

## Health

### Immunization Forms:

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It is required by law that everyone who studies in Virginia receives a certain set of vaccinations.

- ❑ Every JMU student must comply and complete this ➞ [immunization form](#) before the first day of class. If you do not submit it, a hold will be placed on your JMU record, which will prevent you from making changes to your academic schedule, etc.
- ❑ (1) Obtaining your vaccinations at home may be cheaper and (2) having this form signed by your doctor in your own country may be more convenient. Refer yourself to the ➞ [translated version](#) of the JMU immunization form to complete this requirement before you travel.
- ❑ Once the form is completed and signed, save the document as a PDF file and upload it to your ➞ [MYJMUChart](#).

### COVID-19:

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- ❑ As per the US government's regulations, you need to be vaccinated to board airplanes and enter the US. The airline company can provide you with more detailed information.
- ❑ Upload your COVID-19 vaccine verification card/document on ➞ [MYJMUChart](#).

### Health Insurance:

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By virtue of being on a student visa (F-1 or J-1), you must have health insurance.

- ❑ ISSS enrolls every student with the health insurance company CISI (*Cultural Insurance Services International*) for health insurance coverage. ➞ [Health Insurance](#)
- ❑ If you currently hold an insurance policy that provides equal levels of coverage and lasts for the entire academic year, you may qualify to waive out of the JMU-sponsored health insurance plan through CISI. If you wish to apply for a waiver, you must complete an insurance waiver application. ➞ [Health Insurance Waiver](#)

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Remember to refer yourself to the

➞ [Newly Admitted Students](#) webpage

for additional information

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