

**HEALTH SERVICES****RESIDENCE LIFE AND SPORTS: FAQs**

**How do I get cleared for housing?**

**How do I get cleared for sports?**

**What if I do not have record of my immunizations?**

**What if I do not have insurance?**

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

**Does my doctor need to fill out the Physical Exam and Immunization Form?**

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

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

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

**How can I get my medical information to you?**

**Where are you located on the campus?**

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

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

## How do I get cleared for housing?

You will need to complete the Health History Form found [on this page](#) under the “Residence Hall and Sports” tab and submit that to one of the following places: by the upload feature on the bottom of the [Health Services page](#); by email to [nhtihealthservices@ccsnh.edu](mailto:nhtihealthservices@ccsnh.edu); or by fax at 603.230.9308.

In total, you will need to submit a Health History Form, documentation of a physical exam within the past year, MMR1 and MMR2 done after 1980 or a positive antibody titer, and a TD or TDAP done within the past 10 years.

## How do I get cleared for sports?

You will need to complete the Health History Form found [on this page](#) under the “Residence Hall and Sports” tab and submit that to one of the following places: by the upload feature on the bottom of the [Health Services page](#); by email to [nhtihealthservices@ccsnh.edu](mailto:nhtihealthservices@ccsnh.edu); or by fax at 603.230.9308.

In total, you will need to submit a Health History Form, documentation of a physical exam within the past year, MMR1 and MMR2 done after 1980 or a positive antibody titer, and a TD or TDAP done within the past 10 years.

## What if I do not have record of my immunizations?

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

- MMR titer

You will also need to have the following done:

- TDAP or TD

## What if I do not have insurance?

NHTI does not offer insurance. Students who require insurance can check with private insurance options or apply at <https://www.healthcare.gov/>. You can get help navigating the healthcare.gov website at either <https://acanavigator.com/nh/home> or at your local community health center. To find the one closest to you, go to [findahealthcenter.org](http://findahealthcenter.org).

It is critical that you know the NHTI insurance policy:

- Proof of health insurance is required by submitting a copy of your insurance card. Active military students can submit a copy of your military ID. To be accepted, health insurance must meet the following criteria:
  - Be a U.S.-based insurance plan;
  - Provides the “10 Essential Health Benefits” specified in the Affordable Care Act
  - Includes access to hospital and physician providers in the area where you are attending NHTI
  - Remains in effect for the entire semester (except for termination due to the attainment of a maximum age, or other situation resulting in a loss of plan eligibility)
- The follow plans do not meet the criteria:
  - An accident-only policy
  - A short-term limited-duration health plan that does not meet the requirements of the Affordable Care Act
  - A ministry sharing plan, even if it is recognized by the ACA

- Any other health benefits program (e.g., a community care program) that is not recognized by the state of N.H. as being health insurance (or is not a health benefits plan governed by the Employee Retirement Income Security Act of 1974) and does not meet all of the requirements specified above.

We can offer free immunizations for those who do not have insurance. Please contact us for more information: 603.230.4043 or [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu).

We also post classes and free clinics on [Twitter](#), [Facebook](#), and [Instagram](#)

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

You can get a free physical exam at NHTI's Health and Counseling Center, and no insurance is required. Please note that this is only available on certain days each semester. We require that you schedule an appointment for a physical exam: 603-230-4043 or [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu).

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

### **Does my doctor need to fill out the Physical Exam and Immunization Form?**

Yes, it can only be completed by your healthcare provider. If you are unable to have your healthcare provider fill it out, please send us your physical exam and immunization records from your doctor or your high school.

### **Does Health Services offer immunizations or titers? Is there a fee?**

We offer the following:

- Color blindness testing (free)
- Hepatitis B
- Hepatitis B titer
- Meningitis
- MMR
- MMR titer
- Physical exams (free, but only on certain days during the academic year)
- TB tests (free)
- TDAP
- Varicella titer

For those services that carry a charge, we offer cost-effective rates. Because these fees are subject to change, contact us if you have questions: 603-230-4043 or [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu).

We do not take payment at the Health and 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. If you pay via credit or debit card online, you will be charged a fee of 2.75%. Any questions about payment should be addressed to the Bursar's Office: [NHTIbursar@ccsnh.edu](mailto:NHTIbursar@ccsnh.edu) or 603-230-4012.

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

Send in as much as you can as soon as you can. You can submit it to one of the following places:

- The upload feature [on the bottom of any page here](#)

- Via email: [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu)
- By fax 603-230-9308

We will need 2 business days to process any new medical information submitted.

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

Yes. Forms are found [on this page](#) under the “Residence Hall and Sports” tab.

### **How can I get my medical information to you?**

- The upload feature [on the bottom of any page here](#)
- Via email to [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu)
- By fax to 603-230-9308

### **Where are you located on the campus?**

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

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

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

### **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. In other words, if you submitted all of this information last year and you were cleared, you do not have to resubmit it over again.

You do, however, need to submit any changes or updates to your health information. If your physical exam was done 3+ years ago, you need have a new one and submit that information to us. If your tetanus shot is older than 10 years, you need to get another one and submit that information to us.

Please call 603-230-4043 or email us at [NHTIhealthservices@ccsnh.edu](mailto:NHTIhealthservices@ccsnh.edu) if you have questions.