

Dear Parents and Families,

The health and wellbeing of your student is of primary importance to us here at Washington University. The Habif and Wellness Health Center is an accredited, integrated health center providing medical, mental health, and health education/prevention services to all full-time, degree-seeking students. In order to keep our campus healthy and lower the risk of communicable diseases, all incoming students are required to provide Habif with important and necessary health documents. These include:

Proof of immunization for the following:

- Meningococcal vaccine (MCV4), including a booster if the first dose was given before age 16
- Two doses of the measles, mumps and rubella vaccine (MMR), after one year of age, or proof of immunity (blood tests)
- International students coming from countries where Tuberculosis is endemic will need Tuberculosis testing as well

Health History Information:

- This form includes emergency contact information and a medical history which will become part of your student's confidential health record.

This information must be submitted via the Student Portal. **Your student will be unable to access their residence hall room on move-in day if this requirement has not been completed.**

If you have any questions go to **habif.wustl.edu** or call (314) 935-6677. While the above vaccines are the only ones required for attendance, we encourage your student to submit all of their immunization information and advise you to check with their pediatrician this summer to be sure they are up to date on all of their immunizations. While Meningitis B vaccine is not required, we do recommend it. Habif has all of these vaccines available for students who need them.

University Health Insurance Waiver Process:

All full-time, degree seeking students on the Danforth Campus are required to have health insurance. Your student is automatically enrolled in the university student health insurance plan through United Healthcare Student Resources. If you wish to opt out of this insurance, there is a waiver process that **must be completed by Sept 5, 2019.** Your current insurance must meet specific criteria in order to waive out of the student health insurance plan. The waiver process will be available after July 1, 2019, to all university students with the exception of those students with a J1 or F1 Visa status while in the United States. Go to our website (**habif.wustl.edu**) for more information about the student health insurance requirement, the student health insurance plan information, and the waiver process.

Making the Transition to University Life:

The transition to university life can be exciting, but also stressful. We encourage you to talk to your student about the importance of their health and wellbeing. For many, it will be the first time they are being asked to navigate the health care system. Please speak with your student about the importance of being proactive with their health care needs and to self-advocate. We have many resources available to your student to help them thrive including our mental health resources noted in a separate letter from our Director of Mental Health Services. Early identification of students with existing mental health needs can make the transition to college life much easier and help to ensure a student's success. Please review his letter for important resource information/contacts.

If I can be of any assistance to you with this transition, please do not hesitate to call me at (314) 935-9626.

Thank you for your assistance.

Best wishes for a healthy summer!

Sincerely,



Cheri LeBlanc, M.D.

Executive Director, Habif Health and Wellness Center – Student Health Services

Dear Parents and Families,

The Mental Health Services staff at the Habif Health and Wellness Center look forward to welcoming your new student to campus and want to make their transition into college life as smooth as possible. The upcoming start of the academic year will be a time of significant transition. The transition to University life will bring with it many great experiences as well as great challenges which will occur both inside and outside the classroom. The strong academic program at Washington University is augmented with outstanding student support through a variety of departments in the Division of Student Affairs. We would like you to be aware of our resources should the need exist now or in the future.

Mental Health Services (MHS) at the Habif Health and Wellness Center, is part of the support provided through Student Affairs. To meet the needs of as many students as possible, MHS offers a range of services including consultation, workshops, group therapy, couples counseling, and individual counseling. Medication management is also provided to students who have been prescribed psychiatric medication. Please read more about our services at students.wustl.edu/mental-health-services.

Important Information for Students Wishing to Continue their Mental Health Care in St. Louis

If your student currently benefits most from weekly therapy or longer term counseling beyond one semester, we recommend that your student see a therapist in the St. Louis community to best meet these needs. If your student currently takes medication for a mental health related concern, please contact your prescribing provider prior to coming to campus to arrange for a method to continue that prescription while your student is at school. If this is possible, most students find this arrangement is generally easier than switching providers. Follow-up visits can be scheduled in advance during break periods.

If your student needs help with transferring their mental health care, our Care Manager is available via phone or email to provide assistance. Please call (314) 935-6695 or send email to habifmentalhealth@wustl.edu with questions or to schedule a phone appointment with the Care Manager. We recommend that your son or daughter contact us over the summer, prior to arriving on campus. The excellent and adaptable “Transition of Care Guide” for transitioning mental health care from home to school can also be found at SetToGO.org in the “Tools” section of the website. In addition, there is a searchable database of therapists close to campus available at wustl.rints.com.

We look forward to helping your student’s years at Washington University be healthy ones!

Sincerely,

A handwritten signature in black ink that reads "Thomas M. Brounk". The signature is fluid and cursive, with the first name "Thomas" being the most prominent part.

Tom Brounk, Ph.D.
Director, Mental Health Services
(314) 935-6695