



An Open Letter to New Undergraduate Students, 2019-20

To Our Incoming Students:

On behalf of our Wellness Services staff, welcome to Lewis & Clark College! Wellness Services includes the Health Service, the Counseling Service, the Office of Health Promotion & Wellness, the Office of Case Management, and the student health insurance program.

We want to promote your health as a student, along with the health of our community. In accord with this, we have four health requirements that must be addressed soon. (Note that faculty and staff who are enrolling in undergraduate classes on a part-time basis are exempt from these requirements.)

1. **We need you to set up your account on our Health Information Portal (HIP). You can access the portal at:** <http://lclark.medicatconnect.com>

Please note that you must set up your Lewis & Clark e-mail account and then wait at least 24 hours before you can set up your portal account. The portal will allow you to enter the immunization and other health information described below on a platform that ensures the security of your health information. Be sure to follow the directions at the above website for setting up your portal account.

2. **We need you to complete our Health History form.** When you have logged into the Portal, click on the link for “Forms,” then choose “Health History.”

We need vaccination information on this form to comply with Oregon law and to protect the health of our community. We need other information to better respond to your individual health needs once you arrive on campus. *To complete the form, you may need to collect medical information from your family and physician.*

When you have completed the Health History form, we recommend that you also immediately complete the “Mental Health History for Undergraduate Students,” which is also available in the Forms section of the Portal. While this form is not required, we strongly encourage you to complete this form so we may be better prepared to meet your needs.

Finally, we encourage you to consider completing our “Health Service Consent to Treatment” form. Completion of this form is necessary prior to your receiving services at our on-campus Health Service.

3. **Oregon state law requires measles (MMR) immunizations prior to attending classes.** We need you to enter your immunization dates in the portal. Click on the immunization tab to enter your two MMR dates (you may also enter your other immunization dates but they are not required). The Oregon state law requirement is:

Two doses of MMR (Measles, Mumps, Rubella) at least 28 days apart after 12 months of age. Students *must comply with the college's vaccination requirements or meet Oregon law exemption criteria in order to attend classes.*

If you have been in a high risk area, we also require tuberculosis screening prior to attending classes. Click on the immunization tab to enter your TB testing information. Tuberculosis screening is required if you meet **either** of the following criteria: you were born in a country with a high incidence of tuberculosis disease; or in the last five years you lived in, traveled to, or emigrated from a country with a high incidence of tuberculosis disease. (For a list of countries with high incidence of tuberculosis disease, see Appendix B of the publication [Tuberculosis Screening and Targeted Testing of College and University Students](#).)

Oregon state law requires us to provide ALL students with information on vaccine-preventable diseases known to occur in individuals between 16 and 21 years of age. We encourage you to read that information at this [webpage](#), and then talk with your health care provider about what additional vaccines might be appropriate. See also the [American College Health Association \(ACHA\) recommendations for immunizations for college students](#).

Your completed forms in our Health Information Portal (HIP) will become part of your permanent medical record. This record is held secure within Wellness Services. You control how information from these forms is shared—please see the forms for details.

Please note that if you have a health condition--such as hearing loss, mobility impairment, low vision, learning disability, or psychiatric disorder—and you think you may need some support at Lewis & Clark directly related to any impairment you experience, you should contact the Lewis & Clark [Student Support Service](#) office (503-768-7192) as soon as possible. You must contact that office as a first step if you desire any academic accommodations. Because your health history forms are confidential within Wellness Services, disclosure of a health condition in our health history forms does not constitute disclosure of a disability to the College.

As you complete these various forms, think about any needs you might have for health care once you arrive on campus, including medical treatment, medication, and psychological or psychiatric care. Please be aware:

- Our Health and Counseling staff provide assessment services as well as basic primary health care, urgent care and brief counseling. If you anticipate wanting more than brief counseling during your college career, or needing more intensive or specialized assistance than we offer in our clinics, you will need to arrange for off-campus care. Our staff will be happy to assist you with a referral--or you can use links from one of our [case management webpages](#) to find a mental health provider. (For students with a history of mental health concerns, this [webpage](#) from the JED Foundation includes a helpful planning guide.)
- Please note that while we do some psychiatry appointments available each week in our Counseling Service, these hours are very limited and are generally reserved for students who are engaged in counseling within our clinic. So, if you have been under the on-going care of a psychiatrist, you will generally need to find an off-campus provider in Portland.
- When you arrive to campus, we suggest that you stop by a pharmacy that is near campus (and that is in-network with your health insurance, if possible). We suggest that you share your health insurance information with the pharmacy so that things will go more smoothly should you need to obtain prescription medication at some point during your academic career.

Our staff can suggest providers, clinics, and pharmacies to ensure seamless and positive transitions. Please visit our [Wellness Services webpage](#) for more information about the services and support we offer.

Lewis & Clark College

Please also feel free to contact our staff at health@lclark.edu (for physical health issues) or counsel@lclark.edu (for mental health issues) if you wish to discuss your health care plan.

4. **Finally, if you are enrolling for the fall or spring semesters, we need you to decide whether you want to waive your automatic enrollment in the student health insurance plan.** (Please note: If you are a visiting student from Hoksuei Gakuen, Waseda, SACM, the Embassy of Kuwait, Rikkyo or Konkuk, or if you are a Dallaire Scholar, you will have health insurance coverage through your sponsoring organization so you will not be enrolled in student health insurance. You can disregard the next paragraphs about insurance issues.)

All undergraduate students attending classes in the fall or spring semesters must have health insurance that is [comparable](#) to the student health insurance plan. All undergraduate students are automatically enrolled in and charged for student health insurance, at a cost of \$1469.50 per semester, with summer coverage included with spring coverage.

To be clear, students can use our Health and Counseling Services without being enrolled in the school-sponsored health insurance plan. However, because we provide only basic care on campus, students often must access care off-campus at some time during the academic year. This care can include expensive diagnostic tests, consultation with specialists, ongoing mental health care, or emergency department visits.

Lewis & Clark has partnered with PacificSource to offer a [health insurance plan for students](#) that contains robust benefits that support the health of college students. The plan provides excellent value as well as access to a wide network of providers both in Portland and across the nation. The plan may provide a better value for you than health insurance offered through a parent's or partner's employer. We encourage you to review our school-sponsored insurance plan and see if it meets your needs.

If you do not want to be enrolled in and charged for student health insurance, you must complete our online waiver.

- For students starting coursework in the fall, the waiver form can be accessed from the [student health insurance website](#) beginning about July 8, and it must be completed by the deadline of September 18.
- Students starting coursework in the spring will be sent a link to the online waiver.

Absent a qualified change in their insurance status, students have only one opportunity each academic year to waive enrollment in the student health insurance plan. The waiver must be renewed at the start of each academic year. We encourage our undergraduate students who have recently graduated high school to confer with their parents or guardians to evaluate whether or not they need our school-sponsored health insurance.

We look forward to partnering with you in support of your health and wellness. If you have questions regarding student health insurance, please don't hesitate to contact us at 503-768-7160. For all other health-related questions, please call us at 503-768-7165.

Best wishes,



John Hancock, Ed.D.
Associate Dean of Students for Health and Wellness