

## 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 (*see the enclosed information*). 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. I lost my CSB Health Form. Where can I get another one?**

**A.** You can find a link to the form on the student portal at [www.csbsju.edu/enrolledstudents](http://www.csbsju.edu/enrolledstudents)

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

**A.** You can call (320) 363-5605; option #2. It is important to note that the CSB Health Services is closed from June 15, 2010 to August 1, 2010.

**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 spring registration.

**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, 2010.** Mail your completed form to: CSB Health Services, College of St. Benedict, and 37 College Ave. South, St. Joseph, MN. 56374

