



University Health Services
Princeton University
Princeton, New Jersey 08544
Phone: (609) 258-3129
Fax: (609) 258-1355

Dear Princeton University Student Athletes and Parents:

I'd like to take this opportunity to welcome you to Princeton University and to introduce you to the services provided by the Princeton University Athletic Medicine (PUAM) staff. We strive to provide the highest quality of health care to the student athletes at Princeton. Our Athletic Medicine team is comprised of 9 full time certified and licensed athletic trainers (two of whom are also licensed physical therapists), board certified sports medicine specialists (including an orthopedic consultant), a sports dietitian and other health care providers. We are responsible for providing medical services for our 38 Division I sports in the Ivy League. Student athletes at Princeton University have health care services available to them at University Health Services, as all students have, which includes our urgent care facility, a 24 hour infirmary, travel medicine services, women's and men's health services, and counseling and psychological services. In addition, student athletes have access to our training room facility where the athletic training and physical therapy staff is available, team physicians are available four afternoons, and our dietitian is also available. The PUAM staff is committed to maintaining and improving the health and well being of the student athlete, and we look forward to working with you in your participation here.

Additional information about the PUAM staff, services, and resources is available for your review at our website; http://www.princeton.edu/uhs/ss_m_athleticvarsity.html

There are two issues that I would like to bring to your attention.

1. The first is the pre-participation physical examination process. All first year athletes will have a physical examination here on campus by an Athletic Medicine Staff Physician. (This is in addition to the physician signature required as part of your Matriculation Packet). You will need to print and complete the First-year Pre-Participation Physical Form and Supplemental History Form (for female athletes), and mail these to University Health Services at the address above or bring it to your assigned Athletic Physical. Your physical examination date will be provided to you by your coach or on the Matriculation Website.

Please ensure that these forms are filled out completely **with as much detail as possible**. Please use an additional piece of paper to provide this **DETAILED INFORMATION** if you need to. **(Please send and/or bring or have your physician fax all pertinent information to us at (609) 258-1355 prior to your arrival on campus)**. Examples of important information include evaluation for a heart murmur or dizziness, notes from a musculoskeletal evaluation or previous surgery. Copies of surgical consultations as well as diagnostic test results may be necessary for clearance. We also strongly recommend the following lab tests: sickle cell test for all African American athletes and ferritin & hemoglobin for all new female athletes. If you can provide recent test results (within three months for hemoglobin and ferritin, and documented sickle cell status), this will expedite the clearance process.

Athletes are not allowed to practice or compete without medical clearance by the Princeton University Athletic Medicine staff.

All material sent to us will be placed in your confidential medical record.

2. The second issue centers on insurance coverage. We would **strongly encourage** you to participate in the Princeton University Student Health Plan (SHP). Detailed information about the benefits of the Student Health Plan is in your Matriculation Packet and on the UHS Web.

If you choose not to participate in the SHP offered by Princeton, we would urge you to contact your insurance provider to ascertain that your coverage will cover athletic injuries and illnesses that athletes sustain while at Princeton or at other sites of competition. The SHP offered by Princeton covers treatment for emergency care, medical and surgical treatment, diagnostic procedures, lab tests, specialty consultations, and hospitalization while you are a student at Princeton University. This plan also provides coverage for athletic injuries and illnesses.

Often, insurance plans will deny coverage of health care out of state unless it is an emergency and/or may require that you return home for evaluation and testing. In addition, they may not cover sports injuries or they may require that you be evaluated by a primary care physician in their network prior to obtaining diagnostic tests or specialist consultation, often delaying treatment. **Participants in the SHP network do not require this additional step. Those without the SHP will be responsible for making these appointments, calling and confirming insurance coverage, and all other matters related to obtaining insurance clearance prior to scheduling these tests.**

You can enroll in the SHP by filling out the Waiver/Enrollment form included in your Matriculation Packet. If you have any questions about the Student Health Plan coverage, please email the Student Health Plan Office at shpo@princeton.edu.

I look forward to seeing you all in the fall. If you have any additional questions or concerns, please do not hesitate to contact me.

Sincerely,

Margot Putukian, M.D., F.A.C.S.M.
Director of Athletic Medicine, Princeton University
Associate Clinical Professor, UMDNJ-RWJMS, Dept of Family Practice
'04-05 President, American Medical Society for Sports Medicine
putukian@princeton.edu
(609) 258-8471

Reminders:
Have you?

- Filled out your Pre-participation physical exam form (and Supplemental History Form for the female athlete)
- Obtained all previous medical records & test results
- Obtained ferritin, hemoglobin, sickle cell lab tests (as necessary)
- Enrolled in SHP or contacted your insurance provider