

Dear %%FNAME%%,

On behalf of the University of St. Thomas (UST) Student Health Service, I want to welcome you to our community. At the UST Health Service, you may access health care for most of your medical needs. In addition to our on-campus medical clinic staffed by physicians, nurse practitioners and nurses, we have a Travel Clinic, Wellness Center and Personal Counseling Department to help you actively manage your own health and well-being.

As you begin your studies at UST, you will need to submit immunization information. The state of Minnesota requires that all students demonstrate immunity to measles, mumps, rubella (MMR) and tetanus-diphtheria (TD). The MMR vaccination will have two separate dates and the TD vaccine must be within the past ten years. Please obtain these dates or immunizations from your health care provider prior to your departure. You can enter your immunizations into the St. Thomas student system called Murphy Online now or once you arrive on campus. To enter into Murphy Online, please follow the steps below.

1. Access the St. Thomas student system (Murphy Online) at <http://banner.stthomas.edu>.
2. Select **Login to the Murphy Online secured area**.
3. You will be prompted for your UST ID and PIN. **Your UST ID is %%ID%%**. If you have forgotten your PIN, please call the IRT Help Desk at (651) 962-6230 or (800) 328-6819, Ext. 2-6230.
4. Select **Student Services**.
5. Select **Student Health Menu**.
6. Select **Student Immunization, Health History and Physical Forms**.
7. Select **Immunization Record**.

When you have completed entering all information, click **Submit Form** and **Save**. Once you have submitted and saved your information, you will not be able to make changes. Please contact Student Health Service for changes at studenthealth@stthomas.edu or (651) 962-6750.

If we do not receive your immunization information by April 6, 2010, a registration hold will be placed on your records. Therefore, we request that you attend to this matter at as soon as possible.

Tuberculosis screening is required of all international students arriving from or having prolonged stays in countries with high incidence of tuberculosis. This screening will be conducted during your orientation sessions.

Health History and Physical Examination is required *only* if you are planning on participating in NCAA athletics, club or intramural sports, but is *strongly recommended* for all students. These forms can be downloaded from our website at <http://www.stthomas.edu/studenthealth/onlineforms/>. Your health care provider may use their own forms if they wish.

Health insurance is required of all international students. When you register for spring 2010 classes, you will be automatically enrolled in the Aetna Student Health Insurance Plan and charged \$429 for the semester. This insurance will assist in paying for accident and illness-related expenses that may arise while you are attending the UST. The health insurance coverage for spring semester begins January 15, 2010 and continues until August 14, 2010 or until you leave the United States, whichever occurs first. If you have questions regarding this Plan or would like information on enrolling dependents, please review

our website at http://www.stthomas.edu/studenthealth/insurance_intl/ or contact the UST Student Health Insurance Office at (651) 962-6752 or (800) 328-6819, Ext. 2-6752.

If you would like to waive the UST-sponsored health insurance, you will need to enter your alternate health insurance information in Murphy Online BEFORE March 1st, 2010. Plan to bring documentation of your alternative policy. The alternative policy **must**:

- Be written in English & be converted to U.S. dollar values
- Provide at least U.S \$100,000 coverage per accident or illness
- Have a deductible no greater than \$1000 per condition
- Have a waiting period for coverage of a pre-existing condition no longer than 12 months
- Treat pregnancy/maternity as any other illness
- Provide continuous coverage during academic semesters and University breaks

Please note that you must complete a waiver request each semester you are at UST. We will send reminders to your UST email account.

Enclosed you will find information regarding UST's drug and alcohol policies. All records and conversations with Student Health Service staff are strictly confidential. Information will only be released with your written permission in accordance with Federal Health Insurance Portability and Accountability Act. The Student Health Service clinic hours are Monday through Friday 8 a.m. – 4:30 p.m. For further information, please visit our website at www.stthomas.edu/studenthealth or call (651) 962-6750 or (800) 328-6819, Ext. 2-6750.

Best wishes for a healthy and productive year.

Sincerely,

Madonna K. McDermott, MS, MPA
Director, Student Health Service & Wellness Center

Packing list: Remember to bring the following information with you when you come to the U.S.:

- The 2 dates of your measles, mumps, rubella (MMR) vaccination.
- The date of your tetanus-diphtheria (TD) vaccine (within the past ten years).