



Congratulations in this exciting time! You are about to start your college experience—a long-awaited rite of passage in a young person's life. As you prepare to come to Chatham it is important that you plan for unexpected situations that may arise while you are away from home. Young people often fall ill while in college. You and your family can take steps to be better prepared for these situations when you are on your own.

BEFORE YOU MOVE AWAY

- Get a wellness check-up/physical with your medical provider and/or therapist.
- Be sure you are up to date on all your **vaccinations**, especially those required by Chatham.
- Have a plan for your prescriptions.
- Prepare your list of emergency contacts. Do you have one designated near school? Do they know how to reach your family or friends?
- Discuss plans with your emergency contacts on what to do if you experience a medical emergency.
- Get to know where hospitals close to campus are located and how to get there.
- Create a **budget** for an emergency fund.
- Pack a first aid kit and be sure you are familiar with its contents.
- Designate a **health care power of attorney** (or healthcare proxy), as well as give HIPAA authorization to a family member or friend.

AT COLLEGE

- Keep a copy of your medical insurance card.
- Wear your medical alert bracelet if you have one.
- Establish care with a local health provider to manage chronic conditions.

*Developed in collaboration with the Denine Foundation.
For more information, visit DenineFoundation.org*