A reminder to plan ahead if Stimulant medication is part of your ADHD symptom management plan

Since these medications typically need to be refilled monthly, the College would encourage you to begin thinking, before you get to campus, about how you are going to receive your prescription medication on a regular basis. Some possible options for you to consider are listed below.

1. **Students continue to rely on their prescribing physician at home.**
   
   This may be the preferred approach when:
   
   a) Students have an established, on-going positive relationship with their provider
   
   b) Insurance benefits are a consideration and they specifically limit provider choice and/or out of state benefits

   **This choice requires:**
   
   • Planning ahead for refills and scheduling appointments to coincide with visits home
   
   • Making arrangement to have the prescriptions filled at a home pharmacy and getting them mailed to you
   
   • An understanding of the prescribing physicians’ availability by phone (and their number) in order to report any concerns or problems with the medication

2. **Students establish a relationship with a prescribing physician in the Landmark area.**

   This may be the preferred approach when:

   a) Your current prescribing physician is unable to continue with the medication management

   b) You do not have the support mechanisms in place to get the prescriptions filled at home and sent to you at your College address

   **This choice requires:**

   • Planning and scheduling ahead (before your last prescription runs out) as there is typically a three, or more, week waiting period for initial appointments

   • Verifying that the physician and the services are covered by your insurance if benefits are a consideration for you

If you would like assistance in finding out more about area resources and how to access them, please contact Health Services at (802) 387-1644.