The background of the slide features a photograph of several students, likely at a UCSD event, wearing blue t-shirts with yellow lettering. The image is overlaid with a dark blue gradient that fades into the top and bottom edges of the slide.

Annie Horton, Student Health Services Director of Nursing

UC San Diego

**STUDENT HEALTH AND WELL-BEING**  
Student Health Services

# UCSD Incoming Health Requirements 2025-2026

Student Health Services

# Webinar Outline

- 1 Why we have health requirements
- 2 What are our health requirements
- 3 How to make a start
- 4 MyStudentChart
- 5 Tuberculosis (TB) Requirement
- 6 Immunization Requirements
- 7 FAQ's
- 8 Deadlines and holds
- 9 How to get help
- 10 Live Q & A



# WHY DOES THE UC HAVE HEALTH REQUIREMENTS?

To **protect** you, your friends, your classmates and the entire University community from vaccine preventable communicable diseases!

To **reduce outbreaks** that cause significant personal and academic disruption.

Current **re-emerging** vaccine preventable diseases

# WHAT ARE THE HEALTH REQUIREMENTS?



Tuberculosis Screening +/- testing for those at higher risk



Immunizations/Vaccines

Tdap

Measles, Mumps & Rubella (MMR)

Varicella (Chickenpox)

Meningococcal (ACWY)






Influenza/COVID updated dose for Fall/Winter 2025-2026

# STARTING THE PROCESS

The Student Health Website <https://studenthealth.ucsd.edu/>

**Virtual Resources**

		
<p><u>View and schedule appointments in the MyChart app and login for your video visits.</u></p>	<p>Download your virtual insurance card and see Anthem plan information.</p>	<p>Willo integrates UC San Diego's extensive health and well-being services into one intuitive app.</p>
<p><u>MYSTUDENTCHART</u></p>	<p><u>SYDNEY (UC SHIP)</u></p>	<p><u>WILLO</u></p>

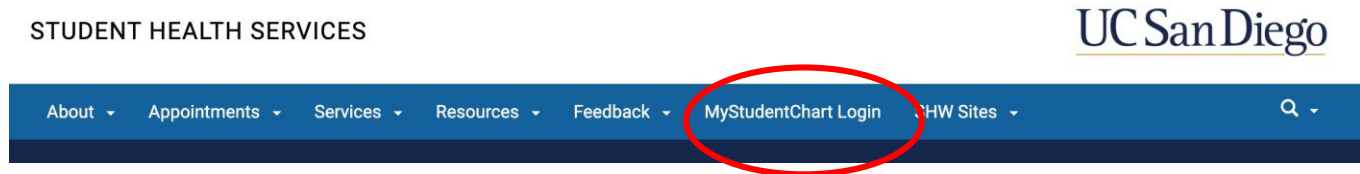
**Popular Links**

- Get Yourself Tested for STIs
- Health Requirements for Incoming Students
- Immunizations
- Patient Rights and Responsibilities
- Schedule a Telehealth Visit with an SHS Provider

# SIGN-UP FOR MYSTUDENTCHART

<https://mystudentchart.ucsd.edu/shs/>

- You will need your UCSD Student AD login (email and password)
- You will be issued a campus username and email account soon after accepting an offer of admission.
- If you have any issues with your AD login:
- <https://blink.ucsd.edu/technology/network/access/>





# EPIC STUDENT PORTAL - MYSTUDENTCHART

Go to <https://mystudentchart.ucsd.edu/shs>

Home | Support/Contact | Billing Questions

UC San Diego  
STUDENT HEALTH AND WELL-BEING

MyStudentChart

**Communicate with your doctor**  
Get answers to your medical questions from the comfort of your own home

**Access your test results**  
No more waiting for a phone call or letter – view your results and your doctor's comments within days

**Request prescription refills**  
Send a refill request for any of your refillable medications

**Manage your appointments**  
Schedule your next appointment, or view details of your past and upcoming appointments

**Incoming Students:** Check the [Health Requirements](#) page for your login date to complete your health requirements.

For health related emergencies, call 911. For immediate attention from your physician, call the clinic directly.

