

Sports Physicals & Vaccinations

Sports Physicals

Routine physical examinations, including sports physicals, are not covered by the student insurance policies, so the student should *not* present their insurance card and should instead pay upfront at the time of the visit.

Students should not go to a regular doctor's office for a sports physical, as the clinic will usually charge for a "new patient visit" or "well child visit" that can be very costly (\$200-\$400 is not uncommon at a pediatrician's office or primary care provider).

The following options are less expensive and more convenient than a doctor's office when sports physicals are needed:

- Community health or school-based options – please check with your school first to see if they have any recommendations for special clinics or programs for inexpensive sports physicals.
- Retail Walk-In Clinics located inside grocery stores and pharmacies (MinuteClinic, Walgreens Clinic, Walmart Clinic, Little Clinic, ZoomCare, FastCare, RediClinic, etc.) – many of these offer a sports physical option ranging from \$45-\$129.

FLEX & YES students only: School-required sports physicals are eligible for reimbursement through the emergency fund since they are not covered by the FLEX and YES health insurance plans. Prior to scheduling a sports physical, host families should reach out to their PAX Community Coordinator or supervision@pax.org to ensure the most cost-effective option is being utilized.

Vaccinations

All students enrolling in a U.S. high school must receive all required immunizations. Therefore, PAX works closely with overseas partners to ensure that all students receive the required vaccines for their host schools prior to arrival in the U.S. **Please carefully check your student's application/health form and notify your Regional Director if a student is missing certain required vaccinations.** In some cases, the student got a vaccine shortly before departing their home country and has an updated vaccination record. For this reason, please refrain from scheduling any new vaccinations until PAX has confirmed whether the student needs them.

Sometimes it is not possible for students to get all required vaccinations prior to arrival in the U.S. due to vaccine availability in the student's home country or the length of a required vaccination series. In these cases, the only option is for the student to receive the required vaccination upon arrival in the host community.

What should a coordinator or host family do if the student arrives in the U.S. and is missing certain required vaccinations?

Please note that going to a regular doctor's office for vaccinations is usually very costly since there is often a separate charge for the office visit as well as the vaccination. Therefore, we ask that you assist students in finding the most cost-effective means of getting any missing required vaccines. The following options are less expensive and more convenient than a doctor's office when vaccinations are needed:

- County health departments are often the least expensive option for vaccinations. Call in advance to verify if your exchange student is eligible to receive vaccinations from the health department and if they have the required vaccines in stock.
- Pharmacies (i.e. CVS, Walgreens, Rite Aid) now have the ability to administer vaccinations in most states and are a convenient low-cost option.
- Convenient care clinics or walk-in clinics (i.e. Walmart, Target, Minute Clinic) often administer required school vaccinations without charging a separate office visit fee.

Who is responsible for covering the cost of vaccinations?

The cost of vaccinations and any associated medical visits are not covered by the CareMed, HanseMerkur, and DHIG health insurance policies.

Core students are fully responsible for paying for vaccinations. Please use one of the options listed above, and always inquire about the self-pay rates for vaccinations beforehand.

FLEX and YES Students: Most vaccinations required for school attendance are covered by the ASPE Health Benefits Plan. Therefore, the student should present their ASPE identification card at the time of the visit, so that insurance can be billed.

- **If the student is asked to pay a copay for the vaccination**, PAX can reimburse the student or host family directly. Please fill out the web-based reimbursement form at pax.org/scholarship-reimbursement and upload itemized receipts for any required vaccination copays. We ask that you submit all receipts within 30 days of incurring the expense, so that we can budget and track these expenses accurately. Reimbursement requests will be processed within 30 days of receipt of all required documentation. Please note that copays for vaccines that are not required for school attendance unfortunately cannot be reimbursed.
- **If the student is asked to pay upfront for the cost of the vaccination**, please reach out to supervision@pax.org for assistance in submitting a claim form.