

**ROBERT MORRIS UNIVERSITY
STUDENT HEALTH SERVICES
412-397-6221 (phone) * 412-397-6319 (fax)**

PREPARING FOR A HEALTHY FRESHMAN YEAR

- ✓ Complete the Health Form and make an appointment with your medical provider for a physical examination. The examination may also be completed by a Physician's Assistant or Nurse Practitioner. Please return the RMU Student Health Services Office as soon as possible. The Student Health Form can be printed from the RMU website www.rmu.edu/studenthealth, and click on Student Health Form. Enter your health insurance information at the website to avoid being charged for Robert Morris insurance. Insurance information must be entered each academic year that a student is enrolled. Please provide a copy of the front and back of your card with the health form. **Please keep a copy of the health form for your records.**

Instructions to enter health insurance coverage at our website: www.rmu.edu/studentinsurance

*Click on the words **Student Insurance***

At eService – sign on with the students username and password

Scroll down the page until you see Academic Year 2016-2017

*Click on the word **Add** or **Update***

At the insurance screen - enter all fields that are required including the effective date – if there is not one - enter 08/01/2016.

- ✓ Please be certain all the **REQUIRED** immunizations are completed. Your medical provider, County Health Department, or free standing clinic may administer them.

Required Immunizations:

MMR - 2 doses required

Tetanus Diphtheria Pertussis (Tdap): given between ages 11 and 18. Tetanus Diphtheria every 10 years.

Hepatitis B vaccine series: doses 1, 2, 3

Varicella if no history of disease (Chicken Pox) - 2 doses required

Meningitis Vaccine At least one dose is required on or after the 16th birthday

Recommended Immunizations:

Hepatitis A – 2 doses

Human Papillomavirus (HPV) doses 1, 2, 3 protects against genital warts (males and females)

Annual Influenza Immunization

- ✓ If the student takes daily medication, get the prescription filled and make sure that the name of the medication, dosage, and frequency of use is on the Health Form. This information is needed to prevent possible drug interactions with medications our medical staff may prescribe or to reorder a prescription medication if the student has depleted his/her supply and cannot reach his/her own medical provider.
- ✓ If the student has a special health need such as diabetes, asthma, epilepsy, or allergy he/she should wear or possess a medic alert tag. He/ she should also discuss these issues with a few key people (*for example: classmate, roommate, faculty, Community Advisor and/or Area Coordinator*). Be certain he/she knows how to assist in an emergency and how to obtain proper medical care. The name and telephone number of the student's medical provider should be readily available. You can obtain an Emergency Information Card from the Student Health Service website. Encourage your student to complete and place in his/her backpack and return a copy with the Health Form.
- ✓ Students should have a dental examination prior to starting school to check the progression of the eruption of wisdom teeth and to clean and repair teeth.
- ✓ Students should have an eye examination to determine visual acuity. A student who wears contact lenses daily should have a pair of glasses for use if an injury to the eye or an eye infection occurs.

- ✓ If a student is seen in the Student Health Services and our medical staff prescribes medication, it is the student's responsibility to fill the prescription. For your convenience here is a listing of local pharmacies:

BIG K MART - 825 Beaver Grade Road - (412) 262-1570

GIANT EAGLE - Moon Plaza - (412) 269-0254

RITE-AID - 5990 University Blvd. - (412) 262-2161

WALGREENS - 6906 University Blvd. - (412) 269-2501

- ✓ Here are some local resources for care if needed or if Student Health Services is closed:

WALGREENS (TAKE CARE CLINIC) - 6906 University Blvd. - (412)269-2501
www.takecarehealth.com

MED EXPRESS - 8702 University Blvd. - (412) 299-3627
www.medexpress.com

HERITAGE VALLEY EDGEWORTH CONVENIENT CARE - 100 Hazel Lane - (412) 749-6816
www.heritagevalley.org

- ✓ Please provide the student with a CURRENT AND VALID medical insurance card and the **knowledge** to use it. The student should know who is the carrier of the policy and the address of the insurance company. Health insurance information must be entered into the RMU website at registration for each school year or the student will be charged for RMU insurance. Please be sure the student is aware of what his/her health insurance considers a medical emergency (*examples, chest pain, uncontrolled bleeding, loss of consciousness, severe abdominal pain or prolonged vomiting*).

- ✓ Local Hospital Information: **Heritage Valley – Sewickley - 720 Blackburn Road, Sewickley PA 15143**
Emergency Department: (412) 749-7076 * Hospital Main Line: (412) 741-6600

The Heritage Valley Hospital-Sewickley is in close proximity to campus. The Emergency Department is staffed 24 hours a day by emergency medicine specialists who provide skilled personalized emergency care. The Department offers specialized treatment for surgery, trauma, cardiac arrest, obstetrics and gynecology, casts, suturing, eye examinations, medical and surgical observation, psychiatric observation, and general treatment. In addition, the hospital participates in both Life Flight and Stat MediVac helicopter transport services for access to specialized trauma centers.

Directions from Campus: At the main entrance of the University turn right onto University Boulevard. Continue on University Boulevard to the Sewickley Bridge (blue). Turn left onto the bridge. At the traffic signal continue across Ohio River Blvd. (Route 65, four lanes) onto Broad Street. Sweetwater Art Center will be to your right. Continue on Broad Street through two traffic signals, Sewickley Library will be to your right at the first signal. Proceed up the hill. The hospital and parking garage will be to your left.

- ✓ Transportation to the hospital is the student's responsibility. Valley Ambulance Authority offers 24-hour ambulance service. Students who are on-campus should access these services by contacting RMU Police at 412-397-2424. If off-campus, Valley Ambulance can be accessed by calling (412) 262-2620. Student Health Services has developed an arrangement with the Ambulance Authority to enable students to purchase a membership. If interested, call Valley Ambulance at (412) 262-2621.
- ✓ Please supply your student with a small first-aid kit to be used when the Student Health Service is closed. The kit should include Band-Aid's, antidiarrheal medication, antacid tablets, an antiseptic, Tylenol and/or Advil, reusable ice pack, thermometer/temperature testing strip, tweezers and a flash light with batteries. Students should also have a three day supply of food items and water for sick days.