Dear Princeton University Student Athletes and Parents:

I would like to take this opportunity to welcome you to Princeton University and to introduce you to the services provided by the Princeton Athletic Medicine Staff (PUAM). Our team is comprised of board certified sports medicine specialists, including an orthopedic consultant, 13 certified and licensed athletic trainers (two of the AT’s are also licensed physical therapist), a registered nurse and a sports dietitian. We provide medical services to the 38 Division 1 sports and Club Rugby teams at Princeton University. The PUAM staff enjoys a collaborative relationship with athletics and we look forward to working with you during your years at Princeton. For more detailed information about PUAM please review our website.

In addition to the requirements of the University for all incoming students, recruited varsity athletes and club rugby players are required to do the following prior to arrival on campus:

1. **Incoming Athlete Health History Form:** Complete the Incoming Athlete Health History form, located on your MyUHS portal. You should answer all questions and provide dates, when indicated (e.g., date of surgery); this form should not be completed by your healthcare provider. Once you submit the form, it will be reviewed by one of the PUAM physicians.

   You may be asked to provide records detailing medical and/or surgical evaluations and procedures. Any additionally requested records need to be uploaded to the MyUHS portal prior to your arrival on campus. Please note: your clearance to participate in practice or competition may be delayed if the requested records are not provided.

2. **Medical Clearance Form:** A physical exam within the past year is required for all incoming undergraduate students. You must submit a completed and signed (by both you and your healthcare provider) Medical Clearance Form. In preparation for your physical exam, download and print the form to bring to your appointment. This form is required for clearance to participate and needs to be uploaded to your MyUHS portal prior to arrival on campus.

3. **Proof of Sickle Cell Status:** Sickle Cell Trait has been associated with sudden death in college athletes, and the NCAA mandates that all athletes show proof of sickle cell status prior to participation in athletics. All varsity athletes and club rugby players must show proof of their sickle cell status before they will be cleared for practice or competition. We recommend you obtain proof of status or testing prior to your arrival on campus. Upload your results to your MyUHS portal. For more information regarding SCT, visit www.ncaa.org/health-safety or http://uhs.princeton.edu/medical-services/athletic-medicine/pre-participation-physical-exams.

4. **Hemoglobin and Ferritin Testing:** Iron deficiency anemia is common in athletes and can negatively affect performance. It is strongly recommended that all female athletes, vegetarian athletes, endurance athletes and those participating in weight restricted sports obtain hemoglobin and ferritin testing prior to participation. Upload the results to your MyUHS portal.
5. **Attention Deficit Hyperactivity Disorder (ADHD):** The NCAA requires that student-athletes who require stimulant medication for treatment of ADHD provide additional information regarding their diagnosis and treatment, annually. Have your prescribing healthcare provider complete the *Medical Exception Form*, located at [http://uhs.princeton.edu/medical-services/athletic-medicine](http://uhs.princeton.edu/medical-services/athletic-medicine). Upload your completed form to your MyUHS portal.

6. **Health Insurance:** Princeton University requires health insurance coverage for all enrolled undergraduate and graduate students. You can purchase insurance through the Princeton University Student Health Plan (SHP), or maintain insurance through a private plan (e.g. parent’s or spouses’ insurance). Some insurance companies require prior authorization for outpatient testing which can delay diagnosis and treatment. Prior authorization is not required for participants of the SHP thus expediting care. Regardless of the provider, insurance must cover routine care, off-campus specialty care, and hospitalization not provided at UHS.

   Confirm that you have adequate coverage for sports related injuries while attending Princeton University. If you elect to carry your own private insurance, it is your responsibility to know your benefits and coverage. [See more on coverage requirements.](http://uhs.princeton.edu/medical-services/athletic-medicine)

Upon arrival on campus, all varsity athletes and club rugby players will be required to have a comprehensive sports physical performed by the PUAM staff. This physical is at no cost to you and does not take the place of the required Medical Clearance Form requirement. Your coach will inform you of your team’s assigned physical time. The physical will consist of a cardiac screening, complete physical exam and baseline concussion testing. **All varsity athletes and club rugby players are required to complete the sports physical prior to being cleared to participate in practice or competition. It is very important that you complete all requested forms and upload all documents and requested records prior to your arrival on campus. Your clearance to participate may be delayed if all requested documentation is not provided.**

If you have any additional questions or concerns, please do not hesitate to contact me.

Sincerely,

Margot Putukian, M.D., F.A.C.S.M.
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**Reminders:**
- Complete the online *Incoming Athlete Health History form*
- Upload medical/surgical/diagnostic records (if applicable)
- Complete and upload the *Medical Clearance form*
- Upload proof of Sickle Cell Trait status
- Obtain Hemoglobin and Ferritin testing and upload results (if applicable)
- Complete and upload *Medical Exemption form* (if applicable)
- Enroll in the SHP or contact your insurance provider to determine coverage