# Class of 2023 UHS Requirements Checklist

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


### ALL Students must

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

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

- Read the letter from the Director of Athletic Medicine
- 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

### Now

- Enroll in or opt out of Student Health Plan
- Complete *Health History Form*
- Enter immunization history into MyUHS

### 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
- 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
- Upload forms to MyUHS:
  - Immunization Record
  - Medical Clearance
- Upload letters from your health care provider, if applicable
- Determine comparable insurance coverage
- Complete the *Incoming Athlete Health History Form*
- Upload forms to MyUHS:
  - Sickle Cell Trait (SCT) Lab Test Results
  - *NCAA Medical Exception Form for ADHD/ADD* to MyUHS (if applicable)

### By August 8

- Enroll in Dental Plan (optional)
- Enroll in Vision Plan (optional)

### Before Coming to Campus

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