

## **A Checklist of Health-Related To-Do's Before Coming to Campus**

- Visit the Student Health Services website [depts.ttu.edu/studenthealth](https://depts.ttu.edu/studenthealth).
  - Submit all vaccine requirements.
  - Provide your student with their own insurance card and review the plans' basics with your student:
    - Health
    - Dental
    - Vision
    - Pharmacy (Prescription Drugs)
  - Help your student find and establish a dentist if they will not be traveling home frequently.
  - Stock up on over-the-counter medications and other supplies like band-aids, insect repellent, and a digital thermometer for their medicine cabinet.
  - Have your student save the Student Wellness Center phone number (806-743-2848) in their phone.
  - If applicable, outfit your student with both contact lenses AND glasses.
  - Make plans for how your student will get refills and renewals for prescription medications currently taken on a regular basis. Students can have prescriptions filled at the Student Wellness Center pharmacy.
- NOTE:** Students who require medications for **ADD/ADHD** and other Schedule II medications can choose to have their current physician submit refill requests to the Student Wellness Center or they can establish themselves with one of the physicians on campus.
- Put your emergency contact information in your student's phone and wallet. Update **emergency.ttu.edu** and general student records.
  - For your student's backpack, get:
    - A refillable water bottle
    - A stock of healthy snacks and grab-and-go breakfasts
    - A compact umbrella
    - Small bottles or packets of alcohol-based hand sanitizer