

2024-2025 Helpful Hints for Undergraduate Students

Eastern Nazarene College

Undergraduate Program

Helpful Hints for Completing ENC Health Requirements

Eastern Nazarene College and the State of Massachusetts General Laws and the Massachusetts Department of Public Health (DPH) require that all undergraduate students, whether you take classes on campus and/or partially online, must provide proof of the following immunizations:

Required Immunizations:

- **MMR** – 2 MMR vaccines or blood work to prove immunity (titer) or born in the US before 1957
- **Tdap** – Tdap vaccine given after 7th birthday and updated every 10 years
- **Hepatitis B** – Hepatitis B vaccines (3-dose OR 2-dose series) or blood work to prove immunity
- **Varicella** – 2 Varicella vaccines or blood work to prove immunity (titer) or reliable history of chickenpox disease, verified and signed by a doctor, NP or PA or born in US before 1980
- **Meningitis ACWY** – Meningitis ACWY vaccine given on or after 16th birthday or a signed Meningococcal Waiver. Required of all students 21 years of age or younger.

Strongly Recommended Immunizations:

- **Meningococcal B vaccines** – 2 Meningitis B vaccines between the ages of 16-23 years
- **HPV** (Human Papillomavirus) vaccines – 3 HPV vaccines for everyone through age 26
- **COVID-19 vaccine** - [CDC COVID Vaccine Recommendation](#)

In addition, all ENC undergraduate students, must **complete a health profile through medproctor.com**, a cloud-based medical clearance platform. This platform securely verifies immunizations and collects student health records to ensure compliance with college health requirements for Massachusetts and ENC Health Services. Med+Proctor adheres to HIPAA (Health Insurance Portability and Accountability Act) and FERPA (Family Educational Rights and Privacy Act) regulations.

You will receive an invitation from Med+Proctor to sign up and register for a new account, using your ENC Lion's email address. Please refer to the [Med+Proctor flyer](#) for step-by-step instructions.

A Tuberculosis (TB) Risk Assessment will be completed as part your Med+Proctor profile; if you are high risk, a follow up *Medical Evaluation for Latent Tuberculosis Infection* will be required. The evaluation includes a TB test given within 6 months prior to starting classes at ENC.

A Physical Exam must be completed within 1 year prior to starting classes at ENC. If you are a student athlete, the NCAA requires that you receive a physical exam within 6 months prior to the start of classes.

Below are some tips to help you complete all the above requirements:

Immunizations

1. The best place to start is to **look for documentation of immunizations you have already had.**

Documentation may be found in the following places:

- Your own personal medical records
- Your parents' records or files (sometimes located with a "baby book")
- Your current doctor's office – you may print them off of a health portal such as *MyHealth Online*
- A previous doctor (especially a pediatrician) may still have them on file
- Some employers require immunizations and may have kept a record
- The State of Massachusetts has vaccination records available for any vaccine you received in-state: <https://myvaxrecords.mass.gov/> or, if out of state, check to see if your state has an immunization registry
- Your high school health office
- A previous college health office
- *MyHealtheVet* – Veteran's may print them off of their account

2. As you locate records, **check to ensure you have everything you need and that vaccines were administered at the proper times.** Here is more information about each vaccine:

- **2 MMR vaccines** – This is a vaccine for measles, mumps and rubella. Most people in the U.S. received these before they went to kindergarten. The first vaccine must be given after 12 months of age and the second dose must be at least 1 month after the first dose. If you were born in the U.S. before 1957, you do not need documentation for these vaccines. If you have had blood work drawn to prove immunity (titer), *the result must be positive for immunity* for all three—Measles, Mumps, and Rubella.
- **Tdap vaccine** – This is a vaccine for Tetanus, Whooping Cough, and Acellular Pertussis. Must be given after your 7th birthday and *updated every 10 years.*
- **Hepatitis B vaccines** – This is given in either a 3-dose or 2-dose series of vaccines. Three-Dose Series: The first two doses must be at least one month apart and the third dose is given at least four months after the first dose and at least two months after the second dose. It is acceptable if the length of time between vaccines is longer, but it cannot be less than these intervals. The Two-Dose Series is only available on or after 18 years of age and must be given at least 4 weeks apart.
- **2 Varicella vaccines** – This is the chickenpox vaccine. The first dose must be given after 12 months of age and the second dose must be given at least one month after the first. If you were born in the U.S. before 1980, you do not need to submit documentation for these vaccines.
- **Meningitis ACWY vaccine** – This is required for all students under 22 years of age. You may submit documentation of a vaccine given on or after your 16th Birthday or sign a Meningococcal Waiver. This is the only vaccine that for which you may sign a waiver. [Meningitis Waiver Form.](#)

