Leaving home or heading off to college can be exciting. However, it can also be challenging as it may be the first time you have to make independent decisions about your health and health care.

Group Health Cooperative of South Central Wisconsin (GHC-SCW) wants to be sure you have the information and resources necessary to be your own health advocate. Use the following guide to prepare yourself for the journey ahead.

**CHECKLIST FOR INDEPENDENT HEALTHY LIVING**

**Schedule Appointments**

- Make an appointment with your Primary Care Provider (PCP) before you leave home and yearly after that.

- During your appointment, talk with your PCP to make sure your immunizations are up to date (Tdap, HPV, HepB, HepA, influenza, meningococcal). They are an important part of preventive care and help to protect against contagious diseases including meningitis and some sexually transmitted infections.

**Manage Medications**

- If possible, fill your prescriptions in advance so that your supply does not run out and/or your prescription does not expire before you can return for a follow-up appointment.

- If you use certain medications on a regular basis, such as an inhaler, visit [www.welldynex.com](http://www.welldynex.com) and sign up for GHC-SCW’s mail order prescription system. That way you can have your refills mailed directly to your location.

- If you prefer to pick up prescriptions from a local pharmacy, send your PCP the name, address and phone number of your preferred pharmacy.

- Certain prescription pain and ADHD medications cannot be refilled and a written prescription is needed for each new month. Federal guidelines do not allow the mailing of these prescriptions to a home residence. If you have one of these prescriptions, be sure to talk to your PCP or pharmacist about how these prescriptions can be filled when you are away from home.

**Create a GHCMyChartSM Account**

- If you are 18 or older, register at [ghscw.com](http://ghscw.com) for a GHCMyChartSM account. With a GHCMyChartSM account, you can enjoy secure online access to all your medical information. A GHCMyChartSM account also allows you to schedule appointments with your PCP, reorder prescriptions and communicate with your care team.

**Document Health Information**

- Store your GHC-SCW health insurance information in your wallet or on your cell phone in case of an emergency. Be sure to include your PCP’s name, your GHC-SCW member number and your primary clinic name, including its phone number.

- Your care team can also help you gather the health information that may be required for college, work or military service. Keep a copy of this medical information with your other important papers. You will need:
  - A list of any chronic (long-standing) health problems or disabilities.
  - A copy of your immunization record (vaccines/shots/boosters).
• A list of all of the medications that you are taking, including the strength (in milligrams),
  the daily dose and the frequency.
• A list of any past health and/or mental health problems.
• A list of any surgeries or hospital stays.
• A list of any known allergies including foods, medications or other ingredients.
• A record of your family medical history.

Complete a Power of Attorney for Health Care and Advance Directive and file it with GHC-SCW. Ask your PCP to request
a consultation with a facilitator at your GHC-SCW clinic. The facilitator can provide you with information and support as
you complete these legal documents.

Review Your Insurance Summary of Benefits
Be sure you know what your plan covers in case of an emergency. Review your insurance Summary of Benefits and
get answers to the following questions:
1. Does the policy cover emergency services or check-ups at college or out-of-state?
2. Does the policy require that I inform the insurance company within a certain amount of time if I use
emergency services?

Health Insurance:
The federal government now requires most people to have health insurance. Provisions under the Affordable Care Act (ACA),
allow children (including students) to remain on their parent or guardian’s insurance plan until their 26th birthday. The ACA
provision applies to children even if they no longer live with their parents, are not claimed as a dependent on a parent’s tax
return, are no longer a student or are married.

Talk with your parent or guardian to make sure that you are covered under their GHC-SCW health plan. If you aren’t covered
under their insurance plan, you will need to sign up for health insurance through your college or employer, or by visiting
healthcare.gov.

First Aid Kits:
Most college campuses have a student health center you can visit if you are sick, but it’s important to always keep a first aid kit
and several over-the-counter medications on-hand. Be sure your first aid kit and medicine cabinet has the following:

• Digital thermometer
• Band-Aids
• Acetaminophen, ibuprofen or naproxen sodium for aches and fevers
• Gauze and adhesive tape
• Antibacterial/antibiotic ointment (Bacitracin, Neosporin®)
• Scissors/tweezers
• Ice pack or chemical cold pack
• Allergy medicine
• Cough or sore throat lozenges and cold relief medicine
• Hydrocortisone or calamine lotion for itches or bug bites

As you enter this new chapter in life, take the necessary measures to protect your health and set yourself up for successful
independence and a healthy future.