Dear Student and Parents/Guardians,

Important information about your health on campus

As Associate Director of Health Services at La Salle University, I would like to take a moment of your time to review a few important forms and issues relating to your health before arriving on campus. Enclosed you will find:

- Health History Form
- Return envelope
- Meningitis Question & Answer Sheet

The Student Health Center is a primary health care facility that provides free direct health care services, while assisting students to take responsibility for their own health and wellness. The Student Health Center office is open Monday through Friday, from 8:30 a.m. to 4:00 p.m. when classes are in session.

**All entering undergraduate students and all graduate residential students must adhere to the requirements listed below; any other graduate student who wishes to use the services of the Student Health Center must also conform to these requirements.** If you have a chronic health problem, we would appreciate a letter from your physician, stating the diagnosis and any pertinent medical information. If a specialist is required while at LaSalle, we may be able to assist with referrals to specialists in the local area.

**REQUIREMENTS**

A. **COMPLETED HEALTH HISTORY FORM** (enclosed)
B. **COMPLETED PROOF OF IMMUNIZATIONS** (page four of health form)
C. **PROOF OF CURRENT HEALTH INSURANCE** (page one of health form)

FAILURE TO COMPLY WITH ANY OF THE ABOVE WILL RESULT IN A MEDICAL HOLD BLOCKING REGISTRATION FOR THE FOLLOWING SEMESTER:

A. **HEALTH FORM**

Please complete the Health History Form with your immunization information and return to us by **July 1st** or within thirty days of acceptance to the University

B. **MANDATORY IMMUNIZATION REQUIREMENT**

Pertinent information relating to each vaccine can be found on the back page of the health history form.

| 1. MMR (measles, mumps, rubella) two doses if born after 12-31-56 | 5. Hepatitis B (series of three) |
| 2. Tetanus-Diphtheria (series plus booster) | 6. Varicella (history of disease or two doses of vaccine) |
| 4. Tuberculosis (PPD) for those living in or traveling to high risk countries |

Most vaccinations are available at cost in the Student Health Center during the academic year; the flu vaccine is administered for free every fall on a first come first serve basis.
Meningococcal Meningitis tetravalent vaccine (A, C, W-135, Y)
The State of Pennsylvania has passed legislation, which requires all students living on college campuses to receive the vaccine or sign a waiver; LaSalle University requires all full-time residential students (grad and undergrad) and undergraduate commuter students, to receive the vaccine or sign a waiver. The waiver can be found on page four of the health history form.

Meningitis is an infection that can lead to dangerous swelling in the brain and spinal column. It is often difficult to diagnose because the early symptoms are similar to those of the flu. If meningococcal infection goes untreated, it can lead to permanent disabilities, brain damage, and death. College students are at greater risk for meningococcal infection than the general population because of activities that are often a part of college life, such as living in a dormitory, smoking or being around someone who smokes, going to bars, and drinking alcohol. The number of cases of meningococcal meningitis has nearly doubled between 1991 and 1997. Fortunately, about two thirds of these cases of meningococcal infection can potentially be prevented with a vaccine.

HEALTH INSURANCE

With the rising costs of health care, all students are required to carry health insurance, which provides for medical expenses throughout their enrollment at La Salle University. It is very important that all students be covered by a health insurance policy which would help with costs generated by laboratory tests, emergency room visits, hospitalization or medical specialists in the event any of these services are needed.

We have found in the past, that most health insurance plans purchased from foreign countries often require the student to make payment at the time services are rendered and then submit claims to be reimbursed later. Therefore, it is recommended that all international students purchase a health insurance plan from the United States.

Insurance information will be mailed to you during the summer for those who wish to purchase the university sponsored insurance through First Student which is underwritten by Chesapeake Life Insurance Co. This insurance plan offers basic coverage at a very reasonable cost. We strongly urge you to review their information carefully and consider purchasing this policy if you are not adequately covered under another health insurance plan. Check out their web site www.firststudent.com if interested.

All premiums should be sent directly to the health insurance company so please do not include with any remittance covering tuition or other La Salle University fees.

Patient Privacy Rights

All services provided by the Student Health Center are strictly confidential. Medical information cannot be released to family members without permission from the student unless the student is in critical condition or is a threat to self or others. Once we obtain permission we will be happy to discuss your healthcare with you and a family member.

You can visit our website at www.lasalle.edu/health for more information about our services or call our office at # (215) 951-1565.

Thank you for your prompt attention to these important health issues. I look forward to a healthy and productive school year.

Sincerely,

Dina M. Oleksiak, MSN, CRNP
Student Health Center
Associate Director - Health Services