Click to sign in with UCSD Student AD Login

Click here to troubleshoot your AD login

Use the sign in and login below only if you cannot log in with the AD LOGIN button above.

MyStudentChart Username

Password

Sign in

Forgot username? Forgot password?

New User?

Sign up now

MyChart by Epic

MyChart® licensed from Epic Systems Corporation, © 1999 - 2022.

Download on the App Store GET IT ON Google Play

Interoperability Guide FAQs Privacy Policy Terms and Conditions High Contrast Theme

## MYSTUDENTCHART – LIVE DEMO



- Login to [MyStudentChart](#)
- Or go onto the Student Health website > MyStudentChart Login
- Follow link provided in Triton Checklist or Graduate Division
- Welcome page includes link to requirements & Ask a Nurse
- Desktop/App
- Navigation (COVID-19 Vaccines/TB/Regular Immunizations)
- MENU > IMMUNIZATIONS & SCREENING
- MENU > COVID-19
- Uploads

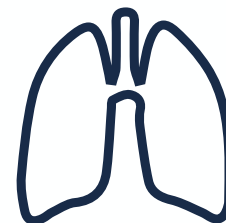


# TUBERCULOSIS REQUIREMENT

# TUBERCULOSIS RISK SCREENING

**Deadline: July 14th, 2025**

1. Complete the 5 Question TB Risk Screening Questionnaire
2. If prompted, take the TB Testing form to your Health Care Provider
3. TB Testing can include:
  - TB Skin Test (PPD) or
  - IGRA Blood Test (QuantiFERON or T-Spot)
  - Chest Xray (report in English needs to be uploaded)
4. Student Health Registered Nurse will review your submission
5. Messages will be sent with missing items or follow up



**COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD**

# IMMUNIZATION REQUIREMENTS

# REGULAR IMMUNIZATION REQUIREMENTS

**Deadline: July 14<sup>th</sup>, 2025**

**Holds placed: November 1st, 2025**



- Obtain your vaccine records for Tdap, MMR, Varicella & Meningococcal (ACWY)
- Use the Immunization Form to guide you (found on the SHS website) OR your own vaccine records
- Form contains strong recommended vaccines that are useful to have in your medical records
- Go to your Health Care Provider to have the form filled out if you have no records and/or to receive missing vaccines/blood titers
- Submit what you have had even if incomplete, you have the start of the Fall Qtr to complete all vaccines

# VACCINE GUIDE

## TDAP

- ADULT Tetanus and Diphtheria with PERTUSSIS (Whooping cough)
- 1 dose on or after the 11<sup>th</sup> birthday
- Dtap or Td do not meet the requirement

## MMR (MEASLES, MUMPS & RUBELLA)

- 2 doses on or after the 1<sup>st</sup> birthday at least 28 days apart
- OR blood test (titer) to show immunity if uncertain or if have had the disease
- Single vaccines: 2 doses of measles & mumps, 1 dose of rubella

## VARICELLA (CHICKEN POX)

- 2 doses on or after the 1<sup>st</sup> birthday at least 28 days apart
- OR blood test (titer) to show immunity if uncertain or if have had the disease

## MENINGOCOCCAL-ACWY

- For students 22 years or younger
- 1 dose on or after the 16<sup>th</sup> birthday
- Brand names: Menactra, Menveo, Menquadfi
- Does not include Meningococcal B vaccine

# EXEMPTIONS

## Exemption Information



### Medical Exemption

A Medical Exemption can be requested to allow an exemption consistent with Centers for Disease Control and Prevention (CDC) guidance and manufacturer labeling on contraindications and precautions.

Students with a medical condition having a contraindication to the MMR, Varicella, Tdap, Meningococcal, or COVID-19 vaccines will need their provider to complete the Student Immunization Exemption Request Form. Your form needs to be signed by an MD, DO, PA or NP please.

[STUDENT IMMUNIZATION MEDICAL EXEMPTION REQUEST FORM \(PDF\)](#)

### Religious Exemption

As of January 1, 2025, the University of California will permit students to request exception to vaccination based on religious belief.

