

Name \_\_\_\_\_ Year of Enrollment: Fall or Spring \_\_\_\_\_

Simpson ID \_\_\_\_\_ Email \_\_\_\_\_

# SIMPSON COLLEGE



## Student Health Form

*Medical History, Physician's Report, and Immunizations*

The college requires that all full-time students have a current Student Health Form and record of immunizations on file in the Student Health Services (SHS) Office.

A yearly physical exam is recommended for all students, **but required for athletes**.

**Athletic Physicals:** Student athletes are required to submit proof of an annual physical exam prior to participation in practice/competition. NCAA regulations require that the physical exam be dated within **six months (after April 1, before August 1)** of the athlete's first scheduled practice. Turn completed forms into SHS which will be sent to the Athletic Department.

**International students:** International Students must complete the Tuberculosis Screening Form found at <http://simpson.edu/health-services/>. If the screening form indicates the need for a TB evaluation by a health care provider, that evaluation must take place prior to the student's arrival.

**Completed Health Forms:** Incoming first year and transfer students should return completed health forms (emergency contacts, medical history, and record of immunization) to Student Health Services at the Office of Student Development.

*Please return completed student health forms by August 1 for Fall Semester and December 1 for Spring Semester.*

### Student Health Insurance

- Simpson College requires all **International Students** and **Intercollegiate Student Athletes** to provide proof of health insurance. For all other students, health insurance is not required, but strongly recommended.
- **Athletes** must submit a copy of their insurance card and fill out forms through the electronic records system (ATS) before August 1. Instructions and a check list can be found on the athletics website at: <http://simpsonathletics.com/information/athletictraining/forms>. For questions, please contact Chris Fertal at [chris.fertal@simpson.edu](mailto:chris.fertal@simpson.edu).
- **International Students** will be enrolled and billed health insurance. The current insurance plan can be found at: <http://simpson.edu/health-services/student-health-insurance/>.
- **If students need to purchase health insurance**, options can be viewed at: <http://simpson.edu/health-services/student-health-insurance/>.

---

### *For Office Use Only:*

Date Received: \_\_\_\_\_

Student Athlete:  Yes  No

Copy to Athletic Office (date): \_\_\_\_\_

- CRI
- XSHI (EC, V)
- XSHI (HST)

# SIMPSON COLLEGE

## Student Health Records

Student's Name: \_\_\_\_\_ Preferred Name: \_\_\_\_\_  
Last First Middle

Birth date: M \_\_\_\_\_ D \_\_\_\_\_ Y \_\_\_\_\_ Sex: \_\_\_\_\_ Gender: \_\_\_\_\_ International Student: \_\_\_Y\_\_\_N Home Country: \_\_\_\_\_

Do you plan to participate in any Simpson College intercollegiate sports? \_\_\_Y\_\_\_N Sport(s) \_\_\_\_\_

Do you have health insurance? Y / N If so, who is the insurance provider? \_\_\_\_\_ (i.e. Blue Cross, Medicaid, etc.)

What state is the policy from? \_\_\_\_\_ Please check with your insurance provider for coverage in Indianola and Des Moines area. A list of providers can be found at: <http://simpson.edu/health-services/> Please make sure the student has an insurance card before arriving on campus. For questions: 515-961-1604.

Home Address: \_\_\_\_\_  
Street City State Zip Personal Cell Phone Home Phone

In case of emergency, please contact:

1. Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

2. Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

### Medical History - Family

	Age	Deceased	Significant Health issues
Father			
Mother			
Siblings			

### Medical History – Personal Please check if you have experienced, or have concerns about the following:

Have you had, or are you concerned about?	Yes	No		Yes	No		Yes	No		Yes	No
Anxiety			Eating disorder			Measles (German)			Shortness of breath		
Asthma			Eye trouble			Migraine headaches			Sickle Cell Trait Testing ( +/-)		
Attention Deficit Disorder			Frequent indigestion			Mononucleosis			Sinusitis		
Back pain			Gallbladder trouble			Mumps			Stomach/intestinal trouble		
Bronchitis			Gum/tooth trouble			Panic attacks			Strep Throat		
Cancer			Hay fever/seasonal allergy			Pneumonia			Trouble Sleeping		
Chemical dependency			Head injury			Polio			Tuberculosis		
Chest pain/pressure			Heart murmur			Recent wt. gain/loss			Urinary Tract/Kidney problems		
Chicken pox			Heart palpitation			Recurrent colds			Weakness; paralysis		
Chronic cough			Heat Illness			Recurrent diarrhea			<b>*Explain other conditions</b>		
<b>**Number of Concussions:</b>			High/low blood pressure			Recurrent headaches					
Depression			Jaundice/Hepatitis			Rheumatic fever					
Diabetes			Joint injury			Scarlet fever					
Dizziness/fainting			Malaria			Sexually Transmitted Infection					
Ear/nose/throat trouble			Measles			Seizure Disorder					

**\*Please explain any "yes" answers in the Personal Medical History and any other information relevant to your health:**

**\*\* Concussions: Please provide information and dates:**

	Yes	No	Comments
Have you had any illness or injury or surgery which required hospitalization?			
At any time, have any of your activities been restricted due to illness, injury, etc? Please explain if yes.			
Have you ever experienced any personal or emotional difficulties which required professional attention?			<b>For more information about Mental Health Services, contact Simpson College Counseling Services at 515-961-1556 or visit the web site at <a href="http://simpson.edu/counseling-services/">http://simpson.edu/counseling-services/</a> .</b>
Please list dates for your last: -Medical Exam -Dental exam -Eye exam			
Please list any medications you currently take, including over the counter, and herbal supplements:			
Please list any allergies and reactions (including medications, food, and environmental):			

