**FORMS & DOCUMENTS**

- Complete your Medical History form in the Student Health Portal (SHP) on my.belmont.edu
- Enter your immunization info & upload immunization records into the SHP

**CONTINUED CARE PLAN**

- Transfer your prescriptions from home to the Belmont Pharmacy
- Ensure health insurance plan covers services in Tennessee & upload copy of health insurance card into the SHP
- If needed, contact Health Services or Counseling Services to find specialized medical or mental health care providers
- Identify opportunities in daily schedule for physical activities
- Set S.M.A.R.T. physical activity goals for yourself

**ON-CAMPUS RESOURCES**

- Follow FitRec (@BUFitRec) on Instagram and Facebook for updates on fitness and wellness opportunities.
- Add Belmont Security to your phone contacts; Emergency: (615) 460-6911, Non-Emergency: (615) 460-6617
- Connect with Counseling Services; call (615) 460-6856, visit them on the 2nd floor of the Gabhart, or go online at www.belmont.edu/counseling
- Get Belmont Text Alerts at mybelmont.edu, the Campus Security and Safety folder, and select Belmont Alerts Sign Up
- Bookmark the Student Concerns Form: belmont.edu/student-affairs/departments_programs/student-concern-system