



Samuel Merritt University
Student Health And Counseling
(SHAC)
Peralta Medical Office Building
3100 Telegraph Avenue, Suite 3105
Oakland, CA 94609
Telephone (510) 869-6629

**Congratulations on your admission to Samuel Merritt University.
Welcome to the SHAC!
(Student Health and Counseling)**

REQUIRED FORMS

All students are required to complete the *Student Health Forms* as soon as you have been accepted to the program, **but no later than 30 days before your program start date in order to avoid a registration hold.** All required health information must be entered on the [Student Health Portal](#) (SHP) and supporting documents must be uploaded to the [Student Health Portal](#) (SHP) at <https://studenthealth.samuelmerritt.edu/>. Documents submitted by mail, email, fax, or hand-delivered will NOT be accepted and documents will not be returned.

Required vaccines are offered at Student Health and Counseling Center for a fee. Appointments are required and can be scheduled by calling the SHAC. Students consulting their own healthcare provider must have their provider fill out and sign the Immunization form (office stamp required).

Mandatory Student Health Insurance Enrollment Form must be completed [online](#) at <https://app.hsac.com/smu>. All SMU students are required to have acceptable medical health insurance coverage in effect by their program's first day of orientation. For more information, please visit the [insurance website](#).

SERVICES

We invite you to utilize our clinic for your health care needs during your academic tenure. We provide health care screenings, minor acute care, family planning, as well as counseling services. We understand that student life can be a difficult transitional period with increased pressure and stress, our counseling staff works to help students understand this period. All currently enrolled SMU students are eligible for up to 10 counseling appointments per calendar year.

Medical visits at SHAC are free of charge to currently enrolled students. Please call Student Health and Counseling Center at (510) 869-6629 for an appointment. Our fees schedule for the required vaccines is listed below (fees updated on 3/1/16.) Full payment is required at the time of service. **We only accept cash or check.**

PPD Skin Test	No charge	Tdap Vaccine	\$50
Flu Vaccine	No charge	Hepatitis B Vaccine	\$70 per dose
Varicella Vaccine	\$100 per dose	MMR Vaccine	\$70 per dose

For x-rays, laboratory tests such as Complete Blood Count (CBC), titers, Pap smear, or other diagnostic tests, we will refer you to the appropriate labs. You will be responsible for any lab charges incurred at the laboratory.

Save this cover letter for future reference, [upload the required documents](#), and keep the completed health forms for your records. We look forward to meeting and working with you!



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Student Health Record Checklist

(All health records are due 30 days before your Official Program Start Date)

Below are the health records that must be submitted online upon acceptance to Samuel Merritt University. Documentations consist of: Student Health Form; Health & Family History; Immunization records (*yellow card, physician's vaccine records, or SMU's immunization history that must be completed, signed, and dated by a MD, PA or NP*); lab reports; and Consent to Release Records. *Any blood titers submitted for Hep B, MMR, and Varicella must show positive immunity; otherwise, the entire vaccine series (not just a booster) must be repeated. **This checklist is for your record only. You do not need to upload this page online.***

- **Flu Vaccine:** Required in August every flu season
- **Tdap (Tetanus, Diphtheria, Pertussis):** One Tdap vaccine within the past 10 years. *Td will not satisfy this requirement*
- **Hepatitis B Vaccine:** 3 doses required. Dose 1 to Dose 2: minimum 4weeks apart; Dose 2 to dose 3: minimum 8 weeks apart AND at least 16 weeks after first dose **Or**
Positive Hepatitis B sAb Titer (surface antibody)
- **MMR (measles, mumps, rubella) Vaccines:** 2 doses required (no age exception due to our health science institution.) Minimum 4 weeks apart between Dose 1 to Dose 2. **Or**
Positive Rubeola IgG Titer, positive Rubella IgG Titer, and positive Mumps IgG Titer
- **Varicella Vaccination:** 2 doses required. Minimum 4 weeks apart between Dose 1 to Dose 2. **Or**
Positive Varicella Zoster IgG Titer
- **Tuberculosis Skin Test (TST) aka PPD:** (*Must be done within 6 months before your program start day*)
 - Negative 2-step PPD: 2-step as defined by CDC: 1st test placed and read within 48-72 hours. 2nd test placed at least 1 week after 1st placement, but no longer that 3weeks, and read within 48-72 hours.
Or
 - A negative Quantiferon TB Gold blood test (IGRA) (*Must be done within 6 months before program start day*)
Or
- **Individual with a history of Positive TST (PPD):**
 - A negative chest x-ray (within **12 months** before program start date; CXR report is required.) **And**
 - Completed Tuberculosis Screening Survey. Depending on date of conversion, evidence of latent tuberculosis treatment may be required.
- **Student Health Insurance:** All students are required to have medical insurance coverage as of first day of program orientation. Apply for Waiver online if you already have insurance coverage
- **Student Health Record, Consent to Release Record, and Health History Forms** (p.3-7 of this packet)
- **There might be additional requirements from your academic program**



