

# HEALTH INSURANCE CHECK LIST

University Health and Wellness Staff are available to assist you with any questions or concerns you may have regarding accessing local medical care.

It is very important to know the answers to these questions *before* you become ill.

- ✓ Am I covered by my parents' health plan?
- ✓ Am I covered under my own health plan?
- ✓ Do I have a copy of my insurance card?
- ✓ Do I need pre-authorization to receive medical care in this area?
- ✓ Where can I go after hours and on weekends?
- ✓ Who would I call for after hour authorization?
- ✓ What is my co-pay?
- ✓ Will I have to pay cash at the time of my visit?
- ✓ What pharmacy does my insurance authorize?

**Health Insurance is not offered through the University. To learn about options to obtain affordable college health insurance and post graduate insurance, visit Health & Wellness Services' website.**

Christopher Newport University

## HEALTH & WELLNESS SERVICES

Web Address: [www.cnu.edu/clinic](http://www.cnu.edu/clinic)

Email: [uhws@cnu.edu](mailto:uhws@cnu.edu)

## FRESHMEN RESIDENTS

Healthcare....

move-in reminders



James River Hall  
First floor  
1 University Place  
Newport News, Virginia 23606-2998

Phone (757) 594-7661  
Fax (757) 594-8853



Services provided through a partnership with

**You will need a copy of the front and back of your insurance card in order for an off campus medical facility to file for insurance reimbursement. Without your card, you may be required to pay for your visit out of pocket.**

Riverside Business Health Services

### Pharmacies nearby campus:

#### Harris Teeter

12404 Warwick Blvd  
757-595-3524

#### Hiddenwood Pharmacy

Hiddenwood Shopping Center  
12500 Warwick Blvd  
757-595-1151



#### Glendale Pharmacy

12444 Warwick Blvd  
Newport News  
757-595-3355

#### Rite Aid

671 J Clyde Morris Blvd  
757-596-0037  
Open 24 Hours

#### Walgreen

600 J Clyde Morris Blvd  
757-599-6477  
Open 24 Hours  
Check their  
"Express Pay"  
program!

## My CNU Medicine Cabinet

You will find that packing a medicine & first aide kit with “The Basics” will be most helpful should you become ill or injured.

### The Basics:

- A Thermometer -- **Essential**
- Band-Aids
- Antibiotic Ointment
- 3x4 bandages
- Waterproof tape
- Tweezers
- Pain/fever -Acetaminophen, (Tylenol) &/or Ibuprophen (Advil)
- Salt water nasal spray/sinus rinse
- Ice bag
- Heating pad
- **Any prescriptions you are taking.**
- **Sharps containers for needle disposal. (Diabetics on insulin)**
- **Locked box for controlled medications e.g. Adderall, Ritalin**

\*\*\* If you have asthma, please remember your inhaler and your peak flow meter.

### Nice to Have Over the Counter Medications:

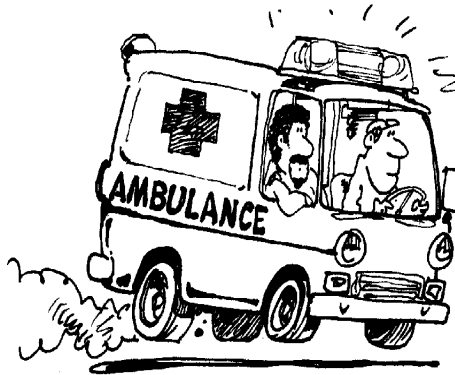
- Anti-diarrhea (Imodium)
- Anti-histamine (Chlor-trimeton, Benadryl)
- Antacid (Tums)
- Anti-emetic (Pepto Bismol)
- Cough Medicine (Mucinex)

## Please Be Prepared!

**Know the procedures your insurance company requires regarding off campus:**

- ❑ Dental Care
- ❑ Non emergency care/Urgent care
- ❑ Local physicians/specialists
- ❑ Emergency Room visits
- ❑ Admission Policies into Hospitals
- ❑ Prescriptions
- ❑ Ophthalmologists

\*\* If you will be under the age of 18 when arriving to CNU, you will need to have a parent/guardian signed copy of the Consent to Treat and Financial Responsibility form prior to being seen in clinic  
<http://studentclinic.cnu.edu/>



### Taking Prescriptions?

Consider transferring your prescriptions to a local pharmacy while at school.

**Except for emergencies, you will be responsible for your own transportation to**

