

HEALTH SERVICES FAQ: RESIDENCE AND SPORTS

How do I get cleared for housing?

You submit a Health History Form with documentation of the following to the Health and Counseling Center:

- A physical exam within the past year
- An MMR1 and MMR2 after 1980 or a positive antibody titer
- TD or TDAP within the past 10 years

How do I get cleared for sports?

You submit a Health History Form with documentation of the following to the Health and Counseling Center:

- A physical exam within the past year
- An MMR1 and MMR2 after 1980 or a positive antibody titer
- TD or TDAP within the past 10 years
- A copy of your insurance card

What if I don't have insurance?

NHTI does not offer insurance. You can check with private insurance or apply to healthcare.gov, which offers affordable options. N.H. residents have free help through N.H. Navigator to get the best insurance option through healthcare.gov: <https://acanavigator.com/nh/home>

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

We require you fill out this [Health History Form](#). Your doctor or healthcare provider will either need to complete the [Physical and Immunization Form](#) or fax a record of your physical exam and immunizations to us at 603-230-9308.

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

If you have already submitted your Health History Form and all requisite health information, you do not need to re-submit it, but you do need to:

- Submit any changes or updates to your health information.
- Have a new physical (if it's more than 3 years old) and submit that information to us.
- Get a new tetanus shot (TDAP) if it's more than 10 years old and submit that information to us. We accept either TDAP or TD.

Contact us if you have questions: NHTIhealthservices@ccsnh.edu or 603-230-4043.

I do not have a doctor. Where can I get a physical?

You can get a free physical exam at the Health and Counseling Center; no insurance is required. This is only available on certain days each semester. We require that you schedule an appointment for a physical exam at 603-230-4043 or NHTIhealthservices@ccsnh.edu. You can go to any [Convenient MD](#), [CVS Minute Clinic](#) or [Concentra](#). If you do not have insurance, we can give you a voucher for a free physical exam at [any Convenient MD](#) location in the state.

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

Contact us for more information: NHTIHealthServices@ccsnh.edu or 603-230-4043

Does Health Services offer TB testing, immunizations, or titers? Is there a fee?

We offer:

- Color blindness testing (free)
- Flu shots (free during flu season)
- Hepatitis B and Hepatitis B titer
- Meningitis
- MMR and MMR titer
- Physical exams (free)
- Pregnancy tests
- Sexually transmitted infections (STIs/STDs) testing
- TB skin tests (free clinics offered in the summer)
- TDAP
- UTI testing
- Varicella titer

There's a charge for most of these services, but we offer cost-effective rates. Because the fees are subject to change, contact us if you have questions: 603-230-4043 or NHTIhealthservices@ccsnh.edu.

We do not take payment at the Health and Counseling Center. All charges are submitted to your student account with the Bursar's Office. Payment is due immediately. If you pay via credit or debit card online, you will be charged a 2.75% fee for the total charges. Any questions about payment should be addressed to the Bursar's Office: NHTIbursar@ccsnh.edu or 603-230-4012.

Where are you located on campus?

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

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

The majority of your medical information should be handed in together. You can submit it:

- By the upload feature on the bottom of any page here: <https://www.nhti.edu/services/campus-resources/health-services/>
- By email: NHTIhealthservices@ccsnh.edu
- By fax: 603-230-9308

Please be aware that we need two business days to process any new medical information.

How can I get my medical information to you?

You can submit it:

- By the upload feature on the bottom of any page here: <https://www.nhti.edu/services/campus-resources/health-services/>
- By email: NHTIhealthservices@ccsnh.edu
- By fax: 603-230-9308
- By regular mail: NHTI Health Services, 31 College Drive, Concord, NH 03301.

Please be aware that we need two business days to process any new medical information.