



Dear New University of Oregon Student:

Congratulations on your acceptance and decision to attend the University of Oregon. We at the University Health Center look forward to serving your health care needs. To help us do so, please read the following carefully:

1. The University of Oregon requires that all students provide documentation of two doses of both measles (rubeola) and mumps vaccines or two doses of MMR (measles, mumps, & rubella) vaccine, other acceptable proof of immunity to measles and mumps. **Failure to provide the university with documentation will prevent you from registering for classes.** Without this information a hold will be placed on registration the term after a student enters the university.

Measles (rubeola)/Mumps Immunization Requirement:

- The first dose must be received on or after the first birthday. The second dose must be received 30 days after the first dose.
- You should receive all required doses of measles (rubeola)/mumps or MMR vaccine prior to your arrival at the university. The vaccine is available at the University Health Center for a fee if you are unable to be immunized prior to arrival.
- Students are exempt from the measles (rubeola)/mumps immunization requirement if a medical contraindication or religious belief prohibits immunization. If you have questions, please contact our measles/mumps coordinator by calling 541-346-2764 or e-mailing: uhcmeasl@uoregon.edu.

Other acceptable proof of immunity to measles (rubeola) and mumps:

- Physician-documented history of measles (rubeola) and/or mumps disease
- A laboratory test documenting immunity to measles (rubeola) and/or mumps
- Birth prior to January 1, 1957.

2. **Please complete the enclosed personal health history form:**

(also available at http://healthcenter.uoregon.edu/forms/Personal_Health_History.pdf). If you have a medical condition that requires ongoing care or treatment please ask your health care provider to send a summary record that includes any recommendations or precautions that the University Health Center staff should follow. If you have ongoing health care needs, please schedule a visit with one of our health care providers soon after your arrival so that we can familiarize ourselves with your needs and develop a care plan.

3. **Health Insurance:** Costs of accidents and illness can be high. Please be sure that you have health insurance coverage for care received in the Eugene area. If you are covered by a parent's health insurance be sure this coverage will continue. Many policies delete coverage for dependents who are not living at home, especially if financial independence is declared to become eligible for financial aid. If you belong to a managed care plan (e.g. HMO or PPO), check with them regarding coverage "out-of-area". The University Health Center offers a health insurance plan for purchase during limited enrollment periods. Check our web site (<http://healthcenter.uoregon.edu/>) for insurance details and information about other services we offer. Contact the Health Insurance Coordinator (541-346-3702) for more information.

Sincerely,

Ben Douglas, MD
Director