

As with any primary care practice, medical coverage is available after hours through the **Gettysburg Hospital Contact System** by calling 717-334-2121. In addition, it is always a good thing to learn about after-hours care and emergency services, pharmacy services and the location of the nearest hospital and/or emergency room sooner, rather than later, in the event an emergency does occur (see Wellness Center page of Mount St. Mary's University website: [www.msmary.edu](http://www.msmary.edu)).

#### Hospitals:

Gettysburg Hospital: 717-642-5833

Frederick Memorial Hospital: 240-566-3300

#### Pharmacies:

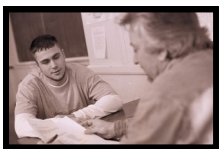
Med-One: 301-447-6226

CVS: 301-271-7094

A new service to the Wellness Center and available to our students during regular business hours, is the "Medicine Cabinet." This service offers "one time" doses of many over the counter (OTC) medications to the students after being evaluated by the nurse.

In the event that a student on campus needs transportation to or from a local hospital, pharmacy or medical facility, the student should call the Public Safety Department (301-447-5357) on campus. For a fee, they will provide transportation for the student. The Public Safety Department will also provide the student with a list of taxi companies in the area.

#### *Student Counseling Services*



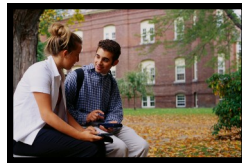
Counseling Services, located within the Wellness Center at Mount St. Mary's University, provides individual and small group counseling to all full-time enrolled undergraduate students. Consultation and outreach services are provided for Mount faculty, staff and student organizations. Counseling Services works with students who experience a wide variety of problems: personal, academic and relationship. Difficulties might include: depression and anxiety, loneliness, problems relating to others, lack of self-confidence or feelings of inadequacy and eating disorders.

A licensed counseling staff is available to do programs on a variety of mental health issues. Appointments for counseling can be arranged by visiting the

Wellness Center or by calling 301-447-5288 from 8:30 am til 5:00 pm on weekdays.

#### Conclusion:

Entering college is a transitional landmark that goes beyond leaving home. We remind you that parents will no longer be personally responsible for attending to the daily healthcare needs of their son/daughter. It is a time for young adults to learn the process of self-care and good health practices. Parents can assist with this process by "letting go" of some of the day-to-day involvement and allowing students to engage in more of their own decision-making. Campus health services and other college staff will assist with this transition through one-on-one counseling, education and programmed health promotional activities on campus. With proper parental guidance, incoming college students will be well on their way to a continued state of optimal health - physically, emotionally, socially, intellectually and spiritually.



We, at the Wellness Center would like to say, "Welcome to the Mount!"

# HEALTH AT THE UNIVERSITY

## A Guide for the Parent and Student



The Wellness Center  
Health and Counseling Services  
16300 Old Emmitsburg Road

Emmitsburg, Maryland 21727  
301-447-5288 Fax: 301-447-5719

## INTRODUCTION



When a parent sends their son or daughter off to the wonderful world of college, questions and concerns dance in their heads about what college life will be like. While you

may have valid concerns for your student, the issue of your student's health and well-being while away from home should be a serious concern to you both. This pamphlet was designed to review important health issues for you and your college-bound student to consider before you head to campus.

### *Independence and Confidentiality Issues*

When your student is over 18, medical consent and confidentiality are areas that can cause concern and friction between parents and campus or non-campus healthcare providers. College-age students, in general, have the right to consent for their medical treatment and the right to confidentiality over their medical information. **In Maryland, breaking this confidentiality and releasing information without permission from the student is against the law.** It is important for parents to understand that healthcare providers may not release information about the healthcare of their student to anyone without the student's signed consent. This can be difficult for a parent to understand, particularly if they may be paying a significant portion of the tuition. However, confidentiality can be an important part of the student becoming an adult and helping the student to talk openly with their healthcare provider.

If the college-bound student will be an unemancipated (still under guardian supervision) minor when arriving on campus, the parent should sign a generic "consent for treatment" form and forward it to the college health service. Parents should also be aware that some medical conditions in an unemancipated (still under guardian supervision) minor can be treated without parental consent, by law.

### *Pre-College Health Exam*

As you are helping your student prepare for college, it is necessary to have their health history reviewed by a clinician to make sure all of their medical informa-

tion and other necessary medical care is up to date. This doctor visit marks the beginning of the transition for the young adult from healthcare that often was supervised by you to healthcare that will be, in many or most cases, the student's personal responsibility. It is important for the clinician to review medical concerns that may affect the student's school performance, including health risk issues such as smoking, drinking, drug abuse, eating disorders, sexual history and mental health concerns. Mount St. Mary's University's health history forms (see pages 1 & 2 of your packet) are to be filled out in completion and should be reviewed by the physician at the time of the physical examination (see page 3 in your packet).



### *Immunizations*



The student's immunizations (also on page 3 of your packet) must be brought up to date prior to attending classes. Please note the immunizations which are mandatory and which are recommended by the university. This is an important time to confirm that your student's blood pressure and cholesterol are normal.

### *Health Insurance*

Health insurance can be one of the most critical issues and needs among university students. It is unfortunate that up to 30% of university students have no health insurance. Since Mount St. Mary's University offers no overnight medical facilities, parents should ensure that their university-bound student has adequate health insurance to cover hospitalization, emergency room visits, specialty care and expensive diagnostic health services. Even if students have medical insurance, many do not know the details of their health coverage or may have insurance that does not cover them in the geographic area in which they are attending college.



Health insurance is not required but strongly recommended at Mount St. Mary's University. If your stu-

dent does not have health insurance, they may purchase a school-sponsored plan through the Mount's health insurance advocate, Hulse/QM. Hulse/QM not only handles the purchasing of the insurance but also all insurance claims. You may reach Hulse/QM at 800-766-7090 if you wish to purchase a student accident/injury plan. Examine your policy and the one offered by the university to make an informed decision.

### *Medical Records and Prescriptions*

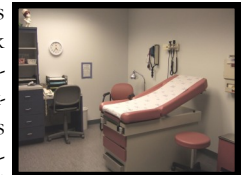


If your son/daughter has chronic medical problems, it is important to have your primary care provider send the campus health center a summary of their care, needed interventions, any restrictions on activity and medications used. It is also important for the student to be knowledgeable about his or her own personal health problems.

### *Student Health Services*

Overall, university health services provides high-quality, low-cost, accessible primary care and health education to its students. In addition, mental health counseling is available, as well as health promotion and prevention programs.

University-bound students and their parents should seek out the available health resources on campus. For example, Mount St. Mary's University has its own doctor's office, providing all



undergraduates with quality health care from its own primary care physician and nursing staff. General office hours are Monday thru Friday 8:30 am til 5:00 pm. Students will be seen during clinic hours (9:00 til 11:30 am Mon., Tues., Thurs., Fri. and 2:30 til 5:00 pm Wed.) by walk-in or appointment. We provide all outpatient primary care. When diagnostic services are needed, our physician, just like your physician at home, may recommend your student receive diagnostic tests or consults outside the university setting. We prefer these tests be done at home with your network provider. If this is not possible, we will schedule the student, at your request, with our local providers.