

Student Health Services – On Campus Medical Doctor!

So, you're sending your student off to college! One moment you are so proud, the next you are worried. What if your child gets sick? Needs medicine? Wants a prescription transferred? Needs an immunization? The good news is that your child's physical health can be managed on campus – at Student Health Services. And student can easily take control of their health.

Before sending your student off to USF there are a few things you might want to discuss:

1. Prepare your student for the kind of self-care grown-ups do when they get sick. Talk about what over-the-counter medications work and when it is time to call a doctor.
2. Write down their medical history. Before they leave is a good time to write out the family medical history. List your student's allergies, medications, and past surgeries. Also, include information about your family, so your student can be prepared to discuss concerns with the doctor... Include necessary emergency numbers.
3. Review your insurance coverage and how to use medical insurance with your student. Give your student a copy of any insurance cards they may need to use.
4. Put together a small first aid kit. Items to include: list of current medication, allergy/cold medicine, ibuprofen/acetaminophen, antibiotic ointment, tweezers, sterile bandages, and a reusable ice/hot pack. Or just stop by Bull's Country Pharmacy in the Marshall Student Center and purchase a first aid kit there.

Student Health Services is your student's on campus medical doctor. Our Physicians are here to answer the call now that you are far away, so you do not need to worry. All of the SHS medical staff are licensed and appropriately trained to work with college age adults.

There are some pretty cool reasons your student should get to know Student Health Services:

1. **No out-of-pocket costs** for general medical office visits. This means if they have a cold, get the flu, or sprain their ankle there is no need to worry about paying to see the doctor. Plus, SHS is right on campus, so your student does not have to go very far to get help.

2. SHS accepts many insurance plans and can bill the company directly. Your student will only be responsible for paying the insurance co-pay if prescription drugs or lab tests are needed.
3. The Urgent Care clinic is open for your student when there is a pressing but not life threatening medical problem. Something your student may need evaluated and/or treated that day.
4. Their medical records are confidential. Your student does not need to worry about professors, RAs, or even you finding out about their visits. Your student can begin to understand the importance of being in control of their own health.
5. SHS now participates in [Follow My Health](#)[®], an online patient portal where your student can request appointments, upload and review their medical history, and communicate confidentially with their medical team. More information can be found on the [SHS website](#).

Help them realize that they need to be responsible for managing their own lives. If your student does call you when they are feeling sick you can feel a sense of ease when suggesting they call for an appointment at Student Health Services. Even though Dr. Mom will never really retire, it is good to know that your student has great medical care right on campus.

For more information, contact Student Health services at (813) 974-2331 or visit www.usf.edu/shs