

FREQUENTLY ASKED QUESTIONS

CSB HEALTH FORM

Q. Why is a physical required before going to college?

A. The purpose of a physical is to review your current health and immunizations (vaccines) as well as provide an opportunity to ask questions that you may have about your health. Once you have moved to college, you will be expected to know your medical history, including current medications, surgeries, allergies to medications, your family's history of disease and health insurance information. (It is also important that you have your insurance card with you at college.)

Having a physical exam before you leave assists you in addressing any health concerns. It also insures that you have met the State of Minnesota requirements for immunizations.

Q. I have had a recent physical. Will that exam meet the requirements of the required physical? What should I do?

A. The answer is that it depends upon why the physical was performed. For example, a sports physical to play softball, is designed to determine if you are physically safe to play the sport. If the purpose of the physical was to prepare you to go to college, the answer is "Yes." It would meet the requirements. If you are not certain, give a copy of the forms to your provider. The provider can determine if your physical is sufficient to prepare you for college. If it is sufficient, the forms will

need to be completed and signed by your provider, prior to sending them in.

Q. Who can do a physical for me?

A. Any licensed provider (nurse practitioner, physician assistant, and physician/doctor) you feel comfortable seeing.

Q. What immunizations are required to attend CSB?

A. The required immunizations are listed in the top box of page 2 of the CSB Health Form.

- ✓ Two doses of MMR (Measles, Mumps, Rubella). Dose #1 given at age 12 months or later. Dose #2 given at least 28 days after the first dose.
- ✓ Tetanus-Diphtheria Booster within the last 10 years.

Q. What other vaccinations should I consider?

A. The meningitis vaccine is recommended. In addition, Hepatitis A and HPV (Human papillomavirus to protect against cervical cancer), Hepatitis B, and Varicella are recommended. You may have received some of these vaccines already. Check with your health care provider during your physical exam to determine what is best for you.

Q. Who do I contact if I have questions about the requirement?

A. You can call (320) 363-5605; option #2. Please know that CSB Health Services is closed June 8th - August 8th each summer. However, staff members come in weekly during the summer to process submitted CSB Health Forms, as well as to check messages and return calls.

Q. What happens if I do not complete the requirements prior to coming to CSB Fall Semester?

A. If you had extenuating circumstances and could not fulfill the requirements before you arrived on campus, contact the CSB Health Services to discuss your options. If the requirements are not completed, a hold will be placed on your registration for the following semester.

Q. I plan to participate as an NCAA athlete. What do I need to do?

A. You will want to inform your health care provider that you plan to participate in NCAA inter-collegiate athletics and be sure that your provider completes the section for “Athletic Participation” on page 3 of the CSB Health Form. Make a copy of your completed health form and provide it to the Athletic Trainer, CSB Athletic Department.

Q. When is the CSB Health Form due?

A. The completed form is due by **June 15 for Fall admission and February 1 for Spring admission.** Please know that the CSB Health Center is closed June 8th - August 8th each summer. However, staff

members come in weekly during the summer to process submitted CSB Health Forms, as well as to check messages and return calls. We hope that the information on the website has answered your questions – if not, please call 320-363-5605 and leave a voice mail message. A staff member will return your call as soon as possible.

Mail your completed form to:

CSB Health Services
College of Saint Benedict
37 College Ave. South
St. Joseph, MN 56374

Or, FAX your completed form to:

320-363-6396.

Note. International Students – Do NOT mail your form. You can either bring your completed form to campus (*we will collect them at International Student Orientation*), or FAX the completed form.

Q. I'm not able to get the form in by the deadline – what should I do?

A. Please get it in as soon as possible. We understand that June is a hectic time for graduating seniors/entering first year college students, and that some students will not be able to get in to their health care providers until July or August. Please know that this will be OK – just work on getting the form submitted as soon you can. It may also help

to know that although the form is due by deadline June 15th for fall enrollment and February 1st for spring enrollment, the “*consequence*” of not meeting this deadline is a registration hold for the subsequent semester. *In other words, NOT getting the form submitted by the deadline will NOT impact enrollment status for the current term.*