# Preparing for your first health appointment

You will be asked to arrive 15-20 minutes before your first appointment to fill in paperwork. Before your first visit with your provider, you’ll want to make sure you have everything you need to keep them informed. Please bring the following information to your first appointment:

* Any insurance cards for current coverage
* Your student ID
* Your New Patient Packet (printed and completed from our website)
* A list of any prescription medications and vitamins/supplements you’re currently taking
* A copy of your medical records from your previous doctor or primary care physician only if you have an ongoing condition or you are on continuous treatment, even if it is birth control treatment; if you don’t have these, you can ask your previous doctor to send them
* Your health history, including chronic conditions, illnesses, previous surgeries, allergies and what kind of allergic reactions you have (e.g., rash, trouble breathing, etc.)
* A list of specialists you see
* A list of questions you’d like to ask, such as:
  + How should I contact you when I have a question?
  + What’s the best way to get a prescription refilled?
  + How far in advance will I need to make an appointment?
  + Where should I go if I need urgent or emergency care?
  + Write your questions here (or you will forget them!):

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# Preparing for your first counseling appointment

You will be asked to arrive 20-30 minutes before your first appointment to fill in paperwork. If you do not allow for this extra time, you will be rescheduled. A counselor will speak with you and collect information about your present concern and relevant background history. Upon completion of the initial assessment, treatment recommendations will be made based on the needs of the student and the resources of the Center. Students whose needs fall outside the scope of our services are assisted with appropriate referrals to community resources.

The important thing to remember is that the therapist-client relationship is exactly that — a relationship. Actively preparing for therapy will help you be successful in meeting your goals. Be prepared for your first appointment by being able to clarify:

* Your goals,
* Your expectations,
* Your preferences for how to proceed,
* What matters to you,
* And, if you have any critical issues.