



Grinnell College

Student Health and Wellness

Forum, lower level
1119 Sixth Ave.
Grinnell, IA 50112

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Dear Grinnell Student,

grinnell.edu

Congratulations on your admission to Grinnell College!

Since the health and wellness of every Grinnell College student is of the utmost importance, the college has several health compliance requirements that all incoming first year students are required to meet. *Prior to your arrival on campus, we are asking that you complete several health forms before you are able to register for classes.*

These completed forms will need to be submitted to Student Health and Wellness (SHAW) by July 15th, 2020. Thank you for making this a priority.

To access the required health requirements:

- 1. First, you must enroll in DUO.** DUO is a security platform that provides a two-factor authentication, which adds a second layer of security for your online accounts. In order to access your student portal that houses your required health forms, you will need to enroll in DUO. Please follow the steps outlined in the message you received from the Office of Admission titled "How to Prepare for your Grinnell College Network Account" prior to Step 2. If you need additional help enrolling in DUO, please contact the Grinnell College Technology Services Desk at 641-269-4901 or by email at ITServices@grinnell.edu.
- 2. Next, please go to:** <https://shacscom.grinnell.edu/>. Enter your Grinnell College email username (without @grinnell.edu) then enter your Password.
- 3. Go to the Medical Clearances tab.** The health requirements are submitted one of three ways:
 - Some are forms within the Medical Clearance tab that you will complete and submit.
 - Others you will download, print, and complete with your healthcare provider and then upload into your student portal.
 - Others are just items that you will upload.
 - **See attached checklist for step-by-step directions on the Medical Clearance section.**
- 4.** We recommend that you use Google Chrome internet-based browser. Please note that if you leave online forms idle for more than 10 minutes, you may be logged out.
- 5.** If you have difficulties, please reach out to us at SHAW so we can identify and help fix any problems.

Health Insurance:

- All students are **required to have a U.S. based Affordable Care Act compliant health insurance policy** while attending Grinnell College.
- *Make sure to bring your own insurance card with you when you come to campus, as this will be needed when utilizing services off campus.*
- If you don't have your own card, request a duplicate card from your insurance provider.

- **If you participate in a health care plan such as Medicaid from a state other than Iowa, your plan will not transfer to Iowa.** For questions regarding Medicaid in the state of Iowa and/or the student insurance plan, please contact Dustin Smith, our local insurance representative located at Ramsey Weeks, by calling 641.236.3141.
- **We are working on a way for you to upload your insurance information into the student portal.** Look for this step to be added in the near future under the medical clearances section.
- **For more information regarding insurance requirements:**
<https://www.grinnell.edu/about/offices-services/student-accounts/insurance>

Notification to Faculty/Parents/Legal Guardians: If you fall ill and are going to miss class, it is important to email your faculty directly. We also encourage you to call SHAW and connect with one of your SHAW providers who can help guide your care moving forward. We offer a variety of services and are here to support you during your time of need. We understand that occasionally, your parents or legal guardians may want to speak directly with one of your SHAW providers regarding your health or mental health status. We are happy to speak with whomever you wish, as long as we have secured a written release and are able to discuss what you wish to share, doing so on a case by case basis. We do not honor blanket releases. While medical/counseling records within SHAW are kept confidential according to our policies, please note if you are hospitalized for a serious condition or injury, Student Affairs may reach out to your emergency contact to make them aware.

SHAW Health Services: Our student's health and wellbeing is our main priority here at SHAW, and we enact this through a variety of services to help support students in their time of need. With the exception of modest, at-cost fees for a few medical tests/immunizations, these services are delivered free of charge. SHAW also offers free psychiatric services through tele-medicine and in collaboration with the University of Iowa Hospitals and Clinics. Any medications prescribed, however, are obtained through the student's insurance plan.

SHAW Mental Health Services: Our goal at Student Health and Wellness is to provide access to counseling services, which help Grinnell students succeed academically. The services offered include educational outreach events, workshops, group and individual counseling. We also offer support with case management and referrals off campus as appropriate. All mental health services offered to students on campus are offered at no charge to students.

Complete information about our services can be found at:

<http://www.grinnell.edu/about/offices-services/student-health>.

Again, congratulations on your acceptance to Grinnell. We look forward to meeting you this fall!

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