

American University
May 2006 Graduating Student's Guide To

HEALTH CARE AND MENTAL HEALTH CARE PLANNING

PLAN AHEAD

Schedule necessary follow-up appointments with your Student Health Center or Counseling Center provider to:

- 1. resolve treatment issues**
- 2. obtain advice on transferring care to another provider**
- 3. obtain necessary referrals for specialist care or prescription refills**

If you have ongoing medical needs that require continuity of care (e.g., medications, monitoring, etc.), plan ahead to determine how you will manage these needs if you are moving to another area, traveling internationally, or experiencing a significant life-style change. Consult with a Student Health Center or Counseling Center staff member for assistance.

AVOID A LAPSE IN INSURANCE COVERAGE

Students on the AU insurance plan or a work/family plan that terminates after graduation should begin researching health insurance coverage for the future. Is health care insurance offered by your new employer? Your graduate or professional institution? If possible, avoid any lapse in your coverage as it may affect your future eligibility for some plans.

NOTE THE END OF YOUR ELIGIBILITY FOR ON-CAMPUS SERVICES

Last Day To Utilize Health Center and Counseling Center

May 12, 2006 - All graduating students **except law students**.

May 19, 2006 - All graduating law students.

NOTE THE END OF YOUR AU INSURANCE COVERAGE

Graduating students on the AU insurance plan will be able to utilize their insurance until the plan terminates on August 20th 2006, however the Student Health Center will no longer be considered your primary care provider. Students should access "Doc Find" at www.chickering.com to find a network participating physician or mental health care provider in the area in which they will be living.

MANAGE YOUR RECORDS

Student Health Center

To receive a copy of your medical records (\$15 fee):

1. access the Student Health Center website at <http://www.american.edu/ocl/healthcenter/index1.html>
2. go to forms and download a Request for Release of Medical Records form
3. complete the form, mail or fax (202-885-1222) form to the Student Health Center before April 14th, 2006
4. allow 3-4 days for processing
5. pick up records at the Student Health Center in McCabe Hall

Due to the high volume of requests we receive, requests received after April 14th, 2006 will not be processed until June 2006.

Counseling Center

Consult with a Counseling Center counselor about how to best manage your records if a future provider needs access to them. Mental health information is generally released only to a legitimate mental health care provider specified by you, and only with your written permission. If you don't yet know who your future provider is going to be, don't worry -- you can make these arrangements whenever the need arises. You can arrange to sign a permission form by mail if you have moved out of the area.

Read more about the Counseling Center's confidentiality policies at <http://www.american.edu/counseling>