# Class of 2023 UHS Requirements Checklist

Detailed instructions for all of these items can be found on the UHS website:


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### ALL Students must

- [ ] Make an appointment with your health care provider (e.g., nurse practitioner, doctor, physician’s assistant)
- [ ] Read the letter from the Director of Athletic Medicine

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

- [ ] Obtain necessary immunizations and a copy of your record
  - Include chest x-ray reports or lab titers, if applicable
- [ ] Obtain order for Sickle Cell testing and request a copy of the results
- [ ] Obtain copies of medical records (i.e., lab results, x-ray reports, surgical history), if requested

### By June 30

- [ ] Enroll in or opt-out of Student Health Plan
- [ ] Complete Health History Form
- [ ] Enter immunization history into MyUHS
- [ ] Complete the Incoming Athlete Health History Form
- [ ] Determine comparable insurance coverage
- [ ] Upload forms to MyUHS:
  - Immunization Record
  - Medical Clearance
- [ ] Upload forms to MyUHS:
  - Sickle Cell Trait (SCT) Lab Test Results
  - NCAA Medical Exception Form for ADHD/ADD to MyUHS (if applicable)
- [ ] Upload medical records, if requested

### Before Coming to Campus

- [ ] Bring health insurance cards
- [ ] Enroll in Dental Plan (optional)
- [ ] Enroll in Vision Plan (optional)