

Advice from Watkins Health Services

Parents' To-Do List for Preparing Your Jayhawk

- Ensure that your student has complied with all immunization requirements! Failing to do so will result in an enrollment hold on future semesters.
- Contact your student's health insurance carrier to ask how **they will manage any claims received from Watkins Health Services (WHS)**.

Health insurance coverage varies greatly by each individual plan. It is the patient's responsibility to know his/her specific health insurance coverage regarding benefits at WHS. PLEASE help your student understand their health insurance by reviewing the basics of the health plan together so that your student knows what to expect when accessing healthcare. If necessary, WHS recommends that parents or students call Customer Service at their health insurance company to:

- Find out if WHS is considered an in-network provider with your plan.
Our address: Watkins Health Services, 1200 Schwegler Dr., Lawrence, KS 66045
- Find out if your health insurance plan offers any out-of-network benefits.
- Verify coverage for specific services and/or procedures.
- Inquire about preventative benefits.
- Identify co-pays and deductibles associated with healthcare costs.
- Complete the Insurance Information Form that you can find on our Forms page. OR, Give your student a copy of any cards for insurance, lab tests and prescription medications to keep on him/her at all times!

Questions? Just ask! We are here to help both parents and students make the most of their health insurance. Please call the WHS Business Office at 785-864-9520 and a staff member will happily assist you. Or visit our website at www.studenthealth.ku.edu for more information.

- Consider having any prescriptions transferred to the Watkins Pharmacy. See our FAQ page for how that is done.
- Give your student a list of names and phone numbers of all his/her primary care and specialty care providers back home. We may need to contact them for information!
- Learn about AlcoholEDU which is a required online course for new students: www.alcohol.ku.edu
- Stock a "medicine cabinet" for your student. We have some excellent suggestions at the end of our FAQ page.
- Finally but most importantly - Talk to your Jayhawk about healthy behaviors and **your expectations** regarding alcohol use, sexual behavior, and other potentially risky activities.