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.