



# COTTEY

*Shaping your own destiny*

June 25, 2009

Dear Student,

As you think about the new and exciting upcoming events with your arrival at Cottey, I would like to spend a few minutes discussing your physical health and mental wellness. The following quote is a perfect fit for Cottey. *"Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell."* Ernest Boyer (Campus Life: In Search of Community). The [Health Services](#) staff and [Counseling Office](#) staff are here to assist you with your academic success.

One of the first steps in promoting a safe and healthy environment is to complete all vaccination requirements. This protects both you and members of the Cottey community. Tuberculosis (TB) poses a serious health threat worldwide. Attached are three informative documents regarding tuberculosis and meningitis. Please click on the link to learn more about [Tuberculosis](#), [Latent Tuberculosis](#), and [Meningitis](#). A tuberculin skin test within the past six months and the meningococcal vaccination are **required** before your arrival in August.

The cost of medical insurance in the United States is very expensive. Because the United States does not have socialized medicine, comprehensive health insurance is very important and is **required for all international students**. The insurance company used by Cottey is HTH Worldwide Insurance. I will enroll you in HTH Worldwide Insurance once I receive your enrollment form. The fee for coverage for the academic year is on the Business Office statement you will or may have received.

International students will participate in International Student Wellness on Tuesday, August 25, between 8:30 and 11:30 a.m. International students will visit Cottey Health Services for a blood draw called QuantiFERON. This test is administered to aid in the detection of tuberculosis when a student has received a BCG vaccine or Bacillus Calmette-Guérin as an infant. It is a goal of Cottey Health Services to reduce the expense involved for international students if a TB skin test is positive, and to reduce the possibility of taking medication for latent TB. The charge for the test is \$38, and you will be billed for this expense.

Cottey Health Services contracts with three local physicians to provide limited healthcare to students for up to one hour each weekday. There is no charge to see the physician, made possible by the health fee as part of the tuition. Also, included in this health fee is the opportunity to see a counselor free of charge. Cottey Counseling services have unlimited sessions provided by two professionals, a licensed clinical social worker, and a licensed professional counselor. Topics range from homesickness, eating disorders, depression, etc., or the counselors will provide just a friendly ear to listen. Visits to Health Services and/or the Counseling Office are confidential. Information is not shared with anyone, including parents, without a signed release of information by the student.

Dr. Lovinger, lead physician, and I are pictured on the left; Susan Yoss, Jeanna Brauer, counselors, and I on the right.



Questions? I may be reached by e-mail at [swest@cottey.edu](mailto:swest@cottey.edu) or by phone at (417) 667-8181, ext. 2157. See you soon!

Sincerely,

Mrs. Shaun West  
Student Health Office Manager