

## Welcome to Coe!

As part of Health Services effort to provide quality health care to Coe College students, it is Health Services policy that students complete a Physical Examination, Immunization Form, Medical History Form and Meningococcal Meningitis Form. This information will be kept confidentially on file with Health Services. Having this information allows the Nurse Practitioner to provide for your ongoing health care needs, as well as emergency medical treatment. **Student Athletes will not be allowed to practice without a physical on file with Health Services. All health forms must be completed and returned to Health Services prior to registration for classes. Registration will be held if proof of immunization is not submitted.**

All of the services performed in Coe's Health Services are free to Coe College students. The student's insurance is utilized when the student seeks healthcare elsewhere; ER/physician visits, laboratory tests, and prescription medications. It is required that a student have medical insurance.

### **REQUIRED** Immunizations are:

1. Two doses of Measles (Rubeola), Mumps and Rubella, or two MMR (Measles, Mumps, Rubella) vaccines after 15 months of age (shot series are usually at 15 months and 5 years of age).
2. A recent TB (tuberculosis) test administered within **six months** prior to admission to Coe College is required to be on file in Health Services. If results of the TB test are positive, a chest x-ray is required.
3. Dates of Diphtheria/Pertussis/Tetanus (DPT) series and a Tetanus booster if 10 years have elapsed since the last Tetanus immunization.
4. Dates of Polio series.
5. Proof of chicken pox disease or date of the Varicella vaccination.

### **RECOMMENDED** Immunizations are:

1. The Hepatitis B series is **highly recommended** for all students. It is **required** for Nursing and Athletic Training majors.
2. Meningitis vaccine is **highly** recommended. The state of Iowa requires that incoming students who will be residing in a campus residence hall receive information regarding the risks associated with Meningococcal disease. The student who resides in campus housing must affirm whether he/she has received the vaccine against Meningococcal disease and must provide the date of the vaccination, if any. A waiver must be signed if the student elects **not** to receive the Meningitis vaccination.

### **What Health Services Provides:**

- Assessment and evaluation of minor illness and injury
- Diagnosis of medical conditions
- Diagnostic tests (i.e. strep screen, mono test, urinalysis, pregnancy, blood sugar)
- Treatment of illness
- Prescriptions for medications, when appropriate
- Allergy Shots (when provided the medication and instructions from allergist)
- Tuberculosis Screening
- Referrals for counseling
- Referral for mental health conditions: Depression, Anxiety, ADHD, Eating Disorders
- Loan of crutches
- Physical Exams for uninsured students
- Health Promotion Screenings-blood pressure screens and weight checks
- Free reference materials on a variety of health topics
- Kohawk Wellness Program/Coe Fitness Organization/Fitness Programs
- Medical referrals as necessary

**Who May Use Health Services:**

Health Services is available to all students (including part-time, commuter, and non-traditional students) who are currently registered at Coe College.

**How to Use Health Services:**

Health Services is located in Douglas Hall. Appointments are required for students by calling 319-399-8617.

Office hours are: Monday through Friday from 8:00 a.m.-Noon and 1:00 p.m.-4:30 p.m. with students being seen from 9:30 a.m.-Noon and 1:00 p.m.-4:00 p.m. by appointment only.

**Hospitalization/Insurance:**

If a student should require hospitalization, these costs are not covered by Coe College. Each student is responsible for his/her own expenses. All students must carry some form of medical insurance. To request information regarding independent insurance carriers you can call the Vice President for Student Affairs Office at 319-399-8843 or the Health Services Office at 319-399-8617.

Parents are notified of the hospitalization of a student by the college if the student is under 18 years of age, is unconscious, or gives his/her consent for such notification. Parents are not notified of a student's hospitalization by the college if the student is over 18 years of age and does not wish for his/her parents to be notified.

**Insurance:**

Many students are covered by family health insurance as long as they are in school. Students must check to be certain they have insurance coverage and know the procedures for using their insurance. To request information regarding independent insurance carriers you can call the Vice President for Student Affairs Office at 319-399-8843 or the Health Services Office at 319-399-8617. Coe College does not offer medical health insurance policies.

**Confidentiality:**

All health records are maintained strictly confidential and securely filed. Information is released only when a student's permission is given by written consent.

**Allergy Shots:**

Allergy shots can be administered by the Nurse Practitioner at no charge to students. The student must provide the medication and instructions from their health care provider.

**Prescription Medications:**

Students should bring an adequate supply of their prescription medication. For controlled substances (ADHD medications, anti-anxiety medications, etc...) it is highly recommended that the student obtain a lock box for storage of these medications.

Prescriptions given to Coe College students at Health Services can be filled at any pharmacy in the area, with the closest located within walking distance at First Avenue Hy-Vee or Medicap Pharmacy.

**Special Health Problems:**

Please inform Health Services of any special health condition or needs you may have. It is important that your roommate and/or Resident Assistant be aware of your health problems, e.g., diabetes, seizures, asthma, etc... This ensures proper treatment is given if a medical emergency occurs.

**Special Diets:**

Provisions can be made through Sodexo Food Service for students who have dietary restrictions.

**Eating Disorders:**

Eating Disorders are sometimes experienced by college students. It is recommended that students that have concerns regarding an Eating Disorder call Health Services (319-399-8617) to schedule a confidential consultation. Referrals for specialized Eating Disorder treatment are available.

**Free Testing:**

Free, confidential HIV counseling and sexually transmitted disease testing is provided at Linn County Public Health (501 13<sup>th</sup> Street SW, Cedar Rapids, Iowa) if student is symptomatic. Call for an appointment at 319-892-6000.

**Class Excuse Policy Effective December, 2005:**

Health Services will provide class excuses and/or athletic excuses for significant health issues only. Significant issues will include ER visits, hospitalizations and illnesses that are communicably contagious.

The need for this approach is to decrease class excuses that cannot be verified. Such illnesses may present as: vomiting, diarrhea, headache, etc. The student needs to contact the instructor in these cases to make appropriate arrangements.