

Dear Student,

Welcome to the University of Wisconsin–Madison!

This letter contains important information about health services available to you as a university student. **Please read it carefully and then follow these five simple steps to complete your requirements before the semester begins. You can use the  boxes to check off the ones you’ve finished.**

At University Health Services (UHS), we offer an array of medical and mental health services, including primary care, mental health counseling, psychiatry, women’s health, sexual health, travel, nutrition, wellness, immunization, and prevention services. We encourage all students to get a free flu shot from us every fall. Visit [www.uhs.wisc.edu](http://www.uhs.wisc.edu) for lots more information, including links for “New Students” and “Parents” at the bottom of our homepage.

Appointment scheduling and information about accessing all services are available by calling (608) 265-5600.

#### **Step 1: Make Sure Your Health Insurance Plan Really Covers You**

Because UHS services are funded by tuition and the Student Health Fee, there is no charge for most appointments and services that we offer. However, while UHS offers many basic health care services, you would be responsible for paying for other health care services you may need, such as emergency and urgent care, specialty care, many medical tests, long-term mental health care, and prescription medications. We strongly encourage all students to have comprehensive health insurance that covers you for health care in the Madison area for more than just emergencies. **Please review your health insurance plan before starting school.** For more detailed information, read “University Health Services: What We Do (And What We Don’t Do)” on our website.

If you are covered by a private insurance plan, **make sure you bring your insurance card with you to campus and carry it in your wallet.** If you are not covered by a health insurance plan or you are not covered adequately in the Madison area, consider enrolling in the university-sponsored Student Health Insurance Plan (SHIP): [www.uhs.wisc.edu/ship/](http://www.uhs.wisc.edu/ship/).

#### **Step 2: Update Your Immunizations**

Although UW–Madison does not have a specific immunization requirement, UHS strongly recommends that all entering college students be up-to-date on certain immunizations. **Review your immunization history and make arrangements to get any missing immunizations before you come to campus.** Immunizations are usually available from your health care provider or through your local health department. All these vaccines are also available at UHS for a fee. If a vaccine series is started at home, it can be completed at UHS. Please note: There is no physical exam required for students entering UW–Madison.

##### **These six vaccines are recommended for all entering college students:**

- *Measles-Mumps-Rubella* (may be abbreviated on your records as MMR). Two doses of live virus vaccine, both given after the first birthday.

- *Meningococcal Vaccine (MCV4)*. All students age 21 or younger should receive a dose of meningococcal conjugate vaccine. If the first dose was given before age 16, students should get a booster dose of vaccine before entering college. Meningococcal vaccine is specifically recommended for first-year students living in residence halls.  (booster )

- *Tetanus-Diphtheria-Pertussis (Tdap)*. An initial series of three or four shots should be given in childhood (may appear in your records as DTP). Incoming students should receive a booster dose **including pertussis vaccine** within the past 10 years.

- *Varicella (VZV, chicken pox)*. Did you have chicken pox as a child?   
If not, you should get immunized with the varicella vaccine (two doses).

- *Hepatitis B (HBV)*. A three-dose series of vaccine is recommended for all young adults prior to entering college.

- *Human Papillomavirus (HPV)*. This three-dose vaccine is recommended for all women ages 11–26 and men ages 11–21.

You should maintain written records of all the immunizations you have received. Documentation of immunizations is often needed for some academic programs, employment, or foreign travel. If you have any questions about these immunization recommendations, please email [hlthform@uhs.wisc.edu](mailto:hlthform@uhs.wisc.edu) or call us at (608) 262-0932.

### Step 3: Read the Provided Fact Sheet About Meningococcal Disease and Hepatitis B

If you will live in a university residence hall, you are required by state law to inform the university whether or not you have been vaccinated against hepatitis B and meningococcal disease. You can comply with this notification requirement by completing the relevant sections of your immunization and health history forms in your MyUHS account (steps 4 and 5). **If you do not complete the online form to provide this information, you may be in violation of your housing contract.**

### Step 4: Set Up Your MyUHS Account

Go to the UHS homepage to set up your own account in our secure online patient portal.

1. Click on the gold button: “Log in to MyUHS.”
2. Click on the link: “Sign up for an account.”
3. Enter your UW–Madison student ID, birth date, and last name.
4. Follow the instructions to activate your account.
5. If you experience problems, email [myuhs@uhs.wisc.edu](mailto:myuhs@uhs.wisc.edu).

### Step 5: Submit Your Health Forms in MyUHS

**Please note: This information should be provided by all students entering UW–Madison.** Please do **not** send UHS written copies of vaccine records, physician statements, or other documentation. The online web form is the only means by which we collect this information.

1. In your MyUHS account, click on “Forms” in the left column.
2. Please complete all four forms, particularly the health history and immunization forms.
3. Print a copy for your records before submitting each form.
4. Once you have submitted an online form, it cannot be edited or revised!
5. If you have questions regarding the forms, email [hlthform@uhs.wisc.edu](mailto:hlthform@uhs.wisc.edu).

**Tip:** Completing the online forms will be easier if you gather all the necessary records together before you start.

To know what you'll need, go first to: [www.uhs.wisc.edu/services/records/immunization-and-health-history.shtml](http://www.uhs.wisc.edu/services/records/immunization-and-health-history.shtml) and print out or review the sample forms.

The information you provide to us is **confidential** and becomes part of your health record at UHS. No portion of this information will be released to others without your prior written consent. Your personal health information is not available to university administrators or faculty.

### **Students with Disabilities**

If you have a disability and may require an accommodation or other services, you'll want to contact the McBurney Disability Resource Center about becoming a client: [www.mcburney.wisc.edu](http://www.mcburney.wisc.edu).

Completing your immunization and health history forms in MyUHS **does not** constitute official notification to the university about any disability status, and information that you enter in that record will not automatically be shared with the McBurney Center. You may have to provide separate documentation, as requested, to access those services.

We look forward to working with you during your time at UW–Madison!

Sincerely,

Sarah Van Orman, MD, MMM  
Executive Director  
University Health Services