Dear Incoming Student:

Welcome to Colby College! As the Medical Director of the Garrison-Foster Health Center I would like to take the opportunity to welcome you to Colby and to introduce you to the Health Services available at the College. **First and foremost Health Center visits are available to all students of Colby College at no cost.** Second, we look forward to assisting you with your health and wellness needs for the next four years. In addition I want to make you aware of three very important topics:

**1. Health Center Services**

As the Medical Director at Colby College I encourage all students with ongoing medical conditions to meet with a provider within the first two weeks of school to help manage the transition to college life. The Health Center is open seven days a week while school is in session. For your convenience we now have prescription delivery available through [Winslow Pharmacy](http://winslowpharmacy.com). You can work with them directly to have your ongoing medications delivered to you on campus. This is just one of the many services that we provide to all Colby students. Please visit our website for further details of our services at [http://www.colby.edu/health](http://www.colby.edu/health).

**2. Physical Examination and Immunization requirements**

Colby College requires all incoming first year students to have a current physical dated within 12 months. **Prospective Varsity Sport and Rugby Athletes must have a physical exam after April 1st per NCAA rules.** Please refer to [Instructions for All Prospective Varsity and Rugby Student Athletes](http://www.colby.edu/health/physical-exam.html). Colby's [Physical Examination form](http://www.colby.edu/health/physical-exam.html) must be completed either by an M.D., D.O., P.A. or N.P. *(may not be completed by a family member).* ALL required forms, submission of online personal health information and proof of all required immunizations **MUST** be received by July 15th.

*You may not register for COOT or receive room keys until this information is received and requirements met.*

Following recommendations from the CDC, **Colby requires that all students receive a meningitis vaccine (ACWY) after their 16th birthday.** To learn about meningitis and the vaccine consult the web site of the Centers for Disease Control and Prevention (CDC): [http://www.cdc.gov/meningococcal/about/index.html](http://www.cdc.gov/meningococcal/about/index.html). Please be sure to share this information with your parents or guardians.

**3. Health Insurance Requirements**

All students enrolled in a Colby College billed program **must have health insurance coverage** comparable to that provided by Commercial Travelers and are required to complete the on-line Health Insurance Registration Form by July 15, 2016. **The form is available at [http://www.colby.edu/administration_cs/financialservices/sfs/stuinsreg.cfm](http://www.colby.edu/administration_cs/financialservices/sfs/stuinsreg.cfm)**

An annual premium of $1,555 will automatically be billed to all students. If you complete the Registration Form by July 15, 2016 indicating that you have **comparable coverage** and waive Colby's Commercial Travelers Plan, you will receive a corresponding insurance credit to your student account statement. **While visits to the Garrison-Foster Health Center are offered at no cost—we often utilize MaineGeneral Medical Center for services which include some laboratory studies, radiology, emergency, and specialty care. Please contact your insurance carrier to ensure that coverage is provided for these services in the Waterville area.**

Should you have any coverage or policy questions regarding the Commercial Travelers student health insurance, you can go the website [http://www2.crossagency.com/2016-2017/colby.php](http://www2.crossagency.com/2016-2017/colby.php), or call Lisa Farrington at the Cross Agency, 1-800-537-6444.

Please use the enclosed checklist as a reference to ensure that you submit all of the required information. Have a safe and healthy summer. We look forward to your arrival on campus.

Sincerely,

Paul Berkner, D.O., F.A.A.P.
Director of Health Services
Garrison-Foster Health Center