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Student Health Record

LAST NAME	FIRST	MIDDLE	GENDER	DATE OF BIRTH (MM/DD/YYYY)					
LOCAL				STUDENT CONTACT NUMBERS					
Address:				Local Home Phone: ()					
City/State/Zip:				Mobile Phone: ()					
PERMANENT HOME ADDRESS (If different)				Permanent Home Phone: ()					
Address:				E-mail Address:					
City/State/Zip:									
EMERGENCY CONTACT				EMERGENCY CONTACT NUMBERS					
Name:				Home Phone:					
Relationship:				Cell Phone:					
Address:				Work Phone:					
City/State/Zip:									
CAMPUS LOCATION (check one)				TERM ENTERING (check one)			YEAR ENTERING		
Oakland	SF Peninsula	Sacramento	Online	Fall	Spring	Summer			
ACADEMIC PROGRAM ENTERING (check one)									
RN-BSN	BSN	ABS N	ELMSN, CM, FNP FNP/DNP, DNP	T2P	CRNA	MPA	DPT	MOT	DPM

Consent for Treatment and Limited Release of Records

CONFIDENTIALITY: Unless you give permission, no confidential information (other than as indicated below) is provided to any other department of the University or to anyone or other organization outside the University. In addition, the information you provide on these forms is not seen by the Admission staff and does not impact consideration of your application for admission.

TREATMENT: I hereby authorize Student Health & Counseling Center / Summit Medical Center to provide such medical services as deemed necessary during the period of time that I am a student at Samuel Merritt University.

LIMITS OF RELEASE OF RECORDS: I give permission for Samuel Merritt University Student Health & Counseling Center to make available information regarding dates of my completion of physical exams, immunization requirements and PPD testing results to my clinical instructors and to the clinical institutions where I will train.

The information provided above and on the attached forms is complete and true to the best of my knowledge.

Student Signature: _____ Date _____

Parent or Guardian Signature: _____ Date _____
(for students under 18 years old)

PRINT Student Name: _____ **Date of Birth:** _____

Student Name _____ Date of Birth _____



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Consent to Release Records

I, (print name clearly) _____, hereby give my consent to Samuel Merritt University to release any and all of the following information to clinical agencies and training sites that are part of my clinical experiences, for my education at Samuel Merritt University.

I, (print name clearly) _____, hereby give my consent to Student Health at Samuel Merritt University to release my immunization records including but not limited to immunization dates and results, lab results, and my TB Skin Test results to my educational department to share with clinical agencies and training sites that are part of my clinical experiences for my education at Samuel Merritt University.

- Name, local address, e-mail address, phone number
- Birth date
- Criminal Background check
- Immunization records and/or titres with dates and results
- TB Skin Test results
- Lab results
- Health Compliance Records
- Verification of health insurance (if applicable)
- Last 4-digits of social security number
- CPR
- Blood borne pathogen training dates (Health)
- HIPAA training dates
- Health Care licensure (if applicable)

I understand that this information is used solely for the necessary operations at the clinical agencies and training sites, including but not limited to credentialing, computer access, medication systems, and building access during my clinical rotation.

