

Spring 2021

Dear Incoming Barnard Student:

Welcome to Barnard College! This letter is intended as a guide to help you through the Primary Care Health Service portion of the admissions process. We will also offer some important tips on how to take good care of yourself while you are here.

First, it is essential that you complete all of the medical forms located on the Barnard College Primary Care Health Service Open Communicator website: [bchealth.barnard.edu](http://bchealth.barnard.edu) (no "www.!!) and on the New Student's Page: [www.barnard.edu/primarycare/newstudents](http://www.barnard.edu/primarycare/newstudents)

The link will also be located on the PCHS main website and our New Students website: [www.barnard.edu/primarycare/newstudents](http://www.barnard.edu/primarycare/newstudents). Please make sure to read the information and frequently asked questions on the New Students website prior to completing the Incoming Student Health Forms.

All electronic forms are located on the Open Communicator website. Some forms are electronic and can be completed on the Open Communicator website and some forms will need to be downloaded & printed and then mailed or faxed to the Primary Care Health Service.

All electronic and paper Incoming Student Health Forms are due: **January 4, 2021**

**New York State law requires that all students provide documentation of immunity against measles, mumps and rubella and that all students complete the electronic "Meningococcal Meningitis Vaccination Response Form (18 or Over)" or paper-based "Under 18: Meningococcal Meningitis Vaccination Response Form" (located on the Open Communicator website).**

**As part of the Barnard Community Pledge, the influenza vaccine (flu shot) will be required for the Spring 2021 semester.**

**These forms are REQUIRED to be permitted on campus and to attend the institution.**

Barnard does not require a physical exam. However, **the paper-based "Incoming Student Immunization Form" must be completed and signed by a physician, physicians assistant or nurse practitioner.**

**We suggest making an appointment with your health care provider for as soon as possible to ensure that you have ample time to complete the forms and if necessary, receive any vaccinations or a tuberculosis screening.**

**Some reminders:**

- We CANNOT accept any forms via email. You must mail or fax all paper documents.
- You must submit the official Barnard College Incoming Student Immunization Forms. We CANNOT accept any pre-existing forms or previously documented immunization histories in place of the official forms.
- You do not need to mail or fax any of the instruction pages.
- Please retain a copy of all paper forms for your records.

**Late submission of the Incoming Student Health Forms may result in registration delays. No student will be allowed to officially register or be on campus until we receive and approve your forms.**

**Please DO NOT contact us for confirmation of receipt of your forms; we will contact the student via personal and Barnard email addresses if necessary.**

See our FAQs on the New Student Page for more information about how you can check the status of your forms online!

You will receive information about your opt out options regarding student health insurance in the **upcoming weeks**. Please note that the deadline to opt out is firm. **You CANNOT opt out after January 8, 2021.**

All information regarding student health insurance and the waiver process will be posted on our Insurance Website in the upcoming weeks: <http://barnard.edu/primarycare/insurance>

Now that you have taken care of your **REQUIRED** health forms and information, we have some suggestions for you on how to prepare for Barnard. Some of these suggestions are based on experience with current students, and some are based on recommendations endorsed by the Society for Adolescent Medicine.

- Learn your family **medical history**.
- Obtain a copy of your **immunization history** for your own personal records.
- If you keep the Aetna Student Health Insurance, you will receive an email to your Barnard email account, with instructions on how to print your Aetna Student Health Insurance card during the first weeks of the semester. If you have any questions about the Aetna Student Health Insurance, please email Elliot Wasserman at [ewasserman@barnard.edu](mailto:ewasserman@barnard.edu).
- You will need to present your insurance card each time you visit the Primary Care Health Service. If you misplace the email or card, you can reprint your insurance card at <https://www.aetnastudenthealth.com/barnard>.
- **Discuss any ongoing medical or psychiatric problems** with your current medical provider and formulate a plan for the care you will need at Barnard. If you have a chronic illness, it would be advisable for you to bring a copy of your medical records with you. If ongoing medical follow-up is required, please visit us at the Primary Care Health Service when you arrive. We can either work with you here or refer you to a specialist as needed. (We maintain a list of board-certified specialists.)
- If you take any types of medication on a regular basis, be sure to have a list of the **names** of the medications you are taking, the **dosage** and the **frequency** with which you take each medication.
- There is no per-visit fee or co-pay at the Barnard Primary Care Health Service. We only charge for vaccines, medications from our dispensary and for some medical supplies. However, if you need a referral to an outside specialist, that visit **may not be** free. In that case, your health insurance plan may cover your visit. You will receive information about the Aetna Student Health plan in the upcoming weeks.
- We maintain a small dispensary on site for commonly used medications, for which there is a charge. We accept all major credit cards, or checks (from a U.S. bank). Please note that we **DONOT** accept cash.
- Bring a small medical kit. This should include the following:
  - Digital thermometer (very important!)
  - Acetaminophen or ibuprofen
  - Diphenhydramine (Benadryl)
  - Your favorite cold medicine
  - Chemical ice pack
  - Band-Aids
  - Antibiotic ointment
  - Anything else you wish to include!

We look forward to meeting you. Please let us know if there is anything we can do to help make your transition here an easier one.

Sincerely,

Mary Joan Murphy, NP  
Executive Director  
Student Health and Wellness Programs

Marjorie Seidenfeld, MD  
Medical Director  
Primary Care Health Service