[STUDENT IMMUNIZATION RELIGIOUS EXEMPTION FORM \(PDF\)](#)

- Log into [MyStudentChart](#) to submit the Student Immunization Medical or Religious Exception Request Form: Message Ask-A-Nurse "Vaccine Exemption"

## SEASONAL VACCINES – Influenza & COVID-19

- Updated doses each Fall & Winter Quarters
- Available at Student Health or retail pharmacies
- Decline if desired, opt-out vaccines

# FREQUENTLY ASKED QUESTIONS

## 1. WHERE CAN I FIND MY VACCINE RECORDS?

- Early childhood records
- Health providers/Medical clinics
- High School
- Other colleges/schools you have attended

## 2. WHAT DO I DO IF I CANNOT FIND ANY OF MY VACCINE RECORDS?

- You can have blood tests for MMR & Varicella

## 3. SOME OF THE VACCINES ARE NOT AVAILABLE TO ME CAN I GET THEM ONCE ON CAMPUS?

- All vaccines are available at Student Health on campus by appointment only
- No charge with UCSHIP
- COVID-19 Vaccine & Influenza/Tdap/HPV vaccine clinics



4. I HAD THE BCG VACCINATION AS A CHILD FOR PROTECTION AGAINST TB, DO I NEED TO DO TB TESTING?

- This does not offer lifelong protection

5. MY TB SKIN TEST WAS POSITIVE WHAT DO I DO?

- You should have your healthcare provider order a Chest X-ray

6. MY MEDICAL RECORDS ARE NOT IN ENGLISH WHAT SHOULD I DO?

- Please have them translated

7. MY RELIGIOUS BELIEF EXCLUDES VACCINES

- That is an option for all vaccines, please refer to our website for the appropriate form

8. I HAVE AN ALLERGY OR OTHER MEDICAL REASON WHY I CANNOT GET ONE OR MORE OF THE VACCINES WHAT SHOULD I DO?

- Go to the Student Health website and download a Medical Exemption form and have your healthcare provider fill it out for you



# DEADLINES & ENROLLMENT HOLD DATES

## TUBERCULOSIS

- Need to complete the TB Risk Assessment AND TB testing if indicated
- Deadline July 14<sup>th</sup> (preventing Fall enrollment)
- Holds placed July 29<sup>th</sup>
- Once a hold is placed submit as soon as you can and the hold will be lifted

