



COLBY COLLEGE
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GARRISON-FOSTER HEALTH CENTER

May 2017

Dear Incoming Student,

As medical director of the Garrison-Foster Health Center, I would like to welcome you to Colby and introduce you to the outstanding health services available at the College. Colby's health services are among the best offered at undergraduate colleges, and ours is the only college health center in Maine accredited by the Accreditation Association for Ambulatory Health Care. Visits to our Health Center are available to all Colby students at no cost, and we look forward to assisting you with your health and wellness needs for the next four years. I would also like to make you aware of three important topics.

Health Center and Pharmacy Services

I encourage all students with ongoing medical conditions to meet with a provider within the first two weeks of school to help manage your 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](#). You can work with them directly to have your prescribed medications delivered to you on campus. This is just one of the many services that we provide to all Colby students. Please visit the [Health Center website](#) for further details.

Physical Examination and Immunization Requirements

Colby requires all incoming first-year students to have a current physical exam dated within 12 months. Prospective varsity and rugby club athletes must have their physical after April 1 per NCAA rules. Please refer to Instructions for [All Prospective Varsity and Rugby Student Athletes](#). Colby's [physical examination form](#) must be completed either by an M.D., D.O., P.A., or N.P. It 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 17. You may not register for COOT or receive room keys until this information is received and requirements are met.

Following recommendations from the U.S. Center for Disease Control (CDC), Colby requires that all students receive a meningitis vaccine (ACWY) after their 16th birthday. To learn about meningitis and the vaccine, consult the [CDC website](#). Please be sure to share this information with your parents or guardians.

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 online Health Insurance Registration Form by July 17, 2017. The [form is available here](#). An annual premium of \$1,669 will automatically be billed to all students. If you complete the insurance registration form by July 17, 2017, indicating that you have [comparable coverage](#) and waive Colby's Commercial Travelers Plan, you will receive a corresponding insurance credit on your student account statement. Should you have any coverage or policy questions regarding the Commercial Travelers student health insurance, you can go the [Cross insurance website](#) or call Lisa Farrington at the Cross Agency, 1-800-537-6444.

While visits to the Garrison-Foster Health Center are offered at no cost, we often use MaineGeneral Medical Center for services including some laboratory studies, radiology, emergencies, and specialty care. Please contact your insurance carrier to ensure that coverage is provided for these services in the Waterville area.

Please use the Checklist 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