

# HEALTH-RELATED CONCERNS

DEAN OF STUDENTS OFFICE | Jackson Campus Center, Room 201 | [dos@gustaus.edu](mailto:dos@gustaus.edu) | 507-933-7526



## HEALTH-RELATED CONCERNS

The transition to college for first-year students or a new environment for transfer students can be both exciting and somewhat stressful. To varying degrees most collegians encounter — and successfully negotiate — a range of academic, social, and relational adjustments. For students who have struggled with emotional, physical, relational, chemical dependency, and/or psychological issues in the past, the transition to college and a new environment can be particularly challenging. Gustavus recognizes this and seeks to provide on-campus professional assessment, support, and consultation for students and their parents to ensure the greatest chance for a successful transition to Gustavus. The Dean of Students Office, Gustavus Health Services, the Substance Use Educator, and the Counseling Center are available to consult and assist students.

For students who come to college with a history of health-related concerns (medical, psychological, chemical dependency), Gustavus strongly recommends contacting the Dean of Students Office at least one month prior to the start of a semester to discuss the appropriateness of using on-campus health and counseling resources. Having a proactive plan that identifies professional resources both on and off campus better ensures that the student will have every opportunity to be healthy and successful at Gustavus. Because it is the practice of the College to keep students at the center of decision-making and planning that involves them directly, we encourage students, with the support of their parents, to contact the Dean of Students Office to develop a transition plan. Please do not hesitate to call (507-933-7526) or e-mail ([dos@gustavus.edu](mailto:dos@gustavus.edu)) with any question you may have.

## HEALTH INSURANCE INFORMATION

All students are required to carry health insurance. The College offers a comprehensive student health insurance plan and all full-time students are automatically enrolled. In order to decline the coverage, students must complete an online waiver. The online waiver and enrollment system will open soon. Students will receive weekly email reminders if they have not yet waived or enrolled into the insurance. The deadline to complete the waiver is September 21, 2020. The full amount will be credited for those who complete the waiver before the September 21st deadline. No credits will be issued after September 21, 2020. For students who want the insurance, we encourage you to enroll online so that you will have full access to the insurance on August 1st.

Please visit [www.gustavus.edu/healthservice/studenthealthinsurance](http://www.gustavus.edu/healthservice/studenthealthinsurance) for additional information on enrolling or waiving the student health insurance.

The Gustavus Health Service accepts ALL HEALTH INSURANCE PLANS (it is the responsibility of the student to know if the clinic is in or out of network). The Gustavus Health Service is a contracted provider with the following insurance companies: Blue Cross Blue Shield, Preferred One, Medica, Health Partners, United HealthCare and Minnesota Health Care Programs. If you have medical insurance from out of state, you may wish to check with your insurance plan to see if they will accept claims from Gustavus Health Service. We are unable to bill out of state medical assistance plans. If you are enrolled in an out of state medical assistance plan, you may choose to enroll in a Minnesota plan while you are living in Minnesota.