# CLASS OF 2026 UHS REQUIREMENTS CHECKLIST

Detailed instructions for all of these items can be found on the UHS website: http://uhs.princeton.edu/2026

## ALL Students must

- Make an appointment with your health care provider (e.g., nurse practitioner, doctor, physician’s assistant)
- Read the Athletic Medicine Welcome Letter

## Varsity (and Club Rugby) Student-Athletes must ALSO

- Make an appointment with your health care provider (e.g., nurse practitioner, doctor, physician’s assistant)

### AT HEALTH CARE PROVIDER’S APPOINTMENT

- Obtain necessary immunizations and a copy of your record
  - Include chest x-ray reports or lab titers, if applicable
- Bring Medical Clearance form with you for completion by your provider
- Provide proof of Sickle Cell testing and a copy of the results
- Obtain copies of medical records (i.e., lab results, x-ray reports, surgical history), if requested

### BY JUNE 30

- Make your health insurance decision
- Complete Health History Form
- Enter immunization history into MyUHS
- Upload forms to MyUHS:
  - Immunization Record
  - Medical Clearance
- Determine comparable insurance coverage
- Complete the Incoming Athlete Health History Form
- Upload medical records, if requested
- Upload forms to MyUHS:
  - Sickle Cell Trait (SCT) Lab Test Results
  - NCAA Medical Exception Form for ADHD/ADD to MyUHS (if applicable)
- Upload letters from your health care provider, if applicable
- Upload Permission for Health Care of a Minor form, if applicable
- Upload or complete any additional forms
- Enroll in Dental Plan (optional)
- Enroll in Vision Plan (optional)

### BEFORE COMING TO CAMPUS

- Bring health insurance cards
- Complete Texting Opt-in/Opt-out form