

## NEW STUDENT HEALTH AND WELLNESS CHECKLIST

ONLINE FORMS	INSTRUCTIONS	COMPLETED
Student Health Portal <i>Medical History and Wellness Form</i>	<b>Student only</b> must complete the online <i>Medical History and Wellness Form</i> .	
Student Health Portal <i>Immunization History Form</i> .	Complete online form <i>Immunization History</i> using documentation from your health care provider.	
Student Health Portal <i>Tuberculosis Screening Form</i> .	Complete online form <i>Tuberculosis Screening</i> .	
Student Health Portal <i>HS Plan Information</i>	Indicate what your health insurance coverage will be while at Bowdoin. <b>This does not exclude you from the waiver process.</b>	
Student Health Portal <i>Consent Form</i>	Review and sign the <i>Consent Form</i> . <b>If you will be under age 18 upon arrival, your parent/guardian must review and sign.</b>	
DOCUMENTS TO UPLOAD	INSTRUCTIONS	COMPLETED
Documentation of a physical within the last 18 months. You may use our form <b>OR</b> documentation from your health care provider. <b>If you plan to play intercollegiate sports you must use our physical form and have a physical dated within 6 months of the start of your athletic season.</b>	Upload to the Student Health Portal. Use the Document Type “ <i>Physical Exam Form</i> ”.	
Documentation of your immunizations. You may use our form OR we will accept an immunization record from your health care provider.	Upload to the Student Health Portal using the upload button within the online <i>Immunization History</i> form.	
Tuberculosis Testing Form- <i>only complete if indicated by the Tuberculosis Screening Tool</i> .	Upload to the Student Health Portal via the Tuberculosis Screening Form or using the Document Upload option.	
Health Insurance Card (if keeping home health insurance while at Bowdoin).	Upload images of the front and back of your insurance card via the HS Plan Information form	