

Wellness Checklist



#WCUaccepted

WEST CHESTER UNIVERSITY

Things To Plan	Things To Do	Things to Pack	Things to Identify
<ul style="list-style-type: none"> <input type="checkbox"/> What to do when sick <input type="checkbox"/> Where to seek medical care if needed afterhours and weekends <input type="checkbox"/> Where to get medications filled <input type="checkbox"/> If have health insurance, identify in-network providers <input type="checkbox"/> Ways to make connections and friendships <input type="checkbox"/> Review services available at WCU (Counseling Center, Wellness Promotion, Health Services, Recreation Center, Student Leadership & Involvement, Office of Educational Accessibility, etc.) 	<ul style="list-style-type: none"> <input type="checkbox"/> Visit primary care provider and update immunizations, if applicable <input type="checkbox"/> Complete Health Portal History, Consent, & Immunization in Student Health web portal (info emailed in July) <input type="checkbox"/> Transfer daily & mail order medication to local pharmacy, if needed <input type="checkbox"/> Register for Accommodations, if applicable <input type="checkbox"/> Wash hands after using bathroom and coughing / sneezing; before eating food & touching your face <input type="checkbox"/> Drink plenty of water <input type="checkbox"/> Get regular testing and use protection to prevent STIs 	<ul style="list-style-type: none"> <input type="checkbox"/> Copy of health/dental insurance card, if applicable <input type="checkbox"/> Personal medications <input type="checkbox"/> Personal hygiene and care products <input type="checkbox"/> First Aid Kit <input type="checkbox"/> Sunscreen <input type="checkbox"/> Over the counter medications for fever, headache, nausea, diarrhea, cold, cough, etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify what wellness means to you <input type="checkbox"/> Identify healthy eating habits to maintain good nutrition <input type="checkbox"/> Identify ways to stay physically active <input type="checkbox"/> Identify what causes stress for you and ways you can reduce it <input type="checkbox"/> Identify spaces that will allow you to disconnect <input type="checkbox"/> Identify ways to get 7-8 hours of continuous sleep <input type="checkbox"/> Identify ways to get involved on campus <input type="checkbox"/> Identify ways to stay organized with competing priorities