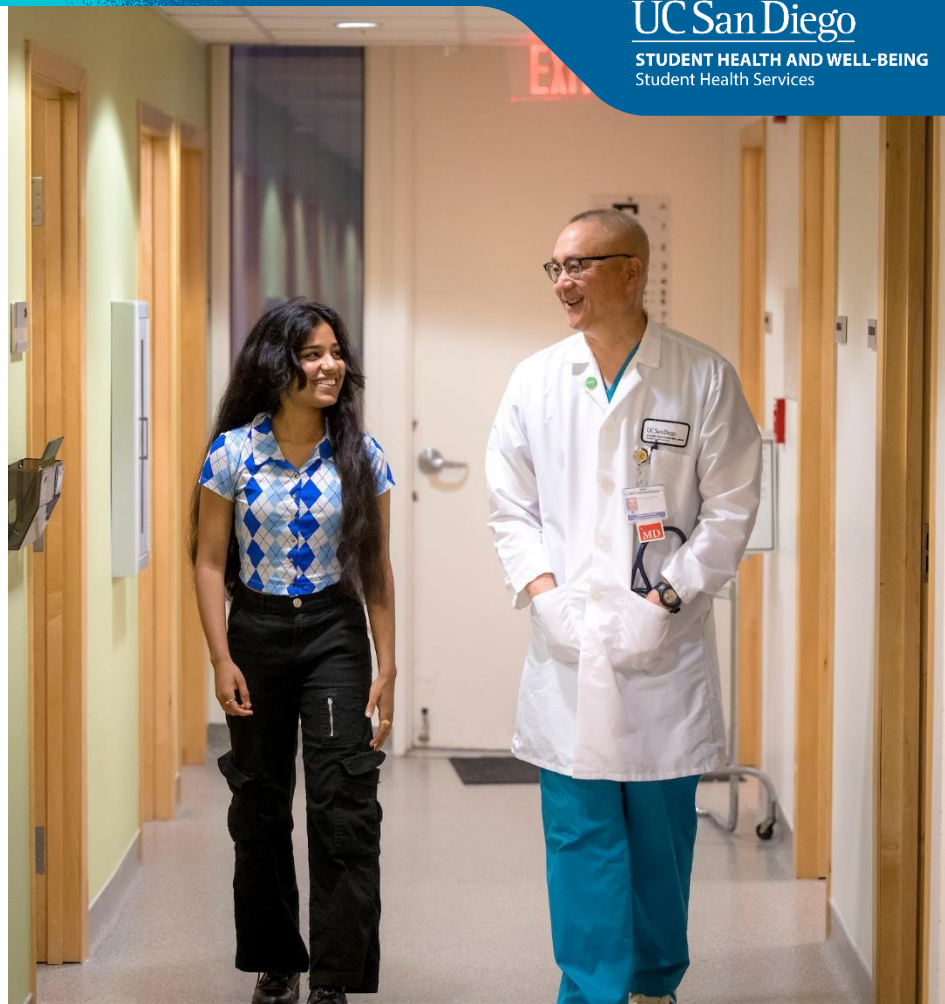
## IMMUNIZATIONS

- Submit as many vaccine dates as you can before deadline of July 14<sup>th</sup>
- Get any missing vaccines on campus or in the US during the Fall Quarter
- Submit everything before November 1<sup>st</sup>
- Holds placed November 1<sup>st</sup> (preventing Winter enrollment)

# Student Health Services (SHS)

Offering a comprehensive range of medical services to meet the diverse needs of UC San Diego students. Convenient on-campus resources make it easy to access the care you need.

- Primary and urgent care
- On-site pharmacy, lab testing, X-rays and optometry
- UC SHIP & RAFT



# Willo

Designed by students for students, Willo is an innovative mobile app that helps students navigate UC San Diego's health and well-being resources and recommends services based on interests and needs.

**Download The App**



Download on the  
**App Store**



GET IT ON  
**Google Play**

# HOW TO GET HELP

- Send us a message to "Ask-a-Nurse" in MyStudentChart
- Email [shstb@health.ucsd.edu](mailto:shstb@health.ucsd.edu) if you are having technical difficulties
- Everything is on our website including all forms
- Please complete requirements as soon as you can to avoid enrollment holds!



# “Meet the Team”



**Annie Horton**  
Director of Nursing



**Ashley V**  
Registered Nurse



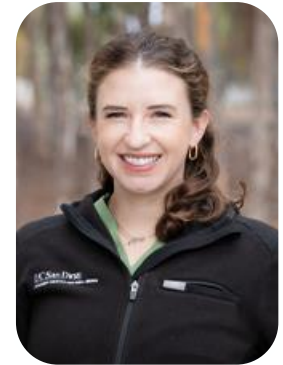
**Savannah S**  
Registered Nurse



**Ciara G**  
Registered Nurse



**Tim A**  
Registered Nurse



**Stephanie W**  
Registered Nurse

# “Meet the Team”



**Caty H**  
Registered Nurse



**Peter T**  
Registered Nurse



**Laura A**  
Medical Assistant



**Rose Ann**  
Registered Nurse



**Lizzie C**  
Registered Nurse



**Marta C**  
Registered Nurse



**Ashley M**  
Medical Assist.  
Supervisor



**Kimberly M**  
Medical Assistant



**Kat S**  
Medical Assistant



# Thank you!



## Contact Us



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[studenthealth.ucsd.edu](http://studenthealth.ucsd.edu)

## Connect With Us



YouTube: [@UCSDSHW](https://www.youtube.com/UCSDSHW)



Instagram: [@UCSDSHW](https://www.instagram.com/UCSDSHW)