3. If you are missing documentation for any vaccines, **you will need to either provide proof of immunity (titers) or receive the required vaccines.**
- **Serological proof of immunity** – If you know you have had the MMR, Hepatitis B, or Varicella vaccines (or have had chickenpox disease) and do not have any documentation, you can have your doctor draw blood for a *titer* to prove that you are immune. If the titer result shows that you are immune, then you have completed the requirement for that vaccine. If it shows that you are not immune, you will need to complete all the required vaccines for that series. If the titer is covered by your insurance, you can have it done at your doctor’s office. If you live outside of Massachusetts, you can call the Occupational Health Services department of your local hospital and see if they provide this service to the public.
 - **Vaccines** – If the above vaccines are covered by your health insurance, you can get them at your doctor’s office. Some City or County Health Departments (or Boards of Health) may provide immunizations at a reduced rate. If you live outside of Massachusetts, you can call the Occupational Health Services department of your local hospital and see if they provide vaccines for college entrance. CVS Minute Clinics, Walgreens and some Urgent Care Centers may also provide immunizations. Wherever you go to get your vaccines, take the *ENC Immunization Record* form with you (downloadable through Med+Proctor or ENC’s Health and Wellness page). Depending on your health insurance plan, or if you have the ENC Student Health Insurance Plan, you may receive full or partial coverage for the cost of your vaccines. Please refer to your health insurance customer service number for questions about your specific coverage.

Special Notes

- **MMR** – If you have a blood work drawn (a titer) to check for immunity, it must show that you are immune to all three vaccines—Measles *and* Mumps *and* Rubella. If any of your titer results are not positive for immunity, then you must either get 2 MMR vaccines or 1 MMR vaccine and a repeat titer.
- **Varicella** - If you have had chickenpox disease, you can either have blood work drawn (a titer) to prove that you are immune or you can get a statement and signature from a Doctor, NP or PA that verifies that you have a reliable history of the chickenpox disease. If you have not had the chickenpox disease or two Varicella vaccines, you will need to get both Varicella vaccines unless you were born in the U.S. before January 1, 1980.

Tuberculosis (TB) Risk Assessment and Follow Up

A TB Risk Assessment questionnaire will be completed as part of your *Med+Proctor* Profile. If the questionnaire determines that you are high risk, you must have a health care provider complete and sign the *Medical Evaluation for Latent Tuberculosis Infection*. Unless you have had a positive TB test in the past, this includes a TB test done within 6 months prior to entrance into ENC.

Physical Exam

You are required to have a physical exam within one year prior to starting as a student at ENC. If you are a student-athlete, the NCAA requires that you have a physical within 6 months prior to starting classes. You must have a physical exam completed by your health care provider and submitted to your *Med+Proctor* account. A

computer printout from your doctor's office is acceptable if it is complete and contains all the information required on ENC's physical exam form. A copy of the physical exam form is available through Med+Proctor or ENC's Health and Wellness page if you need to take one with you to your appointment.

Please submit your health records to your Med+Proctor account.

See instructions on the [Med+Proctor flyer](#) to register for your Med+Proctor account. If you have other questions about submitting health documentation to Med+Proctor, please contact Med+Proctor's [customer service chat](#). For all other questions, please contact ENC Health Services at 617-745-3892 or email healthservices@enc.edu.