

# Health Maintenance

**You can play an active part in your health at Johns Hopkins before you even arrive on campus. Follow the suggestions below to ensure your best health while at school.**

- ☐ Bring a list of all medications that you take with doses included.
- ☐ Refill your prescriptions and have enough refills to last you for the first semester.
- ☐ Visit your dentist.
- ☐ Invest in a back-up pair of eyeglasses and/or contact lenses, and bring a copy of your vision related prescription(s) with you.
- ☐ Gather any basic over-the-counter medications you routinely use.
- ☐ Assemble a basic first aid kit (see list below)
- ☐ Make sure to pack your bike helmet if you intend to use a bike or scooter on campus.
- ☐ Insurance Cards:
  - Bring a copy of your insurance card and a copy of your prescription plan card and keep in a safe place.
  - Take a photo of the front and back of your card to have with you at all times.
  - Place your health insurance card in your wallet or purse.
  - Find out what your preferred lab is, ie Labcorp or Quest.