



## A Checklist of Health-Related To-Do's Before Coming to Campus

Make sure your Longhorn has complied with all vaccine and medical test requirements.

Give your student his or her own card for all applicable insurance plans and review the plans' basics with your student:

Health

Dental

Vision

Pharmacy (Prescription Drugs)

Make sure your student is familiar with his or her medical history, including childhood procedures, anything he or she may be allergic to (seasonal, food, or drug), etc. He or she may need to provide the information to a healthcare provider at a time you can't be reached.

Find a time for you and your student to complete the University Health Services (UHS) online health history form together. Click [here](#), have your student login with his or her UT EID and password, then click on Forms in the left menu.

Fill out his or her insurance information online. Click [here](#), have your student login with his or her UT EID and password, then click Messages on the left and New Messages at the top. Last, click "I want to submit my insurance information."

Stock up on over-the-counter medications and other supplies like band-aids and a digital thermometer for a "medicine cabinet." Insect repellent to prevent mosquito bites is a good item to include.

Save the UHS 24-hour Nurse Advice Line (512-475-6877) and Appointment Line (512-471-4955) in your student's phone and let him or her know they are there.

If applicable, outfit your student with both contact lenses AND glasses. UHS healthcare providers see many students with eye irritations and infections that are caused by wearing contacts too long or that prevent them from wearing contacts until they get better.

Make plans for how your student will get refills and renewals for prescription medications currently taken on a regular basis.

Put your emergency contact information in your student's phone and wallet.



■ For your student's backpack, get:

- A refillable waterbottle
- A stock of healthy snacks and grab-and-go breakfasts for long days with few breaks
- A compact umbrella
- Small bottles or packets of alcohol-based hand sanitizer
- Sneak in a sticky note for your student to find later with a reminder to get a flu shot on campus