



For students with Hereditary Angioedema who are entering college and possibly planning to move away from home, there are several important things to consider and plan ahead for to ensure a smooth transition.

PLAN AHEAD

Planning ahead for a major life transition will ensure that you are prepared to be independent in your HAE care and that you will be ready with a plan in the event of an HAE emergency.

Work with your HAE treating physician to develop a treatment plan and a care plan to ensure that you are prepared for an extended time away from home.

- ✓ Ask your physician to write a diagnosis confirmation letter and treatment protocol for you to keep on hand (keep one copy printed and one copy in digital form).
- ✓ Order an HAEA Member ID Card from haea.org to carry in your wallet. These FREE personalized cards have your emergency contact information, your physician's name and number as well as your HAE medications.

HAE AND PREPARING FOR COLLEGE

- ✓ Get trained in self-administration of HAE medications.
- ✓ Ensure that your prescription doesn't expire while you are away at school.
- ✓ Make sure that you have enough supplies and medication to last while you are away from home.
- ✓ When returning home for visits, ensure that you schedule follow up appointments with your HAE treating physician.

Coordinate medication shipments (if delivering to new address)

- ✓ Let your specialty pharmacy know of any address changes or new delivery schedules.
- ✓ Contact school mail service to determine the process for receiving packages at your school- Where are packages left? Who will sign for your package?

Find an HAE treating physician in the new city or town that you will be living in.

- ✓ The HAEA can provide you with a physician referral to an HAE physician (contact an HAEA Patient Advocate or request a physician referral by visiting haea.org).
- ✓ Contact the physician's office to confirm that they take your insurance.

Locate an Emergency Room (ER) facility that is close to your new residence/school.

- ✓ Contact the local ER facility to see if they have HAE medications in the pharmacy that can be prescribed in the event of an emergency swell.
- ✓ Speak with someone in the ER to notify them that you have HAE and are moving to the area. Ask what you can do to support the ER staff to ensure that unnecessary tests are avoided and your treatment plan is followed if you have an HAE emergency.



Possible Insurance Changes

- ✓ Be aware of any changes to your insurance that may take effect if you are moving out of state. Determine if your current health care plan will cover you. If not, make sure you find an alternative prior to moving to ensure that your HAE medication is covered.
- ✓ Universities often offer a school based insurance plan for emergency situations, look into this as an option if needed.

WORK WITH YOUR UNIVERSITY

Look into the services offered by the Student Disabled Services office to see if you would benefit from developing a plan to ensure that accommodations are available to you if needed.

- ✓ It is helpful to have a plan in place to ensure that unexpected absences caused by HAE are not counted against you. Developing a plan with the Student Disabled Service Office will ensure that professors make accommodations when needed.
- ✓ Determine if you need any additional documentation to finalize a plan.

Communicate with your Professors

- ✓ Schedule an office visit with each of your professors in the beginning of the semester. Introduce yourself and tell them about your HAE. This way, they will be familiar with you and your HAE if it comes up later in the semester.

Contact School Clinic Staff

- ✓ Introduce yourself and your HAE. Bring an HAEA ER toolkit along with your treatment plan to ensure that they are educated about HAE and your needs.
- ✓ Order a FREE HAEA ER toolkit
<https://www.haea.org/pages/p/ERkit>

COMMUNICATE WITH FRIENDS AND/OR ROOMMATES

- ✓ Have a conversation with new roommates or friends about your HAE and the fact that you may use needles to administer medication.
- ✓ Let your roommates/friends know what they can do to help you in the event of an HAE emergency.
- ✓ Invite your peers to ask questions about your condition to allow for open dialogue.