# SIMPSON COLLEGE

## *Physician's Report*

**Physical examinations are required for all athletes** and strongly recommended for non-athletes. Athletic physicals must be conducted within 6 months (after April 1, before August 1) of the first scheduled practice. **Physical forms for athletes need to be submitted by August 1 to be eligible.**

### Examination

Height \_\_\_\_\_ Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ / \_\_\_\_\_

Vision L \_\_\_\_\_ R \_\_\_\_\_ Glasses Yes \_\_\_\_\_ No \_\_\_\_\_

Anisocoria L \_\_\_\_\_ R \_\_\_\_\_ Contact Lenses Yes \_\_\_\_\_ No \_\_\_\_\_

Eye Protection Yes \_\_\_\_\_ No \_\_\_\_\_

### Medical Exam

	Normal	Abnormal	Comments
HEENT Fundoscopic Exam			
Ears			
Mouth			
Throat			
Dental			
Thyroid			
Nodes			
Lungs			
Heart/Murmurs			
Abdomen			
Genitalia			
Hernia			
Skin			
Body Fat% (opt)			

Labs if indicated \_\_\_\_\_

Urinalysis Albumin \_\_\_\_\_ Sugar \_\_\_\_\_ Sp.Gr. \_\_\_\_\_

Hematocrit \_\_\_\_\_ or Hemoglobin \_\_\_\_\_ TB Test \_\_\_\_\_ Date Read \_\_\_\_\_

### Musculoskeletal

	Normal	Abnormal		Normal	Abnormal
Neck			Quad/Hamstring		
Shoulder			Ankle/feet		
Elbow			Back/spine		
Hands			Toe/Heel Walk		
Wrist			Duck Walk		
Knees					

**Comments:** \_\_\_\_\_

### Below Required for Athletes

I certify that \_\_\_\_\_ has been evaluated in the following areas as indicated below to be physically fit to participate in school interscholastic activities:

Medical History: Y/N \_\_\_\_\_ (name) Collision Sports \_\_\_\_\_ Cleared \_\_\_\_\_ **Not Cleared**

Medical Exam: Normal/Abnormal \_\_\_\_\_ (name) Contact Sports \_\_\_\_\_ Cleared \_\_\_\_\_ **Not Cleared**

Musculoskeletal: Normal/Abnormal \_\_\_\_\_ (name) Non-Contact Sports \_\_\_\_\_ Cleared \_\_\_\_\_ **Not Cleared**

**If not cleared, reason given:** \_\_\_\_\_ Modifications or exceptions \_\_\_\_\_

➔ **Attending Physician signature (MD, DO, PA, NP)** \_\_\_\_\_

Print Name \_\_\_\_\_ Date \_\_\_\_\_

**Student Name** \_\_\_\_\_

***Immunization History***

*Please fill in the dates below.*

**REQUIRED IMMUNIZATIONS**

**MMR** (Measles, Mumps, Rubella)

Dose #1 \_\_\_\_\_ Dose #2 \_\_\_\_\_

**Diphtheria/Tetanus/Pertussis**

Date last dose received (within past 10 years) \_\_\_\_\_

**Polio**

Date last dose received \_\_\_\_\_

**Meningococcal: MenACWY** \_\_\_\_\_

Dose #1 \_\_\_\_\_ Dose #2 if required \_\_\_\_\_

**Recommended Immunizations**

**Meningococcal B**

Dose #1 \_\_\_\_\_ Dose #2 if required \_\_\_\_\_

**Hepatitis B**

Dose #1 \_\_\_\_\_

Dose #2 \_\_\_\_\_

Dose #3 \_\_\_\_\_

**Hepatitis A**

Dose #1 \_\_\_\_\_

Dose #2 \_\_\_\_\_

**Varicella** (birth in the U.S. before 1980, a history of chicken pox, a positive Varicella antibody, or two doses of vaccine meets the requirement)

Dose #1 \_\_\_\_\_

Dose #2 (if applicable) \_\_\_\_\_

History of the disease: \_\_\_\_ Yes \_\_\_\_ No

Varicella antibody: Date \_\_\_\_\_

Result: \_\_\_\_ Reactive \_\_\_\_ Non-reactive

Birth in the U.S. prior to 1980: \_\_\_\_ Yes \_\_\_\_ No

**ALL STUDENTS need to read and sign below:**

I certify the information on this health form is true and accurate.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (required if student is under age 18) \_\_\_\_\_ Date \_\_\_\_\_

My signature below indicates I have read the attached information regarding meningitis and its risks to college students. I am aware vaccines are available for Meningococcal B and of the benefits of this vaccine.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (required if student is under age 18) \_\_\_\_\_ Date \_\_\_\_\_

**STUDENT ATHLETES ONLY need to read and sign below:**

I do not know of any existing physical condition or additional health concerns that would preclude participation in sports. I certify the information on this health form is true and accurate. I approve participation in athletic activities. I authorize Student Health Services to release the information contained within this form to the Athletic Department in order to comply with NCAA regulations.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature (required if student is under age 18) \_\_\_\_\_ Date \_\_\_\_\_