



Healthcare Checklist for Graduating Students

Congratulations, graduates! The Campus Health staff thanks you for the privilege of serving you during your years at Tulane University. As you move on to your next chapter, here's a guide to help you manage your healthcare after graduation.



Have a healthcare continuity plan.

Tulane Campus Health services are available through May 29 for spring graduates. Starting in June, you'll need to transition to new providers. Here's how to get started:

1. Find a Primary Care Provider (PCP)

A PCP is your main point of contact for preventive care, health concerns, and referrals to specialists. Use this step-by-step guide:

1. Identify where you'll be living after graduation.
2. Choose a provider located near your home or workplace.
3. Check your insurance plan to ensure the provider is in-network.
 - Visit your insurer's website to search their provider directory.
 - Or call the provider's office to ask if they accept your insurance.
4. Consider your needs: Do you want someone who specializes in reproductive health, LGBTQ+ care, chronic conditions, etc.?
5. Check their availability. Are same-day or weekend appointments offered?
6. If you're staying in the region, your current Tulane providers may be able to suggest local options. If you're moving far away, online reviews and your insurance provider's directory can be helpful starting points.

2. See Specialists? Plan Ahead.

If you're currently under specialist care in New Orleans, ask them how to transfer your care and what to look for in equivalent providers in your new location.



Request your records from Campus Health.

Campus Health maintains your medical and counseling records for seven years, but it's smart to request a copy now for your own records.

Visit campushealth.tulane.edu/medical-records for more info.



Download/print a copy of your immunization records.

Whether you're starting grad school or a new job, you may be asked to provide proof of immunizations. Here's how to access yours:

Be prepared by downloading or printing your records from the Campus Health Patient Portal:

1. Log into the Patient Portal.
2. Click the **Immunizations** tab.
3. Click **View your immunization history**.
4. Click the green **Print** button to print the page or save as PDF.





Plan for your mental health care.

If you need help connecting with a mental health provider after graduation, the **CAPS Care Coordinator** can assist with referrals in your next location. To contact the Care Coordinator, email carecoordinator@tulane.edu or call 504-314-2277 and ask to speak with the Care Coordinator.



Plan ahead for prescription refills.

If you are currently taking psychiatric medication prescribed through Campus Health, make sure to schedule any needed appointments and request refills before your access to psychiatry services ends after graduation. This will help ensure you have enough medication to last until you establish care with a new provider.



Maintain your health insurance coverage.

Even if you're healthy, it's critical to have insurance. Medical costs can add up quickly. Options to consider:

Parent/Guardian Plan

- Under the Affordable Care Act, you can stay on a parent or guardian's health insurance until age 26.
- Check with them to confirm you're still eligible and to coordinate coverage.

Timeline Tip: Start reviewing your insurance options at least **30-60 days before graduation or before you turn 26**, whichever comes first.

Employer-sponsored plan

- If your new job offers insurance, ask when coverage starts.
- **Tip:** Some plans have a "probation period" of 30-90 days before benefits begin.
- **What to do if there's a gap:** Consider a short-term plan, COBRA, or a temporary extension of your current plan.

Marketplace insurance plans

- Visit [healthcare.gov](https://www.healthcare.gov) to compare Affordable Care Act (ACA) plans.
- The marketplace is easy to use and may offer discounted rates based on your income.

Medicaid

- If you have low or no income, check your eligibility for Medicaid at your state's Medicaid website.

If you have Tulane's Student Health Insurance Plan (T-SHIP)...

- **Coverage remains active through August 9.**
- You may extend coverage for up to 90 days beyond the August 9 end date. Download and submit the **T-SHIP Continuation Form** from the [Gallagher landing page for Tulane](#).
- Submit the request before your policy ends to avoid a lapse.

Important tips for graduates with T-SHIP:

- **You can access Campus Health services until May 29.**
- If you will still live within 30 miles of New Orleans after graduation and your T-SHIP coverage is still active, email healthins@tulane.edu by the day of commencement to remove the referral requirement.

Questions? Contact Campus Health at campushealth@tulane.edu for more guidance on transitioning your care. You've got this!