Medical Status Checklist:

- ☐ Check with your doctor to be sure all your immunizations are up to date.
- ☐ You may want to consider getting the flu vaccine.
- ☐ 2 Epi Pens are required for those with a history of life threatening allergic reactions.
- ☐ If you wear glasses, contacts or prescription sunglasses bring them with you.
- ☐ If you have your own health insurance, bring your insurance card with you.
- ☐ Bring your prescription medications with you. If your insurance company allows, bring a 3 month supply with you.
- ☐ Do not stop taking prescription medications without your doctor's approval.
- ☐ Most maintenance medications can be refilled using the mail service pharmacy. Before reporting to campus, ask your doctor to authorize a 90 day supply with 4 refills.
- ☐ Remember, there are no medical clinics or personnel on campuses or spike sites. The campuses do not provide prescriptions or any over the counter medications.

If you answer yes to any of the following contact the Medical Screening Nurse at 202-606-6702 or NCCCmedicalscreeningunit@cns.gov

- You are receiving injections (medications, hormones, allergy shots, insulin, etc.) and have not been contacted by a nurse
- You've experienced a significant ***new*** medical, mental health or substance abuse issue since you submitted your medical history form
- There has been a substantial change in a medical or mental health condition since you submitted your medical history form
- You have had a positive TB test and have not been contacted by a nurse

AmeriCorps NCCC program does not provide medical insurance, but does offer a plan of limited medical and mental health benefits. This benefit plan is administered by Seven Corners. Pre-existing conditions are not covered. A pre-existing condition is any condition or illness for which a diagnosis was made or treatment was given before a member reports for service. The health plan benefit guide can be viewed online at: bit.ly/AmeriCorpsHealthBenefits

dh 08/25/2014