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 our website for more information, including links for new students and 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 Student Health Insurance Plan.

**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 [http://uhs.wisc.edu/about-uhs/confidentiality/forms/](http://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](http://uhs.wisc.edu/about-uhs/confidentiality/forms/) 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
Hepatitis B Virus (HBV)

**What college students need to know**

**Q. What is hepatitis B?**

A. Hepatitis B is a serious disease caused by a virus that attacks the liver. About half the people who get a hepatitis B infection develop symptoms such as fatigue, nausea, loss of appetite, and jaundice (yellowing of the skin). While most people recover from the infection, some may develop a lifelong infection that can lead to cirrhosis (scarring) of the liver, liver cancer, liver failure, and death. Each year, about 40,000 persons in the United States get infected with HBV. People of all ages get HBV, but it is more common in young adults.

**Q. How is the hepatitis B virus spread?**

A. HBV is spread by direct contact with the blood or bodily fluids of an infected person. For example, you can become infected by having unprotected sex or sharing needles with an infected person. A baby can get HBV from an infected mother during childbirth. Other ways the virus is spread include receiving tattoos or body piercings using nonsterile equipment, and sharing items such as razors, piercing jewelry, and toothbrushes.

HBV is not spread through food or water or by casual contact.

**Q. Who is at risk for HBV?**

A. Your risk is higher if you have multiple sexual partners or are a man who has sex with men, if you live in the same household with someone who has a HBV infection, if you have a job or coursework that involves contact with blood or body fluids, if you work in a home for the developmentally disabled, if you have hemophilia, if you inject drugs, or if you travel to areas where HBV is common.

Your risk is also higher if you or your parents were born in Southeast Asia, Africa, the Amazon basin in South America, the Pacific Islands, or the Middle East.

**Q. How can HBV be prevented?**

A. The hepatitis B vaccine is the best protection against HBV and is recommended by leading medical and public health organizations. There is no cure for HBV infection: that is why prevention is so important.

**Q. Who should get vaccinated?**

A. Vaccination is recommended for everyone 18 or younger. Persons of any age whose behavior puts them at higher risk for HBV infection should also get the vaccine. Most incoming college students will have already had the vaccine series in childhood. In many states, HBV vaccine is now a requirement for entrance into school.

**Q. What are the benefits of the vaccine?**

A. The hepatitis B vaccine prevents HBV and its serious consequences, such as liver cancer. The vaccine can also help prevent cirrhosis of the liver, a common problem for people infected with chronic HBV. The hepatitis B vaccine is safe and effective for infants, children, and adults.

**Q. What else should I know about the vaccine?**

A. The best time to get the vaccine is before arriving on campus in the fall. The vaccine is available from your family health care provider and is also available at UHS for a fee. Students can call UHS at (608) 265-5600 to schedule an appointment to receive the vaccine.

Three doses are needed for complete protection. There is a minimum interval between the three shots, but it is never too late to complete the total of three, so there is no reason to start over. If you received the first or second dose at home, you can complete the series after you come to school. Students may prefer to finish the series at home during Thanksgiving or winter break, especially if it is covered by insurance. At the present time, additional booster doses are not recommended for persons with normal immune systems.

As with most vaccines, mild soreness may occur in the arm where the shot was given. Serious problems such as allergic reactions are very rare.

To comply with Wisconsin law [SS 36.25(46)], students who live in a residence hall must report whether or not they have received vaccinations against meningococcal disease and hepatitis B. You can fulfill this requirement by completing your online immunization and Health History Form at MyUHS. To sign up for your account, go to www.uhs.wisc.edu and click on MyUHS.