

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

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