



Dear Student,

Welcome to the University of Wisconsin–Madison! This letter contains important information about health services available to you. **Please read it carefully and follow the five (5) steps below.**

At University Health Services (UHS), we offer many 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 UHS every fall. Visit uhs.wisc.edu for more information, including links for new students (uhs.wisc.edu/new-students) and parents (uhs.wisc.edu/parents).

Appointment scheduling and information about accessing UHS services is available on the website or by calling 608.265.5600.

Step 1: Make Sure Your Health Insurance Plan Covers You

UHS services are funded by tuition and the student health fee, so there is no charge for most appointments and services. However, you are responsible to pay 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.**

If you are covered by a private insurance plan, **bring your insurance card with you to campus and carry it with you.** 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 (uhs.wisc.edu/ship).

Step 2: Update Your Immunizations

All students age 21 or younger should receive a dose of meningococcal conjugate vaccine which protects against serotype A, serotype C, serotype Y and serotype W-135. **Review your immunization history and make arrangements to get any missing immunizations *before* you come to campus.** Immunization records are usually available from your health care provider or through your local health department. 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 incoming UW-Madison students.

These vaccines are recommended for all incoming college students:

- *Hepatitis B (HBV)*. A three-dose series of vaccine recommended for all young adults prior to entering college.
- *Human Papilloma Virus (HPV)*. A three-dose vaccine recommended for all women ages 11–26 and men ages 11–21.

- *Measles-Mumps-Rubella* (may be abbreviated in 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 which protects against serotypes A, C, Y, and W-135. 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.
- *Meningococcal Group B Vaccine*. An additional meningococcal vaccine (Bexsero or Trumenba) is also available that prevents disease caused by serotype B. This vaccine series of two to three shots may be administered to adolescents and young adults ages 16 through 23 to provide short-term protection against most strains of serotype B meningococcal disease. Students should discuss the need for this vaccine with their healthcare provider.
- *Tetanus-Diphtheria-Pertussis (Tdap)*. An initial series of three or four shots should be given in childhood (may appear on records as DTP). Incoming students should receive a booster dose **including pertussis vaccine** within the past 10 years.

Varicella (VZV, chicken pox). If you did not have chicken pox as a child, you should get immunized with two doses of varicella vaccine.

You should maintain written records of all the immunizations you received. Documentation of immunizations is often needed for some academic programs, employment, or foreign travel. If you have questions about immunization recommendations, email hlthform@uhs.wisc.edu or call 608-262-0932.

Step 3: Read the [online fact sheet](#) about meningococcal disease and hepatitis B

If you live in a university residence hall, you are required by Wisconsin state law to inform the university whether or not you have been vaccinated against hepatitis B and meningococcal disease. Comply with this 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

Visit the UHS website to set up your [MyUHS](#) account in our secure online patient portal.

1. Click the "MyUHS" link in the upper right corner.
2. Click the "UW Madison NetID" button to enter your UW NetID and password to gain access to MyUHS.
3. If you do not have a campus NetID, you will be prompted to create a MyUHS username and password.
4. If you experience problems, email myuhs@uhs.wisc.edu.

Step 5: Submit Your Health Forms in MyUHS

This information should be provided by all incoming UW–Madison students. 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 UHS collects this information.

1. Log into your MyUHS account and click “Forms” in the left column.
2. Complete all the entrance forms in your list including:
 - Personal Health History, Family Health History, Medication, Allergies
 - Immunizations
 - Personal Information
3. You can also sign the Privacy Notice and Consent to Treat form that is required prior to receiving UHS services.
4. Print a copy of each form for your records before submitting (once you submit an online form, it cannot be edited or revised).
5. If you have questions about the forms, email hlthform@uhs.wisc.edu.

Tip: Completing the online forms will be easier if you gather all the necessary records before you start. Visit uhs.wisc.edu/about-uhs/confidentiality/forms/ to print or review sample forms.

The information you provide to UHS is **confidential** and becomes part of your health record. 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, contact the McBurney Disability Resource Center (mcburney.wisc.edu) about becoming a client. 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,

William Kinsey, MD, MPT
Medical Director, University Health Services