



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.

For students in the United States, insurance is highly recommended. While Cottey does not offer an insurance policy, you can obtain information about the [Sentry Student Security Plan](#) offered through E.J. Smith and Associates.

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 or by phone at (417) 667-8181, ext. 2157.
See you soon!

Sincerely,

Mrs. Shaun West
Student Health Office Manager