Signature of Student _____ Date _____

Personal Health History p.1

CONFIDENTIAL MEDICAL HISTORY: On the following pages, if you need to list additional items or explanations, utilize any extra space within the section or continue on the back side of the appropriate page (making note of this within that section).



Check all that apply, if you have or have had any of the following.

- | | | |
|---|---|---|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Emotional abuse | <input type="checkbox"/> Lupus erythematosus |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Emphysema | <input type="checkbox"/> Migraine headache |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Neurological disorders |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Frequent urine infection | <input type="checkbox"/> Physical abuse |
| <input type="checkbox"/> Auto-immune disease | <input type="checkbox"/> Hearing problems | <input type="checkbox"/> Sexual relations against your will |
| <input type="checkbox"/> Back injury or surgery | <input type="checkbox"/> Heart disease | <input type="checkbox"/> Sickle cell disease |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Skin problems |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Hernia | <input type="checkbox"/> Stomach or bowel ulcers |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Drug/alcohol abuse | <input type="checkbox"/> Kidney disease | <input type="checkbox"/> Vision problems |
| <input type="checkbox"/> Eating disorder | <input type="checkbox"/> Learning disability | <input type="checkbox"/> Weight loss or gain |
- NONE of the above**

Surgeries and Hospitalizations



List dates, types of surgery (if applicable), and reasons for hospitalization.

Date	Surgery or Hospitalization
_____	_____
_____	_____
_____	_____

Describe any other significant health conditions you may have, including physical limitations: _____

Provide details of any conditions that you have indicated above.

Condition & Current Status	How Controlled	Dates of Onset & When Resolved
_____	_____	_____
_____	_____	_____
_____	_____	_____

No Surgery or Hospitalization

Personal Health History: Allergies p.2



List allergies to any medications and other substances, and describe the type of reaction to each.

Allergy	Reaction
_____	_____
_____	_____
_____	_____

NO Known Drug/Allergies

Medications



List all medications you are currently taking. Include birth control pills, vitamins, medicinal herbs, and non-prescription medications.

Medication	Dose & Frequency	Reason for taking this medicine
_____	_____	_____
_____	_____	_____
_____	_____	_____

NONE

Personal Habits



Briefly describe your current dietary and exercise habits.

How much?

How much?

Check all the apply:

- Smoke Cigarettes _____
- Smoke cigars _____
- Chew tobacco _____

- Recreational Drugs _____
- Drink coffee _____
- Drink tea _____
- Drink alcohol _____

Diet: _____

Exercise: _____

Student Name _____ Date of Birth _____

Personal Health History: Family p.3

Family Health History: Please check all that apply

Illness	Mother	Father	MGM*	MGF*	PGM*	PGF*	Siblings	Children
Alcoholism								
Allergies								
Asthma								
Cancer, breast								
Cancer, other **								
Chronic lung disease								
Diabetes								
Heart disease								
High blood pressure								
Osteoporosis								
Stroke								
Thyroid disease								

* MGM (maternal grandmother), MGF (maternal grandfather), PGM (paternal grandmother), PGF (paternal grandfather)

** For other cancer, please list type: _____

NONE of the above

Social History

List all current members of your household. Include spouse or significant other, children, other family members, and any other people who live with you.

Name	Relationship	Age	Current Health Status
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Sexual History (Optional)

For Female Only:

Date of last pap smear: _____

Do you think you could be pregnant now? __Yes __No

Any pregnancies? __Yes __No How many? _____

Both Male and Female:

Have you ever had sexual contact? __Yes __No

If yes, with: ___Men ___Women ___Both

Number of lifetime partners: _____

Condom use: ___Always ___Sometimes ___Never

Immunization History (Signed by MD, PA, NP Only)



You must either: 1) Enter and upload documentation to Student Health Portal: your childhood immunization records, vaccine (yellow) card, hospital or physician's records, lab reports **OR**

2) Have your healthcare provider (physician, physician assistant, or nurse practitioner) verify dates and results from your records, fill out and sign this form and upload to Student Health Portal

