

NAVIGATING A HEALTHY COLLEGE EXPERIENCE

Know your health insurance. Students should have a copy of the front and back of their insurance card - either a hard copy or a picture on their phone:

- Review with your student your coverage costs. Discuss ambulance use and emergency department visits (It is more cost effective for the student to be seen in the Health Center early in the day versus going to the ED at night.)
- Your health insurance will be used for labs/x-rays and specialist visits. Health Services can draw labs for Quest and Lab Corp. We also use the Wellspan/Gettysburg Hospital for services. **It is important to know if your health insurance will cover these services in the Gettysburg area.**

Know services and support at Gettysburg College:

- For emergency situations, DPS contacts 911 and coordinates the response and transport with local emergency responders. DPS provides urgent transport to the hospital provided the patient has no severe injuries (such as broken bones or severe lacerations), is conscious, alert and able to get to and from the DPS vehicle without assistance. Non-urgent and non-emergency transports to doctors, hospital or the pharmacy within the Gettysburg borough can also be accomplished by DPS during the day/early evening throughout the week and during the morning hours on Saturdays. Call DPS at: 717-337-6911 or 6912.
- **Health Services (717-337-3970)** Hours are 8AM to 5PM Monday through Friday. See our web site for after-hours information.
- **Counseling Service (717-337-6960)** Hours are 8:30 AM to 5:00 PM Monday through Friday. * **Crisis Counselor on call 24 hours.**

Equip yourself with your personal health information:

Place information on your phone under “Emergency” or “ICE” for Android users.

- Allergies: medications, food, environmental and need for Epipen and inhaler
- Health conditions: i.e. epilepsy, diabetes and management
- Medications and side effects
- Students/parents discuss the effects of alcohol or illicit drugs with medications you are taking
- Points of contact:
 1. International students – This may be Brad Lancaster and a friend.
 2. Students whose parents are across the country – this may be a parent and your RA or relative.
- Medication:
 1. Have a full supply of medication needed for the semester or . . .
 2. Set up an account with a local pharmacy (Laslow’s Pharmacy (717-337-0881) Laslow’s will deliver to the Health Center. Rite Aid is within walking distance.
 3. Have your home provider pre-write scripts if they are time sensitive.

