Dear Student,

Habif Health and Wellness Health Center welcomes you to Washington University! Habif provides Medical, Mental Health, and Health Education/Prevention services to all full time students. In order to keep our campus healthy and lower the risk of communicable diseases, you are required to provide Habif with important and necessary health documents. These include:

Proof of immunization for the following:

- Meningococcal vaccine (MCV4), including a booster if the first dose was given before age 16
- Two doses of the measles, mumps and rubella vaccine (MMR), after one year of age, or proof of immunity (blood tests)
- International students coming from countries where Tuberculosis is endemic will need Tuberculosis testing as well
- Influenza vaccine after August 1 and before November 1
- COVID-19 vaccine before the start of your fall academic term or August 30, whichever comes first

Health History Information:

- This form includes emergency contact information and a medical history which will become part of your confidential health record.

This information must be submitted via the Student Portal. **You will be unable to access your residence hall room on move-in day if this requirement has not been completed.**
If you have any questions go to **habif.wustl.edu** or call (314) 935-6677. While the above vaccines are the only ones required for attendance, we encourage you to submit all of your immunization information and advise you to check with your pediatrician this summer to be sure you are up to date on all of your immunizations. Meningitis B vaccine is not required, but we do recommend it. Habif has all of these vaccines available if you need them.

University Health Insurance Waiver Process:

All full-time students are required to have health insurance. You are automatically enrolled in the university student health insurance plan through United Healthcare Student Resources. If you wish to opt out of this insurance, there is a waiver process that **must be completed by Sept 5.** Your current insurance must meet specific criteria in order to waive out of the student health insurance plan. The waiver process will be available after July 1 to all university students with the exception of those students with a J1 and F1 Visa status while in the United States. Go to our website (**habif.wustl.edu**) for more information about the student health insurance requirement, the student health insurance plan information, and the waiver process.

Making the Transition to University Life:

The transition to university life can be exciting, but also stressful. Your health and wellbeing have a direct impact on your success here at WashU. This may be the first time you will navigate the health care system on your own. Be proactive with your health care needs and self-advocate! We have many resources available to help you thrive including our mental health resources noted in a separate letter from our Director of Mental Health Services. Please review his letter for important resource information/contacts.

Best wishes for a healthy summer and we can't wait to see you in the fall!

Sincerely,

Cheri LeBlanc, M.D.
Executive Director, Habif Health and Wellness Center – Student Health Services

Washington University in St. Louis, Campus Box 1201, One Brookings Drive, St. Louis, Missouri 63130-4899
(314) 935-6666, *Fax:* (314) 935-8515, *Web site:* habif.wustl.edu

Dear Student,

The Mental Health Services staff at the Habif Health and Wellness Center look forward to your arrival and want to make your transition into college life as smooth as possible. The upcoming start of the academic year will be a time of significant transition. The transition to University life will bring with it many great experiences as well as great challenges which will occur both inside and outside the classroom. The strong academic program at Washington University is augmented with outstanding student support through a variety of departments in the Division of Student Affairs. We would like you to be aware of our resources should the need exist now or in the future.

Mental Health Services (MHS) at the Habif Health and Wellness Center, is part of the support provided through Student Affairs. To meet the needs of as many students as possible, MHS offers a range of services including consultation, workshops, group therapy, couples counseling, and individual counseling. Medication management is also provided to students who have been prescribed psychiatric medication. Please read more about our services at https://students.wustl.edu/important-mental-health-policies/

Important Information for Students Wishing to Continue their Mental Health Care in St. Louis

If you currently benefit most from weekly therapy or longer term counseling beyond one semester, we recommend seeing a therapist in the St. Louis community to best meet these needs. If you are currently taking medication for a mental health related concern, please contact your prescribing provider prior to coming to campus to arrange for a method to continue that prescription while you are at school. If this is possible, most students find this arrangement is generally easier than switching providers. Follow-up visits can be scheduled in advance during break periods.

If you need help with transferring your mental health care, our Care Manager is available via phone or email to provide assistance. Please call (314) 935-6695 or send email to habifmentalhealth@wustl.edu with questions or to schedule a phone appointment with the Care Manager. We recommend that you contact us over the summer, prior to your arrival on campus. The excellent and adaptable "Transition of Care Guide" for transitioning mental health care from home to school can also be found at SetToGO.org in the "Tools" section of the website. In addition, there is a searchable database of therapists close to campus available at wustl.rints.com.

We look forward to helping your years at Washington University be healthy ones!

Sincerely,

Tom Brounk, Ph.D.
Director, Mental Health Services (314)
935-6695