

WELCOME & OVERVIEW OF REQUIREMENTS FOR NEW INTERNATIONAL STUDENTS

Macalester Health & Wellness Center

Macalester College – 1600 Grand Avenue – St. Paul, MN 55105

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Welcome to Macalester College! Health & Wellness is an important part of the student experience at the college. We provide health care, short term counseling and consultation, and health education. Our Executive Assistant, will be available on Tuesdays during June & July and regular hours in August if you have any questions.

Denise Ward, Associate Dean for Student Services, directs the services provided by the Health & Wellness Center.

HOW DO STUDENTS ACCESS HEALTH & WELLNESS SERVICES AT MACALESTER?

Students may call or stop by for appointments. The office is open weekdays – drop-in appointments are available on a limited basis for both medical and counseling. There are no fees for office visits at Health & Wellness Center (including visits/care provided by registered nurse, nurse practitioners, visiting physician, visiting psychiatrist, licensed psychologists, mental health counselors, certified health educator). Students *are* billed for immunizations, lab tests, and medications – a charge is posted on their Macalester student account unless they pay for it at time of service. Students may receive a billing statement to submit to their insurance company for reimbursement. Appointments with the massage therapist are offered at a subsidized rate, payable at the time of scheduling. A more detailed description of services offered at Macalester Health & Wellness Center is provided on our web page (www.macalester.edu/health) and in the enclosed brochure.

REQUIREMENTS FOR NEW STUDENTS

I. Complete & return the enclosed health history, physical and immunization form by August 1, 2009.

If you are participating in sports please have your completed forms back to our office by July 15, 2009

- a. Completion of these forms is required in order to validate for your classes, participate in athletics, and use health services. We strongly recommend that this form be completed at home because it could cost approximately \$250 or more to have the physical (must be within the last six months) and necessary immunizations in the St. Paul community – these services are NOT offered by Macalester.
- b. Immunization Requirements: Macalester College and the State of Minnesota require written proof that you have had the following immunizations in order to be enrolled for the 2009-2010 academic year.
 - the record must include the month/day/year of each immunization
 - the record must be in English or be accompanied by an English translation done by someone other than the student or parent
- 1) Dates of original diphtheria-tetanus series (3-5 doses)
- 2) Dates of diphtheria-tetanus booster within the past 10 years
- 3) Dates of 2 MMR's after 15 months of age or;
 - a. 2 doses measles (rubeola) immunization after 15 months of age
 - b. Mumps immunization after 12 months of age
 - c. German measles (rubella) immunization after 12 months of age
- 4) Tuberculin Skin Test will be performed at the Health & Wellness Center once you arrive on Campus for a charge of \$15.00.

If previous treatment for positive Tuberculin Skin Test and/or BCG has been given, provide current documentation to include dates, method of treatment and date therapy completed. Must include written results of current chest x-ray within the past three months.

The following immunizations are recommended but not required:

1. varicella vaccine (chicken pox) 2 doses given 1 month apart if no history of having chicken pox
2. Hepatitis B – 3 doses of vaccine (see enclosed information)
3. meningococcal vaccine – recommended for students living in dorms
4. HPV vaccine-recommended for all female students
5. DTaP Booster – updated pertussis vaccination

Kathy McNaul, APRN-C Nurse Practitioner, Associate Director-Medical Services directs medical care for students at Macalester College and reviews the above information submitted by students and their physicians.

II. Health Insurance – Macalester College requires ALL students show proof of their comprehensive personal health insurance coverage. In order to provide students who may not be covered by parents' insurance or whose policy is not valid/comprehensive in the U.S., we've partnered with Aetna Student Health to offer students a reasonably priced health plan and an additional accident plan. Athletes are strongly recommended to consider the accident plan.

Macalester College *requires that all students each year either enroll or waive out of the insurance plans (both health & accident) offered by the college.* To make sure everyone reads and acts on the information, we will be adding the cost of the insurance to EVERYONE's July statement; it should be clearly indicated as a separate charge. If you waive out of the policies, it will be reflected on the September statement.

If you do not do not waive out, you will automatically be enrolled in the plan(s) offered by the college. We do encourage families to consider enrolling in the Macalester offered plans to expand coverage while in the U.S. Health insurance is **NOT** required to use the health & wellness services offered at the college. See the website on Health Insurance <http://www.macalester.edu/health/insurance.html>. The deadline to enroll/waive out of these plans is **8/15/09**. You will need your Mac ID# - it will be available on your first statement, available July 13th.

Sue Rothenbacher, Executive Assistant, assists students and their families with the Macalester insurance plan and works directly with students who have questions regarding insurance coverage, submitting for reimbursement, etc.
rothenbacher@macalester.edu.

III. Transition of Care – If you have a pre-existing condition – medical or mental health – or anticipate that you may need specialized care, we **STRONGLY** recommend that you work with your existing provider and insurance company to identify care providers in the Twin Cities with whom you can continue your care. Referrals often take time and many specialists can take several months to schedule appointments. Also, make sure to bring copies of prescriptions or arrange to have your prescriptions transferred to an area pharmacy. Do the same for glasses/contacts. Please start now to ensure that you have the necessary resources in order to stay healthy while you are a student at Macalester. Contact us if you have any questions.

Ted Rueff, PhD, LP, Associate Director – Counseling Services can assist students and parents who have questions regarding mental health treatment options and providers in the area. Kathy McNaul, APRN-C Nurse Practitioner, Associate Director – Medical Services can assist with referrals for medical care. Lisa Broek, CHES, Associate Director – Health Promotion can assist with wellness-related resources. Staff are in the office on an occasional basis in June & July, returning full-time the first week in August.

✓ **CHECK LIST - HEALTH SERVICES**

- Send in health history/physical/immunization form by 8/1/09 (by 7/15/09 if an athlete)
- Optional – make arrangements to get meningococcal, Hepatitis B, varicella, DTaP and/or HPV immunizations before coming to campus – bring or send copy of updated immunization records to Macalester
- Enroll or waive out of health and accident insurance plans by 8/15/09 – review both the accident and health policies!
- Put together a basic health care kit to take to school – see suggested list on web page
- Make copies of prescriptions (medications, eye glasses/contacts) to bring with you.
- If applicable, find health care providers in the area that will provide care for special health care needs (e.g. allergy shots, mental health, physical therapy, etc.)
- Make a dental appointment to have teeth cleaned, etc. one more time at home.
- Parent & student – discuss how you will share information regarding health care needs, treatment and billing. Information about students who are 18 or over cannot be shared with parents without written consent of the student. Work this out now to avoid confusion (especially around bills) later! Students remember – the bills will be in your name!