Health Information for New International Students

Welcome to the University of Iowa!

Student Health & Wellness (SHW) is a full service campus health clinic that provides primary medical care, acute illness and chronic disease management, women’s health and mental health services, as well as wellness, sexual health, nutrition, travel, allergy injections and immunizations. We are an appointment based clinic, and we are located on the west side of campus, in the Westlawn Building. Students who register for five or more semester hours of credit are automatically assessed a Student Health & Wellness health fee in their tuition cost, which entitles them to many services at no cost. Any charges that are incurred for immunizations, lab tests, or other exams can be submitted directly to your insurance, or charges can be paid by cash or u-bill.

We pride ourselves in being experts in college health, and we hope you take advantage of our services while you are here at Iowa! We understand the importance of our work to YOUR success- keeping you healthy and providing education and resources for you to incorporate healthy habits into your future.

All students are required to have health insurance. Since the United States does not have a national health insurance program, students are financially responsible for their health care costs. The purpose of your health insurance policy is to protect you from the high costs of medical care associated with serious accidents or illness. The University of Iowa offers two insurance plans for students. UI GradCare is an insurance policy for graduate students. The Student Health Insurance Plan (SHIP) is a policy available to all students. By the published deadline, you must either purchase a University student health insurance policy, or furnish evidence to the University Benefits Office that you have comparable coverage through some other insurance policy. Information is on their website: [http://hr.uiowa.edu/benefits/](http://hr.uiowa.edu/benefits/).

Your insurance plan must have hospitalization coverage, and we recommend that you purchase a plan that covers diagnostic tests. Please contact the Office of International Students and Scholars or the Benefits Office if you have any questions.

There are two health requirements for incoming international students at the UI: students must provide documentation of (2) Measles, Mumps, Rubella (MMR) vaccines, and must complete a Tuberculosis (TB) screening appointment after arriving on campus. The first MMR must be given after your first birthday, and the two doses must be at least 28 days apart. The TB screening will be scheduled after you arrive on campus, and you will receive information about this process during orientation. Do not get a TB skin test or blood test, or BCG vaccination before you come to campus. If a chest x-ray is needed, it must be done in the US- do not bring x-rays with you. If you have been treated for latent TB infection or active TB disease, please bring a copy of your treatment report in English. We will gladly accept copies of your yellow book and your red book, or you can fill out the “International Student Requirements Form”, which is on the [Requirements & Forms page](http://studenthealth.uiowa.edu) on our website, in the International Students section. This form must be completed in English and must be stamped with the
seal of your physician or health official. Please make sure your name and student ID is on each page of the documents you send.

Submit all records by email one month prior to orientation if possible to: internationalforms@healthcare.uiowa.edu.

It is important to complete these requirements, as you will not be allowed to register for subsequent semesters if we do not have your MMR records or completed TB screening. We can provide the MMR vaccines to you for a fee, if you have not had the immunizations or cannot find records, and we can bill your insurance for all services.

Many vaccines are recommended for college students, and can be considered after you arrive if you have not already received them. These include Varicella (Chicken Pox), Tetanus/Diphtheria/Pertussis (Tdap), Human Papilloma Virus (HPV), Meningitis (MCV4), Hepatitis B, and Hepatitis A, in addition to an annual Influenza vaccine. If you are also a new Health Science student, be sure to check for specific requirements for your program on the Requirements & Forms page of our website. All of these vaccines are available at SHW for a fee. We appreciate getting your full immunization record of all vaccinations, so that we can enter them in your electronic medical record. This will also give you access to your immunization records through MyChart in the future, when you need them for academic programs, employment, or travel.

If you are a minor student (under 18) be sure to send in the needed consent forms signed by your parent or guardian, for permission to treat you, to bill your insurance, and inform you about our privacy practices. You can find the forms in our document list under “Minor Students (Under age 18)” section of the Requirements & Forms page on our website.

Iowa law requires us to educate you about Meningococcal Disease (Meningitis) and the meningitis vaccine. Meningitis is an infection of the fluid surrounding the brain and spinal cord that is caused by a virus or bacteria. Bacterial meningitis can be severe and cause organ damage and death. There are vaccines available that can help prevent bacterial meningitis. Meningitis vaccines cannot prevent all types of the disease. Meningitis vaccine is recommended for college students living in residence halls, and for other adolescents who want to decrease their risk of contracting bacterial meningitis. This is NOT a required vaccine at the UI, but we strongly recommend it If you received the meningitis vaccine before age 16, a booster dose is recommended. We collect information on the freshmen in residence halls who have received the meningitis vaccine, so it is helpful if you can provide documentation of your meningitis vaccine administration date(s) to us. We would be happy to administer it if you have not received a meningitis vaccine.

If you have any questions about immunizations or your records, feel free to email us at internationalforms@healthcare.uiowa.edu.

We look forward to working with you during your time at Iowa and we encourage you to let us know how we can help.

Sincerely,

Jim Kellogg

Director, UI Student Health & Wellness

Kathy Wittich, MD

Medical Director, UI Student Health & Wellness