



Student Health & Wellness  
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<http://studenthealth.uiowa.edu>

## **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. On the east campus, students can visit our Wellness staff at the Campus Recreation and Wellness Center (CRWC). We also have an RN-staffed Clinical Outreach vaccination clinic in the lower level of the IMU, where no appointment is needed for any recommended vaccinations or those needed for health requirements. Students who register for five or more semester hours of credit are automatically assessed a health fee, which entitles you to free office visits and 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. These policies provide good coverage for services often needed by college students, such as vaccinations. 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/>.

**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. We will accept MMR records from your home country. 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 you need to get an MMR, you can also do that after you arrive on 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 have a **NEW REQUIRED form** to submit your immunizations. You can find this form on the [Requirements & Forms page](#). This form is processed electronically, so we will no longer accept copies of vaccination records from your yellow book, schools, doctor's offices, health departments. You must type information into this form and submit it to your healthcare provider for validation/signature. Don't forget to attach lab reports of your titers if you have those. Submit the records before the start of classes if possible. You will not be allowed to register for subsequent semesters if we do not have your MMR and other documentation. You will be able to see on MyUI what we have on file for you.

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.

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 also a new Health Science student, be sure to check for specific requirements for your program on the [Requirements & Forms page](#) of our website.

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.

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