## Tips for a Smooth Transition to the University of Michigan

| ✓ | Call the number on the back of your insurance card to see what medical and mental health care will be covered in the Ann Arbor area. |
| ✓ | Identify a mental health provider in the Ann Arbor area. |
| ✓ | Schedule an initial appointment with your new mental health care provider even if you are not currently having problems. |
| ✓ | Keep a copy of your insurance card on hand at all times. |
| ✓ | Contact Services for Students with Disabilities to learn about their services. |
| | Carry a contact card with your health provider and emergency contact information. |
| | If you take psychiatric medication, talk to your current provider about managing your medication while in college. |
| | Review strategies for managing stress in college. |
| | If you take psychiatric medication, ask your insurance provider how to arrange a prescription transfer and locate a pharmacy to fill your medications. |
| | Provide your new mental health care provider with a *release of information* so they can access your records of your prior treatment. |
| | Consider options for social support in the Ann Arbor area. Join a student organization and meet new people or seek out a faculty mentor. |