



Health & Counseling Services

31 College Drive

Concord, NH 03301

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phone: 603.230.4043

Residence Life & Sports

Frequently Asked Questions (FAQs)

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****NOTE:** *These questions are cross-referenced in the document below. If you put your mouse over the question of interest, you should be able to **hit CTRL-click** ('click' with your mouse) and it will take you to that question and answer.*

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Frequently Asked Questions (FAQs)

1. How do I get cleared for housing (Residence Life)?

Answer: You submit this [Health History Form](#), and you submit documentation of the following to the Health & Counseling Center:

- *physical exam within the past year;*
- *measles/mumps/rubella (MMR1 and MMR2) after 1980 OR a positive antibody titer (a blood test that shows you have immunity)*
- *and a TD or TDAP (tetanus/diphtheria/pertussis vaccine) done within the past 10 years.*

2. How do I get cleared for sports?

Answer: You submit this [Health History Form](#), and you submit documentation of the following to the Health & Counseling Center:

- *physical exam within the past year;*
- *measles/mumps/rubella (MMR1 and MMR2) after 1980 OR a positive antibody titer (a blood test that shows you have immunity)*
- *TD or TDAP (tetanus/diphtheria/pertussis vaccine) done within the past 10 years;*
- *and a copy of your insurance card.*

3. What if I don't have record of my immunizations?

Answer: *You will need to get titers done to check for immunity:*

- *MMR Titer*

In addition, you will also need to have the following done:

- *TDAP or TD*

4. What if I don't have insurance?

Answer: *NHTI does not offer insurance. Students who require insurance can check with private insurance options or apply (at any time!) to <https://www.healthcare.gov/>.*

You can get help navigating the Healthcare.gov website for FREE by members of your local community health centers. To find the one closest to you, please go to findahealthcenter.org (it will redirect to <https://bistatepca.org/index.php?page=centers>).

Please know that we are able to offer immunizations for free for those who do not have insurance. Please contact us for more information - phone: 603.230.4043 – email: nhtihealthservices@ccsnh.edu.

5. I don't have a doctor. Where can I get a physical?

Answer:

- *You can get a free physical exam here at the Health & Counseling Center; no insurance required. Please note, however, that this is available on the following day only: **Wednesdays Noon – 2:00pm during the academic year.***

We require scheduling an appointment for a physical exam. Call us at 603.230.4043 or email us at nhtihealthservices@ccsnh.edu.

- You can go to any [Convenient MD](#).
- or [CVS Minute Clinic](#),
- or [Concentra](#).
- If you do not have insurance, you can come in to the Health & Counseling Center and get a voucher for a free physical exam at [any Convenient MD location in the state](#).

6. Does my doctor need to fill out the Health History Form?

Answer: YES. Your doctor (or healthcare provider) needs to fill out pages 3 & 4 of the [Health History Form](#).

7. Does Health Services offer immunizations or titers? Is there a fee?

Answer: We offer the following:

- Color blindness testing (no charge)
- Hepatitis B
- Hepatitis B Titer
- Meningitis
- MMR (Measles, Mumps, Rubella)
- MMR Titer
- Physical exams (no charge, but only during the academic year)
- TDAP
- Varicella Titer

There is a charge for most of these services, but we offer cost-effective rates. Because these fees are subject to change, please contact us if you have

questions about this. (Health & Counseling phone: 603.230.4043 – email: nhtihealthservices@ccsnh.edu)

We do not take payment at the Health & Counseling Center for any service. All charges are submitted to your Student Account with the Bursar's Office.

Payment is due immediately through your Student Account. Please also note that if you pay via credit or debit card online, you will be charged a fee of 2.75% for the total charges. Any questions about payment should be addressed to the Bursar's Office: email – nhtibursar@ccsnh.edu or phone: 603.230.4012.

8. Can I submit my medical information one piece at a time?

Answer: *The majority of your medical information should be handed in together (although preferably it would be handed in all at once). You can submit it [in person](#), through our Health & Counseling fax: 603.230.9308, or email: nhtihealthservices@ccsnh.edu*

Please be aware that we will need 2 business days to process any new medical information submitted.

9. Do I need to use a special form to submit health information to you?

Answer: **YES.** *In terms of your personal health information, we require you fill out this: [Health History Form](#). Your doctor or healthcare provider will need to complete pages 3 & 4.*

10. How can I get my medical information to you?

Answer:

- *Our fax number is 603.230.9308;*
- *our email address is nhtihealthservices@ccsnh.edu;*
- *you can leave it in the drop-box to the right of our front door in the Student Center;*
- *our mailing address is: NHTI Health & Counseling Center
31 College Drive
Concord, NH 03301*

11. Where are you located within the campus?

Answer: *We are located in the [Student Center](#) near the fireplace. (SC 103 or Student Center 103 Health & Counseling)*

12. I can't make it to your office during business hours, but I'm on campus. How can I make sure my medical information gets to you?

Answer: *We have a drop-off box to the right of our front door in the Student Center. You are always welcome to submit information there.*

13. Do I need to submit a new Health History Form each year?

Answer: *If you have already submitted your [Health History Form](#) and all requisite health information, you do not need to re-submit it. In other words, if you submitted all of this information last year—and you were cleared—then you don't have to resubmit it over again.*

But you DO need to:

- *submit any changes or updates to your health information.*

- *If your physical exam was done over 3 years ago, you'll need have a new one and submit that information to us.*
- *If your tetanus shot is older than 10 years, you will need to get another one and submit that information to us.*

Please call (603.230.4043) or stop by our office if you have any questions.