

## Dear UD Student and Parent/Guardian

We are looking forward to having you spend time with us on-campus. As a student, for your health and safety as well as those around you, it is your responsibility to report any medical conditions to the Health Services office, if needed I will help you find appropriate medical care. **The enclosed forms supply us with valuable information, but not limited to: medical needs, emergency notification contacts, and insurance information to arrange medical appointments.** Information will remain confidential. For further information please refer to each form.

**It is recommended that every student enrolled at University of Dubuque show proof of two (2) MMR Vaccinations or verification that they have had titres, or the diseases. If a student will be enrolled in internships, student teaching, nursing, off-campus programs, overseas trip, etc proof maybe required prior to participation.**

In October 20, 1999, the CDC's Advisory Committee on Immunization Practices (ACIP) voted to recommend that college students, particularly first year students living in dormitories and residence halls, be educated about meningitis and the benefits of vaccination. The panel based its recommendation on recent studies showing that college students, particularly first year students living in dormitories, have a six fold increased risk for meningitis.

As a student or parent, you should also be aware that the Hepatitis B series vaccination is not a requirement, but is recommended for all college students. Approximately 300,000 Americans get Hepatitis B each year, most of whom are adolescents and young adults, which may put you at an increase your risk for Hepatitis B. Hepatitis B is 100 times more infectious than HIV and members of the same household can become infected by sharing personal items. Also, Hepatitis B may also be contracted both sexually and non-sexually when behavior occurs that causes a person's mucous membranes to be exposed to an infected person's blood, semen, vaginal secretions, or saliva. You can protect yourself against Hepatitis B by getting vaccinated.

Please cut out the following and keep in wallet/purse

### Important Phone Numbers:

#### **Health Services**

2000 University Ave, Dubuque, IA 52001  
Phone (O) 563 589 3857  
Fax: 563 589 3929  
Email: [ebarsema@dbq.edu](mailto:ebarsema@dbq.edu)  
UD Security 563 589 3333

#### **Health Services**

**Unity Point Finley Hospital**  
Occupational Health 1665 Embassy West Dr.  
Finley ER: 350 Grandview Ave  
Urgent Care East: 1550 University Ave  
Urgent Care West: 2255 JFK RD

#### **Illness or Injury**

- For ANY appointment see Health Services- if unable to contact call UD Security at 563 589 3333  
-For emergencies, dial 911

**To learn more please reference the following websites...**

#### **UD Health Services:**

<http://www.dbq.edu/campuslife/facilitiesandservices/medicalservices/>

**Meningitis vaccine:** <http://immunize.org/mening>

Iowa Code Section 139A.26, Meningococcal Disease Vaccination Information for Post Secondary Schools

#### **Determining Disabilities:**

[http://www.dbq.edu/media/academics/vpacademicaaffairs/academicsupportsuccess/Documentation\\_Framework.pdf](http://www.dbq.edu/media/academics/vpacademicaaffairs/academicsupportsuccess/Documentation_Framework.pdf)

#### **UD Student Handbook: Drug and Supplement Usage Policy:**

<http://www.dbq.edu/campuslife/informationforstudents/>

#### **NCAA banned substance information visit:**

[www.drugfreesport.com](http://www.drugfreesport.com)

#### **ADHD/ADD & Sickle Cell & other Health Information:**

<http://www.ncaa.org/health-and-safety>

**Center for Disease Control:** [www.cdc.gov](http://www.cdc.gov)

**American College Health Association:** <http://www.acha.org>

## **To the Student-Athlete:**

### **Greetings from Dan Runkle, Director of Athletics**

University of Dubuque Athletic Department is pleased to welcome you as a student-athlete. We are hopeful the opportunity presented at UD will be a rewarding experience and that you will achieve academic, social, and athletic success. We have provided you with information regarding the enclosed forms and requirements needed for you to begin physical activity with the team. As part of being cleared to participate in athletics there are certain required forms that **MUST** be completed. If these forms are not completed the student-athlete will not be permitted to lift, condition, practice or compete.

Student-athletes and parents must acknowledge that there is an inherent risk of injury during intercollegiate athletic participation. University of Dubuque provides a medical staff of certified athletic trainers and team physicians for prevention, management, and care for the student-athlete.

We remind you that to participate in athletics at UD is a privilege and not a right. Welcome to the athletic program and we hope you will be very successful.

#### **REQUIRED ADDITIONAL ATHLETIC FORMS**

- **Emergency and Medical Information form**
    - **Proof of medical insurance**
  - **Physical Exam**
    - **After June 1**
    - **Lab Results ( sickle cell and HGB/HCT)**
- ATTACHED**

Highly recommend use of custom mouth guards for those participating in contact/high risk sports (e.g. bs, bb, fb, lx, sb, wr, vb)

*Additional Information for the student who will be involved in intercollegiate athletics:*

### **Athletic Physical Exam & Insurance Information**

**Enclosed Physical Form must be completed, per UD and VCAA, no earlier than June 1 and be completed by a licensed physician. The physical and all other forms must be returned by July 25 (other forms can be returned prior to your summer registration date)**

### **Secondary Athletic/Cheer Insurance Policy**

*If a student-athlete is not covered under adequate health insurance program, he/she must obtain coverage prior to athletic clearance. UD is not financially responsible for any medical bills incurred by students involved in any UD athletic program. The NCAA requires a student-athlete to have a minimum coverage of \$75,000 and cover athletic related injuries.*

*UD athletic insurance is a "secondary policy" and has a \$500 deductible (subject to change). Only injuries sustained in practice, supervised in-season condition/weight training, and competition will be covered. Illnesses and medications will not be covered. For better coverage it is important to stay on your parent's insurance. Please contact your insurance carrier and inform them that you will be attending UD and inquire as to type of coverage plan available for out-of-network physicians/medical facilities/hospitals. This is important information to have with you. UD Student Health Service, Unity Point Finley Occupational Health, is connected with Unity Point and UD. Team Physicians are also associated with Unity Point Finley, Tri-State Family Practice and Medical Associates Clinic-Musculoskeletal Department.*

*For submission of the insurance claim, bills and Explanation of Benefits (EOBs) must be received.*

1) Submit Bills to Personal Insurance Company

2) Submit itemized bills (if greater than \$500 per injury) and EOBs to Medical Coordinator

3) Claim will then be submitted

UNIVERSITY of  
DUBUQUE

Welcome

**The following forms \* must be completed and returned to Health Services office completed prior to summer registration date or July 25.**

**\*1) Emergency & Medical Information Form**

**\*2) Documentation for Disability, including but not limited to: ADD/ADHD, Learning/Physical Limitations**

**3) ALL ATHLETES: Athletic Physical Form Complete after June 1, and return ASAP**

*If under 18 years of age, please have your parent or legal guardian sign and date all forms.*

*\*\*If you have a medical or religious exemption, please contact Health Services for additional paperwork.*

UD Health Services  
Stoltz Center 304, 2000 University Ave  
University of Dubuque  
Dubuque, IA 52001  
**Phone: 563 589 3857**  
**Fax: 563 589 3929**  
**Email: [ebarsema@dbq.edu](mailto:ebarsema@dbq.edu)**