

Dear Parents/Guardians,

We want to welcome your student to the University of Pittsburgh at Titusville! Entering college is a transitional landmark in which your son/daughter begins to learn the process of self-care and good health practices. It is our goal to promote wellness through health education and care and our hope that your son/daughter's experience here will be an enriching and healthy one.

A completed Health Evaluation Form, **including a copy of the immunization record, is required to be filed in the health center for all (residential and commuter) full time students.** Immunizations that are mandatory vs. recommended are specified on the second page of the Health Evaluation Form. ***The Meningococcal Meningitis vaccine is not required but is highly recommended for resident students only.*** It is a state law that, in order for the University to grant housing to the student, ***either the meningitis vaccine must be obtained OR the waiver must be signed.*** To enable the housing process to run as smoothly as possible, we are recommending you to sign the waiver for now, even if your son/daughter has not yet had, but is planning to receive the Meningococcal Meningitis vaccine soon, and send in the otherwise completed health form. When the vaccine is received, you can send me a copy of the updated immunization record for inclusion in your son/daughter's records. **Housing assignments cannot be completed until the immunization record and health evaluation have been received.** Other vaccines that we highly recommend, in addition to the already recommended vaccines, are the Tetanus booster and the Gardasil vaccine series.

The University of Pittsburgh's policy highly recommends that all students have health insurance. We all know health care can be expensive, so if your student does not have health insurance, we have two options available for you to review. The University of Pittsburgh's student health plan is UPMC Health Plan and is highly recommended. Their website is www.upmchealthplan.com. The other student health insurance plan we have available is the Student Security Plan through Transamerica Life Insurance Company (www.ejsmith.com). If your student already has their own health insurance plan, please include this information on the Health Evaluation Form **along with a photocopy (front/back) of your insurance card.** This will help me to assist your son/daughter, if necessary, in finding a primary care physician in the University of Pittsburgh at Titusville campus area. Some insurance companies may require you to get a referral from your PCP (physician) from home to be seen by a PCP in the University of Pittsburgh at Titusville area. Knowing this information ahead of time would be very beneficial since referrals from your PCP can sometimes take several days.

A little note to the **PTA and nursing students:** the Health Evaluation form required by the University Health Center is different than the pre-entrance physical exam forms required from the PTA or Nursing Departments. ***It is very important that the correct forms be sent to the appropriate departments.***

A little note to the **students planning on playing intercollegiate sports** (Men's/Women's Basketball and Women's Volleyball) at the University of Pittsburgh at Titusville: The University of Pittsburgh requires all students participating in intercollegiate sports to get a **sport's physical** before they arrive on campus. Please bring verification of the physical to the University Health Center when you arrive in the fall.

You may want to send some basic health care supplies and equipment with your son/daughter to have in their room in case of minor illness/injury such as: first aid kit (with band-aids, antibiotic ointment, acetaminophen, ibuprofen, cold medications, cough drops), digital thermometer, reusable hot/cold pack, ace bandages, tweezers, nail clippers, tissues, and hand sanitizer are some things that would be good to start out with. If you are able to provide them with a cool mist humidifier, it may be very helpful during the winter months when the heat is on. The rooms stay very warm but that leads to the air being very dry.

Again, it is our sincere wish that your son/daughter have a happy and healthy productive year and we will do our very best in making that happen.

Sincerely,
University of Pittsburgh at Titusville
Director of Health Services