

WELCOME!



As the director of the Student Health Services, I am excited to hear that you are coming to Waldorf. I look forward to assisting you in maintaining good health during your years here.

Enclosed in this letter are the necessary forms required of all first year and transfer students. All forms are due no later than the first day of classes at Waldorf College. Student athletes must submit these forms prior to participating in any intercollegiate athletics.

_____ Medical history and physical examination form

_____ Immunization Form

Required immunizations:

- Polio series with 1 booster
- Tetanus-diphtheria booster (within past 10 years)
- Proof of 2 MMR (measles, mumps, & rubella) vaccinations
- Varicella (chicken pox) vaccination or had the disease
- Tuberculin mantoux skin test (PPD) must be done within the last year
 - If positive, a chest x-ray and findings must be documented.

Recommended immunizations:

- Hepatitis B
- Meningitis
- Influenza

_____ Insurance Form - **must have a copy of you or your parent's insurance card**

Please note, sending a copy of your personal primary insurance cards and/or information to Nurse Mary, the Athletic Trainer, or anyone else at Waldorf College DOES NOT waive the student off of Waldorf's insurance plan. If you have questions on how to waive off Waldorf College's primary health insurance plan, please contact Bev Retland at 641.585.8144 or retlandb@waldorf.edu.

_____ Meningitis

- The American College Health Association recommends that all students consider the meningitis vaccine. Please read enclosed letter.

Please do not hesitate to contact me if you have any questions regarding the health services offered at Waldorf. I look forward to meeting you!

Sincerely,

Mary Mathiasen, RN
Director of Student Health Services
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