Any blood work done for titers/antibodies must show positive immunity; otherwise, entire vaccine series must be repeated/completed *(not just a booster)*. **All dates must be in MM/DD/YYYY format**

Health Requirement	Dates (MM/DD/YYYY)	Result / Immunity	Notes
FLU VACCINE (Seasonal)	Date: _____		<i>Required in August every flu season</i>
Tdap (Td will not be accepted) (Tetanus, Diphtheria, Pertussis)	Date: _____		<i>Within last 10 years from program start date</i>
HEPATITIS B Vaccines (3 doses)	1. _____ 2. _____ 3. _____		
or Hepatitis B sAb Titer	Dates: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	<i>If negative, need to repeat 3 doses of vaccines.</i>
MMR—MEASLES, MUMPS, RUBELLA Vaccines (1 or 2 doses, see note)	1. _____ 2. _____		<i>(no age exception due to health science institution)</i>
or Rubeola IgG Titer	Date: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	<i>If any are negative, need to repeat 2 doses of vaccines.</i>
Rubella IgG Titer	Date: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	
Mumps IgG Titer	Date: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	
VARICELLA Vaccines (2 doses)	1. _____ 2. _____		<i>History of Varicella does <u>not</u> fulfill this requirement. If you had the chickenpox, have your titer checked</i>
or Varicella Zoster IgG Titer	Dates: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	<i>If negative, need 2 doses of vaccines.</i>
PPD—TB SKIN TEST Negative 2-step PPD* <i>*A two-step PPD is two separate PPD placement; within 1-3 weeks apart.</i>	1 st step placement Date: _____ 2 nd step placement Date: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg. <input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	PPDs must be done within 6 months before program start date Induration (mm): _____ Induration (mm): _____
OR Quantiferon-TB Gold	Date: _____	<input type="checkbox"/> Pos. <input type="checkbox"/> Neg.	Quantiferon TB Gold must be done within 6 months before Program start date
OR Positive PPD History			
Chest X-Ray	Date: _____	Result	X-ray within 12 mos. before Program start date
TB Screening Survey	Date: _____		Student must fill out Tuberculosis Screening Survey

I have verified all dates and results, and certify them to be correct to the best of my knowledge.

Health Provider Signature: ? _____ Date Signed: _____

Provider's Name (Print) _____ Address: _____

Provider's Title _____ City/State/Zip: _____

Provider's Telephone: _____

Student Name: _____ Date of Birth: _____

Tuberculosis Screening Survey
(Only complete if you have a history of POSITIVE PPD)

NOTE: Do not upload this form if you have always had a negative PPD

Complete this page only if you have had a positive PPD skin test in the past.
 You will also need to fill out and **upload a new survey** on the Student Health Portal **every 12 months** while a student at SMU.

1. Date of last **positive PPD** (MM/DD/YYYY): _____ Test Result: _____ mm induration
2. Where were you born? _____
 If you were born outside of the United States, how long have you been here? _____
3. Have you had vaccinations with Bacillus of Calmette & Guerin (BCG)? Yes No Don't know
 If "Yes": When? _____ Where? _____
4. Have you ever traveled, worked, and/or lived outside the United States? Yes No
 If "Yes": Dates _____ Places _____

5. Are you aware of any exposure to people with possible active TB (i.e., high-risk populations, such as refugees, immigrants, homeless individuals, persons with chronic cough, or household members with TB infection)?
 Yes No If "Yes," describe nature of possible exposure: _____

Dates	Places	Length of Contact
_____	_____	_____
_____	_____	_____
_____	_____	_____

6. During the past 12 months, have you noticed any of the following?

	Yes	No		Yes	No
Productive cough (3 weeks)			Swollen glands, usually in neck		
Persistent weight loss without dieting			Recurrent kidney or bladder infections		
Persistent low grade fever			Coughing up blood		
Night sweats			Shortness of breath		
Loss of appetite			Chest pain		

Please provide details of any "Yes" answers above: _____

Student Signature: ? _____ Date Completed: _____