health Form, which can be located on our website.

Late Fees & Holds- for those students with Incomplete or no Student Health Form

We do not want to assess a late fee or place a hold on the student's registration, so we take the following steps prior to doing so:

- The Office of Admission will call you and/or send an email.
- The Student Health Center will send you an e-mail to your Valparaiso University e-mail account indicating what you are missing.

Due to privacy regulations, all communication regarding the student's health information must be with the student. We will not be able to take a hold off until **ALL** information in the Student Health Form is complete.

ALLERGIES, IMMUNIZATIONS, VACCINES AND MEDICAL/IMMUNIZATION FORMS

Immunizations currently required at Valparaiso University are those mandated by the State of Indiana. These include a Tetanus/Diphtheria booster within the past 10 years, two doses of Measles, Mumps, and Rubella (the first dose after 12 months of age, and the 2nd dose at least 28 days after the first dose) and completion of a Tuberculin Skin Test Questionnaire and/or TB test administered in the United States within the past 12 months (requirement of TB test is dependent on answers from the TB Questionnaire). Some programs of study have additional immunization requirements, i.e., the College of Nursing.

Does Valparaiso University require a Hepatitis B Vaccine?

No, Hepatitis B vaccine is not required for Valparaiso University students. However, the Center for Disease Control recommends Hepatitis B vaccine for everyone 18 years old and younger and for anyone over 18 at risk of the disease due to behavior or activities. Valparaiso University supports this recommendation, but does not require Hepatitis B vaccine for registration.

Does Valparaiso University require a Meningitis Vaccine?

As of February, 2005, the Centers for Disease Control recommends that all college freshman especially those freshman living in dormitories receive meningococcal vaccine. Valparaiso University supports this recommendation but does not require meningococcal vaccine for registration.

Should my student get an Influenza Vaccination?

We encourage your student to take advantage of our fall influenza vaccination clinics on campus. Influenza is extremely contagious and spread by respiratory droplet transmission, making students on college campuses and in residence halls easy targets for infection. We will announce our influenza clinic on our Facebook page (please "like" to keep informed), student newspapers and our website.

Does the Health Center provide allergy injections? How do I deliver the serum?

Yes. The Health Center provides allergy injections if the student mails or brings the serum and physician instructions with them when they come to campus. The student Health Center has a standard form that we would ask your allergist to complete with orders for your allergy injections. The serum will be stored at the Health Center and the student can make appointments to be seen on a regular basis for his/her allergy shots. There is a fee associated with this service. You may contact the Health Center prior to the beginning of classes and we would be happy to send our allergy forms to your physician or you can find the forms on the Health Center website: www.valpo.edu/healthcenter

Class Excuse Policy

When a student is absent from a class, a laboratory, or an examination for medical reasons, it is the student's responsibility to discuss this directly with the faculty member involved. The Health Center does not provide excuses for missed classes. Students may complete an authorization to release medical information form so we may confirm, to the professor, the date of the visit to the Health Center. The Health Center will not release medical information or even verify that the student was at the Health Center without the student's written authorization. You may obtain this form from the Health Center or on the Health Center website.

Immunization Exemptions

The state of Indiana does not recognize "philosophical objection" as a valid reason for exemption. Valid religious and medical exemptions are accepted. In the event of an outbreak of a vaccine-preventable communicable disease on or near the campus, students with exemptions on file will be required to leave the campus until it is deemed safe for them to return by the county Health Department and Health Center.

Medical Exemptions

A physician or clinic offering immunizations must document valid medical exemptions. The student and/or parent shall contact the Health Center and request the form or it can be located on the website. You and your physician are then to complete and return the form to the Health Center.

Religious exemptions

The student and/or parent shall contact the Health Center and request the form or it can be located on the website to complete and return.

ONGOING NEEDS FOR MEDICAL AND COUNSELING CONCERNS:

I have an ongoing medical problem. How do I ensure continued care at the Valparaiso University Health Center?

You may want to make an introductory visit to the Health Center. You can call for an appointment (219) 464-5060. Summaries or copies of medical records should be sent to the Health Center and will become part of your confidential medical record. Pre-existing conditions will not be covered by the student insurance policy.

I have an eating disorder, depression, anxiety (or other mental health issues). Can I be seen at the Health Center?

YES. The Health Center works closely with the Student Counseling Center on these issues. Valparaiso University offers comprehensive mental health services at the Student Counseling Center. Appointments can be made directly with the Counseling Center by calling (219) 464-5002 or with referral by one of the Health Center providers.

My student has called home and is ill. Will you discuss my students' health visit with me?

The transition to college life for both students and parents can be both exciting and frightening. It can be especially upsetting for parents when great distances in some cases, separate you and your student and they phone home to say they are feeling ill. We understand your concern and are committed to doing all that we can to get your student feeling better quickly. Please note that because of Federal privacy regulations, we will be unable to discuss your student's health center visit without written authorization from the student.

My student is ill and the Health Center is closed, now what?

If your student needs medical care after hours or on the weekend when the Health Center is closed, there are local options. This listing will also be located and updated on the Health Center website.

Franciscan Express Care (0.6 miles from the Health Center)

2307 LaPorte Avenue, Suite 8, Valparaiso, Indiana 46383

Hours: M-F 8-6 Saturday 8-2 (219) 476-8855

Most insurances Accepted

MedPoint Express (1 mile from the Health Center, inside Wal-Mart)

2400 Morthland Drive, Valparaiso, Indiana 46383

Hours: M-F 8-8. Saturday 9-5 and Sunday 12-5 (800) 635-5516

Basic visit is \$69, no appointment needed, accepts cash, check, credit or debit

Off Hours Urgent Medical Care Clinic (1.7 miles from the Health Center)

1910 Calumet Ave., Valparaiso, Indiana 46383

Hours: M-F 9-9, Sat/Sun/Holidays 9-3 (219) 464-8115

Porter Hospital Emergency Department/Fast Track (6.6 miles from the Health Center)

127 US 6, Valparaiso, IN (219) 263-4700 or (219) 263-4953

Should I send my student to school with any medical supplies?

Yes. We recommend that each student have his or her own first aid kit. The kit should include a thermometer, antibacterial soap, Band-Aids, antibiotic ointment, Tylenol, ibuprofen, throat lozenges or cough drops, a reusable ice pack, heating pad and a few sterile dressing supplies. It is helpful for students to have some knowledge about their family history. A fun website to assist in having this conversation with your student is:

<https://familyhistory.hhs.gov/fhh-web/home.action>

Valparaiso University Health Center

Ph: 219.464.5060 | health.center@valpo.edu

Fax: 219.464-5410 | www.valpo.edu/health