
SKIDMORE COLLEGE HEALTH SERVICES

TO: INCOMING INTERNATIONAL STUDENTS
FROM: HEALTH SERVICES
SUBJECT: REQUIRED HEALTH FORMS & INSURANCE REQUIREMENTS
DATE: SPRING 2007

WELCOME TO SKIDMORE COLLEGE!

The staff of Skidmore College Health Services is delighted that you will be joining us, and we are looking forward to getting to know you better. This note will outline the Skidmore College Student Health Record and health insurance requirements and should prove to be a useful reference when completing the enclosed forms. Please note that *all forms must be completed in the English language.*

Health Services provides general medical care for all students and there are no fees for office visits. If we are unable to meet your needs, we will refer you to excellent, nearby community resources to assist in your care. Wilton Medical Arts Urgent Care Center and Saratoga Hospital are both within 5 minutes from campus. Please refer to the enclosed Health Services brochure or visit our web site at www.skidmore.edu/administration/health for more information.

Please take a few minutes to review the following important information. It is both New York State Law and the policy of Skidmore College that fully completed Health and Immunization Records must be on file prior to class attendance, before participation in the London Program or any of the Skidmore College pre-orientation programs, and/or participation in team athletics. **Therefore, all forms must be completed and returned to Health Services by July 16.** Please make copies of the completed forms for your own records, and mail the originals to Skidmore College Health Services (postage-paid return envelope is enclosed).

HEALTH ASSESSMENT FORM

Please be sure to complete all 4 pages of your **Health Assessment Form**. The first 3 pages are to be filled out by you and your family. Please note: If you will be under 18 years of age when you arrive on campus, your parent or legal guardian must complete and sign the consent on the bottom of page 1.

All students are strongly encouraged to sign the **Release of Medical Information**, found on page 3 of the Health Assessment Form. If you plan to participate in SCOOP (Skidmore College Outdoor Orientation Program) or try out for an athletic team, the appropriate boxes *must* be checked to authorize release of medical information required for participation in these programs. Also, for your protection in times of medical emergency, we have developed a system where Skidmore College Campus Safety will be able to access limited medical information and provide it to emergency medical

personnel and the Saratoga Hospital Emergency Room. The only portions of your records shared would be your emergency contact, insurance carrier, current medications, allergies, disabilities, medical/surgical history and immunizations. Please allow us to best help you in case of a medical emergency by checking the appropriate boxes and signing the Release of Information section.

A physical examination is required within 12 months of your arrival on the Skidmore College campus. The **physical examination** portion on page 4 of your Health Assessment Form is to be completed and signed by a Health Care Provider.

HEALTH INSURANCE REQUIREMENTS

As previously mentioned, there are no charges for student visits to Health Services, and limited quantities of basic over-the-counter medications and most in-house laboratory tests are provided at no cost. However, fees *are* charged for immunizations, prescription medications dispensed from our pharmacy, and for certain other laboratory services provided by Health Services. Skidmore Health Services does not bill either students' private health insurance or the Student Health Insurance for services rendered. Students (or their health insurers) are responsible for all bills relating to outside laboratory tests and x-rays, prescription medications and immunizations (whether dispensed from Health Services or from another pharmacy), emergency room and/or urgent care center visits, and visits to medical specialists.

Adequate U.S. based health insurance coverage is required for all students and is essential to avoid out of pocket expenses and/or delays in accessing services in the event off-campus medical care becomes necessary. Skidmore College offers a reasonably priced, primary student health insurance plan. The Bursar's Office will be providing further information about the Student Health Insurance Plan. Again, although enrollment in the Student Health Insurance Plan is not required for visits to Health Services, proof of adequate *U.S.-based* Health Insurance coverage **is** a Skidmore College requirement, as described above.

IMMUNIZATION RECORD

Compliance with our immunization requirements is mandatory for International Students, and must be completed prior to your arrival on campus. New York State Law is very specific about **measles, mumps and rubella** immunization requirements, as indicated in section A of the Skidmore College **Immunization Record** form. If there is any question as to your vaccination status for these diseases, please either obtain an additional MMR (combination measles, mumps and rubella) immunization or provide proof of immunity with results of blood test(s) (immune titers). If you have had either measles or mumps actual *disease*, a physician's letter indicating the date you were diagnosed is also acceptable as proof of immunity (this is not acceptable for rubella, however – proof of immunity for rubella must be in the form of either vaccination or a blood test).

Skidmore College also requires dates of completion of your primary Polio vaccinations, and a Tetanus-Diphtheria or Tetanus-Diphtheria-Pertussis booster within the past 10 years.

Community living on a college campus supports an environment where sharing of illness can occur. Therefore, although they are not required, Health Services *strongly recommends* immunization against both Hepatitis B and Bacterial Meningitis. If you have received a bacterial meningitis vaccination your Health Care Provider should enter the date the immunization was given on your Immunization Record form, even if you have already indicated the date of vaccination on your Meningococcal Meningitis Response Form. Completion of the Meningococcal Meningitis Vaccination Response Form with your signature (or that of a parent/guardian if you are under 18) is required.

TUBERCULOSIS SCREENING

Completion of the Tuberculosis Testing Form, signed by a Health Care Provider, is required. All international students are required to have had a PPD or Mantoux tuberculosis skin test within the past 12 months, **regardless of whether you have ever received BCG vaccine (for prevention of tuberculosis)**. If your skin test is read as positive, then a chest x-ray is also required, with results signed by your health care provider.

SPORTS PHYSICAL EXAMINATION AND HISTORY

If you plan to try out for an athletic team, the **Sports Physical Examination and History Form** (the lavender form) must be completed, *in addition to* the Health Assessment Form. Again, both forms require signature by a Health Care Provider. Once completed, please copy your Sports Physical form for your records and include the original when returning your other Health forms to Health Services.

NOTICE OF PRIVACY PRACTICES

Please read and sign our **Notice of Privacy Practices**. Provision of this notice is required according to federal law (HIPAA). Please keep the yellow copy for your records, and return the white copy to us with your Health Assessment Form. For your convenience and continued reference, it is also posted on our website.

Again, we are pleased that you will be joining us, and we wish you a happy and healthy learning experience. Feel free to call us at (518) 580-5550 or email health@skidmore.edu with any questions you may have.