

# American University Graduating Students Guide To

## HEALTH CARE AND MENTAL HEALTH CARE PLANNING

### **PLAN AHEAD**

Schedule necessary follow-up appointments with your Student Health Center or The Center for Well-Being Programs and Psychological Services provider to:

- 1. resolve treatment issues**
- 2. obtain advice on transferring care to another provider**
- 3. obtain necessary referrals for specialist care or prescription refills**

If you have ongoing medical needs that require continuity of care (e.g., medications, monitoring, etc.), determine how you will manage these needs if you are moving to another area, traveling internationally, or experiencing a significant life-style change. Consult with a Student Health Center or Center for Well-Being Programs and Psychological Services provider for assistance.

Information about travel anxiety and traveling with medications or other mental health needs is available on the The Center for Well-Being Programs and Psychological Services website, <http://www.american.edu/counseling>.

### **NOTE THE END OF YOUR ELIGIBILITY FOR ON-CAMPUS SERVICES**

Students graduating in December can utilize the Student Health Center until the university closes for Winter Break.

Students graduating in May can utilize the Student Health Center until July 31<sup>st</sup>.

### **AVOID A LAPSE IN COVERAGE**

Students on the AU insurance plan or a work/family plan that terminates after graduation should begin researching health insurance coverage for the future. Is health care insurance offered by your new employer? Your graduate or professional institution?

If none of the above apply to you – check [healthcare.gov](http://healthcare.gov) to find coverage under the Affordable Care Act. Losing insurance coverage due to graduating may be considered a [Qualifying Life Event](#), and you may not need to wait for an open enrollment period.

If possible, avoid any lapse in your coverage as it may affect your future eligibility for some plans.

### **NOTE THE END OF YOUR AU INSURANCE COVERAGE**

Graduating students on the AU insurance plan will be able to utilize their insurance until the plan terminates on July 31<sup>st</sup>. Students should access the [provider directory](#) at Atena's student health website to find a network participating physician or mental health care provider in the area in which they will be living.

## **MANAGE YOUR RECORDS**

### **Student Health Center**

To receive a copy of your medical records (\$15 fee):

1. access the Student Health Center website at <http://www.american.edu/ocl/healthcenter/index1.html>
2. go to forms and download a Request for Release of Medical Records form
3. complete the form, mail or fax form to the Student Health Center
4. allow 3-4 days for processing
5. pick up records at the Student Health Center in McCabe Hall

### **The Center for Well-Being Programs and Psychological Services**

Consult with a Center for Well-Being Programs and Psychological Services counselor about how to best manage your records if a future provider needs access to them. Mental health information is generally released only to a legitimate mental health care provider specified by you, and only with your written permission. If you don't yet know who your future provider is going to be, don't worry -- you can make these arrangements whenever the need arises. You can arrange to sign a permission form by mail if you have moved out of the area.

Read more about the Center for Well-Being Programs and Psychological Services' confidentiality policies at <http://www.american.edu/counseling>

