Taking Care of Your Health
Health Forms: Due July 1st

Why Does the University Need this Information?

- All students at Sewanee are required to meet certain public health standards - for your protection, the protection of your classmates, and of the Sewanee campus community. These requirements are due before your arrival on campus.

- The Health Forms verify that you have received the necessary immunizations and that you have provided health information required by State and Federal law.

- The Health Form is confidential and is only accessed by the University Wellness Center (Counseling and Psychological Service; Disability Support Services; University Health Service) and the Athletic Department (only if you are playing a sport).

- The Wellness Center's mission is to promote and enhance the health and well-being of Sewanee students, including providing medical and behavioral assistance as needed. Your completion of the Health Form will allow us to provide that appropriate care.
How Do I Submit My Health Forms?

Please see detailed instructions at: http://www.sewanee.edu/student-life/university-wellness-center/new-student-requirements/

Basic Steps:

1. Log into your Applicant Status Page
   a. Link on our website if you cannot log into your Applicant Status Page
2. Download or print forms
3. Contact your primary care physician to schedule an appointment
4. Bring the printed forms to your appointment
5. Fax the completed forms to: 931.598.1746
6. You will be notified through email once the forms have been reviewed. Please allow 10 business days for review to take place. If you are missing any components, we post a checklist item to your Applicant Status Page and contact you via email; please be sure to check your sewanee.edu account for these notices.
Please use the following navigation links to view forms/hand outs available from the University Wellness Center. All documents are available in PDF format and can be downloaded and printed off.

**Forms:**

- **New Student Forms 2016** - This form must be completed and returned to the Wellness Center by all Freshmen and transfer students (Freshmen should have access to this form via their Applicant Status Page). This form is for students entering the University in the 2016-2017 year.

- **CAPS Student Information Form 2016** - Students who have scheduled an appointment with Counseling and Psychological Service for therapy must complete this form prior to their appointment time.
- **CAPS Treatment Agreement 2016** - Students who have scheduled an appointment with Counseling and Psychological Service for therapy must complete this form prior to their appointment time.
- **DSS Intake Form 2016** - Students who have scheduled an appointment with Disability Support Services must complete this form prior to their appointment time. Students may also be asked to fill out additional forms not currently available on the website.
- **DSS Medical Accommodations Supplement 2016** - Students who request Disability accommodations due to a medical issue must have this additional form completed by a medical provider.
- **UHS Treatment Agreement 2016** - Students must complete this form prior to receiving services at University Health Service.

- **HIPAA Notice 2016 CAPS** - This document contains information on the Health Insurance Portability and Accountability Act for CAPS.
What Happens if I don’t Submit My Health Forms on Time?

Please communicate with the UWC to explain your situation so that we may assist you in devising a plan to submit your forms. We are here to help you.

Your keys to your residential hall will be held until you are compliant with your physical forms and your proof of immunizations.
Can I get my Immunizations at the Wellness Center?

Yes, students may receive immunizations at Health Services.

If requesting immunization through Health Services, you must do so during Freshman check-in on **Saturday, August 27th**.

Immunizations are also available at the Franklin County Health Department (Winchester, TN):

931.967.3826
What if I Still have Questions about the Health Form?

What if I have additional questions about the athletic form?

Please contact Ray Knight, Head Athletic Trainer, at 931.598.1293.

What if I have additional questions about the medical form?

You can reach the Wellness Center by calling: 931.598.1270 and choosing menu option 1.

Fax: 931.598.1746

healthservice@sewanee.edu
Support

University Wellness Center

• CAPS (Counseling & Psychological Services)
• Health Service
• Disability Support Services
• Health Education & Wellness Promotion
• Sexual Assault Crisis Response Team
Our specialty and primary concern is the health and well-being of Sewanee Students!
UWC: University Health Service

First Things First:
Always encourage your student to pick up the phone and call us anytime if they have questions or concerns about their health.

We have nurses who triage student concerns and make appointments. Whether your student knows something is wrong or they just have a question, they can call anytime during office hours.

931.598.1270
Hours: Mon-Fri, 8:30am – 4:30pm
Outside of office hours, students may access STRH 931.598.5691
UWC: Your student’s support network

• Our mission is to teach students how to take care of themselves as well as how to utilize the health care system.

• Encourage them to make their own appointments, learn about their insurance, and follow up with us as needed to maintain their health and wellbeing.
Insurance

University Health Service contracts with the following insurance companies:
- Aetna
- Blue Cross Blue Shield
- Beechstreet
- Bluegrass
- Center Care
- Cigna
- Coventry
- GEHA
- Pomco
- Signature Health
- Tricare South
- United Healthcare

Please note that there are various plans under each of these companies and that not all plans are equal. It is strongly recommended that you check with your insurance carrier to see if our student health service in Tennessee is considered "in network" before you arrive on campus.
Insurance

Please do not let insurance coverage be a deterrent to accessing care. If your student has health concerns, please encourage them to call our office and request assistance.

We are here to help and will find a way to provide services in most situations. We can also assist with referrals, if necessary.

What if I Have Questions About Insurance Coverage?

Kim Bradford, Office and Student Insurance Coordinator
Please call 931.598.1270 and choose menu option 3.
UWC: Health Services

- Students can save a trip back to UHS if they bring their health insurance card with them to their visit.

- Students will be charged a co-pay. This can be charged to their student account or they may pay by credit card or HSA card if necessary.

- UHS has a dispensary with several commonly used medications. Most medications cost the same or less as a co-pay through a pharmacy. Dispensed medications at UHS are billed to the student’s account. Tell your student if you prefer they go to the pharmacy and use your insurance. We are happy to provide prescriptions.
Dispensary & Medications

Some medications cannot be filled at UHS including ADHD medications and other psychiatric medications; UHS does not dispense narcotics.

These medications must be filled at a pharmacy and there are strict laws in TN regarding how often ADHD medication can be filled. All narcotics prescriptions are monitored through the CSM D (controlled substance monitoring database) as required by law.

ADHD Prescription Refills

Can I be prescribed ADHD medications by the Wellness Center?

In order to obtain a prescription for ADHD controlled substance medications through the Wellness Center, students first must qualify for accommodations. For more information on how to apply, please see our Disabilities Support Service page.
Will I Need to be Seen by a Healthcare Provider to get a New Prescription?

Yes. This is to make sure the medication is still an appropriate and effective treatment. Because of this, please contact the Wellness Center to discuss an appointment before you get to your last few pills. You may not be able to be seen right away, so plan accordingly!

For CAPS' psychiatry patients, an appointment is absolutely necessary in order to get new prescriptions. Psychiatry staff is not on-site outside of scheduled days; CAPS cannot provide medication outside of these appointments.
I need to establish care with a medical provider as soon as possible. What should I do?

Call us at 931.598.1270 to schedule an appointment with one of our providers for the first few weeks you get to campus.

You may schedule an appointment to meet with our Nurse Practitioner over the summer if needed.

If you know you will need specialty care, please call UHS and we can give you names and contact information of specialty providers in the area.
Primary Care Resources

There are several community resources should your student choose - or need - to access care outside of the University Wellness Center.

Please find a list of community providers on our website.

If you need assistance with coordination of a referral to a community resource, please call our office.