



Residence Medical Care at SCLA

SCLA staff take medical care seriously and understand that communication with families is crucial. The Dormitory Student Advisor (Tamara Julian, TJulian@StCroixLutheran.org) is the primary point of contact for parents with medical concerns. This document describes what services are covered and advises what parents should handle at home, prior to student arrival or during school breaks.

SCLA staff support student medical care in case of accidents or illness. Preventative health care is the responsibility of the parent. Preventative (“wellness”) services are not provided by SCLA, and most are not covered under overseas accident insurance policies. Thus, they are billed “out-of-pocket.” This means families will be required to pay the full amount, possibly on the day of service.

What guardians can expect from St. Croix Lutheran Academy:

1. SCLA staff is well prepared to provide medical support in case of short-term illness, injury and emergency.
2. For non-emergencies, students are first treated on-campus. SCLA staff will utilize our school nurse, on-site medical trainer, and dormitory staff to provide care wherever possible/reasonable.
3. Domestic students living within 100 miles of SCLA are typically entrusted to the care of parents in non-urgent situations.
4. For urgent situations, or when referred by the nurse or trainer, students will be taken to a local hospital or clinic.
5. After a medical event, the Dormitory Student Advisor will contact the student’s guardian with a summary of the visit and any follow-up instructions.
6. Automated (“Medical Tracking”) reports are sent to parents when a student is given unplanned, over-the-counter medication such as for a headache or sore throat. Please familiarize yourself with our on-campus medication policy in this document before your student’s arrival to campus.

What SCLA expects from guardians:

1. **Insurance:** All dormitory students are required to have medical insurance for the entire school year, including early arrivals for sports. If a student has not submitted proof of insurance, the family will be billed the full amount of any medical event.

If your insurance renews with the calendar year (domestic students) or with change of employer, it is the sole responsibility of the family to provide the new information. Please submit your new insurance in your **Finalsite Account**.

Be aware of insurance policy limitations. Most policies require that you pay a deductible and/or a co-pay before they cover the remaining expenses. Check to see if coverage is limited to certain providers (sometimes called a *preferred provider network* or *ppn*.) You will want to ensure that your plan is eligible at these local providers:

- Allina Clinics
- Health Partners
- TRIA Orthopedic Center
- Regions Hospital, St. Paul
- United Hospital, St Paul

International student insurance policies purchased through our contracted partner are in-network (accepted) at the providers listed above.

2. **Preventative / Wellness Care:** Routine and regular health maintenance should be done annually in your home country/state during the summer months.

Examples of preventative care include:

- dental cleaning/x-rays
- braces
- wisdom teeth removal
- vision exam/glasses

- immunizations
- annual/sports physical

A physical exam form is required for all students and must be renewed every 3 years at minimum. Parents should schedule a physical with a doctor in the student's home country, prior to arriving at school. SCLA provides a copy of the required Health Physical form. Take it to the appointment for a doctor's signature. Using this form will also qualify your student for sports, should he/she decide to participate in high school athletics.

Most medical insurance does **not** include dental care, so most dental expenses must be paid out of pocket. Annual dental cleaning and x-rays are advised in summer. Wisdom teeth can become problematic during the teen years and are best extracted at home.

Vision exams are encouraged each summer. We recommend parents send a copy of your child's prescription with him/her to school. In the event that glasses break, a prescription is valid for one year.

3. **Immunizations:** Immunizations are required by the state of Minnesota to attend school. Immunization requirements should be met **before arrival**. The **Minnesota Department of Health** website can provide more information about immunization requirements. If you do not want your child to receive any of the required immunizations, you may complete an exemption for your student. Please reach out to the Dormitory Student Advisor.
 4. **Prescriptions:** When a student takes daily medications prescribed by a doctor, parents must provide full documentation from the doctor, including permission and instructions. Email paperwork to the Dormitory Student Advisor. Please review the full medication policy below.
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Medication Policy

Over-the-Counter + Prescription

All medication for dormitory students must be administered by SCLA Dormitory Staff.

Students should not bring medication to keep in their dormitory rooms.

- Please do not bring over-the-counter medications to the dormitory. The dormitory provides all necessary over-the-counter medication for students. Parents will receive automated email notifications when medications are administered.
- Prescribed medications must be communicated on your SCLA medical forms. Any prescribed medications also require a doctor's instructions and signature. Documentation should be emailed to the Dormitory Student Advisor.
- When a student must bring special/prescribed medicine from home, the student should give the medication to SCLA staff, to lock in a secure area.
- SCLA will communicate with parents when prescribed medications are advised by a doctor during a student's campus stay. SCLA staff will administer all prescribed medications.
- Questions or issues regarding medication may be directed to SCLA's Dormitory Student Advisor.

Counseling and Mental-Emotional Health

SCLA students have the opportunity to receive on campus or online counseling by a licensed counselor. The first two visits are free of charge. Please contact the individuals below if your child is interested in seeing a counselor through **The Soul's Apothecary** on-site or online.

~ Pastor Enter - JEnter@StCroixLutheran.org

~ Mr. Schoch - GSchoch@StCroixLutheran.org

Rev 02/2026