

Tips for a Smooth Transition to the University of Michigan

campusmindworks.org



<input type="checkbox"/>	Talk with your insurance provider to make sure you are covered for medical and mental health care in the Ann Arbor area.
<input type="checkbox"/>	Consider purchasing the Tuition Refund Plan .
<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 Services for Students with Disabilities to learn about their services.
<input type="checkbox"/>	Carry a contact card with your health provider & 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 <i>release of information</i> so they can access records of your prior treatment.
<input type="checkbox"/>	Consider finding a peer or faculty mentor .