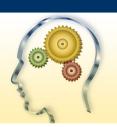


Tips for a Smooth Transition to the University of Michigan



campus**mind**works.org

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