



LARIMER
COUNTY

AUGUST 2021

your

HEALTHUPDATE

Resources To Support You And Your Student

BENEFITS FOR back to school

Get your student back-to-school ready with the support they need to have their best year yet with benefits that keep them well.

Set the tone for a healthy school year by completing these back-to-school tasks:



SCHEDULE AN ANNUAL WELLNESS EXAM

Set up your student's wellness exam with an in-network provider. Your student will typically need a wellness exam in order to sign up for sports teams or to participate in certain after-school activities. When you choose an in-network provider, you will save money.



KNOW WHERE TO GO FOR CARE

Create a list of your telehealth options, preferred in-network primary care providers, local urgent care centers, emergency rooms, and your dental and vision providers. **Give a copy to your student, and keep it handy so they can easily access it when needed.**



MAKE MENTAL HEALTH A PRIORITY

Remind your student that their mental health is just as important as their physical health. If you have an employee assistance program (EAP) or mental health benefit, give your student the contact information. Let them know it's completely confidential and to use it whenever they need.



SCOPE OUT CAMPUS CARE FOR COLLEGE STUDENTS

Check if your student's campus clinic accepts your insurance for an in-person care option. If you have a telemedicine benefit, provide your student with the carrier's information so they can get care from anywhere without leaving campus.