

January 5, 2010

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 will be asked to provide this information upon arrival at St. Thomas. If we do not receive your immunization information by April 6, 2010, a registration hold will be placed on your account. Therefore, we request that you attend to this matter 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 athletics, club or intramural sports, but is *strongly recommended* for all students. These forms can be downloaded from our website <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 begins January 15th, 2010 and continues until August 14, 2010 or until you leave the United States which ever occurs first. If you have questions regarding this plan or would like information on enrolling dependents, please see 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.

Enclosed you will find information regarding UST's drug and alcohol policies. Please remember that 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 Services & 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).