

Welcome to S&T Sports Medicine

As an S&T student you can receive medical care at the student health center. Additionally, as a student-athlete you are eligible for services through the S&T Sports Medicine Program.

Although we work with the Athletic Department, Sports Medicine is part of the campus Medical Department.

The Sports Medicine web site is: <https://studenthealth.mst.edu/sportsmedicine/>

Our staff includes 4 athletic trainers, 2 athletic training interns, team physician, RN sports injury coordinator, and an insurance accounts representative.

The following steps are designed to ease your transition:

STEP 1: FORMS

Before arriving to campus you will need to complete several forms located on the Student Health Patient Portal. These are separate from the forms that you complete for the athletic department. These forms will be available as soon as you are placed on the team roster.

Use your S&T user name and password to log onto the Patient Portal on the student health web site.

<https://studenthealth.mst.edu/>

If you have trouble logging in or have questions about the forms email us at: mstshs@mst.edu

The following 9 forms need to be completed:

Sports Physical General Health
Sports Physical Cardiovascular Screening
Sports Physical Orthopedic Screening
Sports Physical Mental Health Screening

Immunization History for Portal

Medical History for Portal

TB Screening SHS

Privacy Notices

Meningitis Brochure Confirmation

Be as accurate as possible in completing these forms.

Add detail in requested fields and enter dates when appropriate.

Be patient as some information is redundant but is required for different portions of your record.

Failure to complete these forms may delay your ability to participate in any practice or events.

The Sports Medicine team must clear you prior to any practice, training, or competition.

STEP 2: PHYSICAL EXAMS

Prior to participation in any S&T practice or training you are expected to complete a physical exam in the Student Health Complex. You are not required to have an outside physical.

The physical exam is comprehensive and consistent with NCAA standards. The student-athlete will participate in a general medical exam, a cardiac evaluation to include EKG, mental health screening, a comprehensive orthopedic screening, and pre-participation baseline concussion testing.

After arrival to campus each team will be given a specific time to report to the Student Health Complex. Priority is given to the fall sports. Check with your coach on the time you are assigned.

NCAA requires documented sickle cell testing results on all student-athletes prior to clearance. We will accept outside testing, but the blood test can be drawn on physical day at no charge. There is a 2-3 working day turnaround on results. Due to the delay in processing the results you may be able to participate sooner if you have the results prior to reporting to campus. Check with your coach on how soon you need to start practice.

All the forms identified in **Step 1** need to be completed prior to the physical exam.

On occasion additional medical information will be needed to clear a student-athlete from a prior injury or surgery. Early submission of the required forms allows the Sports Medicine staff time to obtain these records and avoid a delayed clearance. If the student-athlete has had a recent injury or surgery (including at least the last 12 months prior to reporting) detailed information is needed for clearance to play. Outside provider medical clearance to play is not an automatic S&T Sports Medicine clearance.

STEP 3: INJURY REPORTING

During the physical exam and when completing the forms in **Step 1**, the athlete must disclose all prior injuries, and surgeries. Each student-athlete will have an individual interview with an Athletic Trainer. Failure of a student-athlete to disclose information regarding a prior injury at the time of the physical may void secondary insurance coverage for any future injury to that site. **Report all prior injuries on the Sports Physical Orthopedic Screening form.** If in doubt report.

During the student-athlete's career at S&T all injuries must be reported as soon as possible to the assigned Athletic Trainer. Failure to do so may delay participation and void secondary insurance coverage for that injury.

STEP 4: MEDICATION REPORTING

Accurately report all medications, supplement, and inhalers on your initial medical forms. This will be part of the **Sports Physical General Health** form. Include dosages and frequency of the use of the medication. You do not want to risk eligibility by not reporting.

During your athletic career if you start any new medication, supplement, or inhaler, you will need to report this to your Athletic Trainer immediately for clearance and documentation.

ADHD medication needs additional documentation. There is information on the Sports Medicine website and a form that will need to be completed by your ADHD medication prescriber. This form is

very specific in the documentation that is required by the NCAA. FAILURE TO COMPLETE THIS IN ITS ENTIRETY PRIOR TO DRUG TESTING could result in loss of eligibility. Please ask your prescriber to provide all the NCAA requested documentation. The student-athlete will need to bring this information when he/she reports for their physical. The Student-Athlete will also need copies of prescriptions. Notify your prescriber early that this documentation is required.

STEP 5: INSURANCE INFORMATION FOR PARENTS

Please provide the following information to you parents for review.

Athletes competing in intercollegiate athletics assume risk of injury. Sport related accident insurance is provided by S&T for the benefit of our student-athletes. This is a secondary insurance for your son/daughter for injuries sustained while participating in an authorized practice or game. We provide this coverage as a secondary insurance policy. Please note that this is an injury-only policy and will not apply to non-athletic injury or sickness related medical expenses. Only injuries sustained in an approved practice, training, or competition will be considered for secondary insurance coverage.

In the event of a covered injury, claims will be filed first with your insurance company, as it is the primary insurance that provides coverage for the student-athlete. After the primary insurance has paid all available benefits, the University's secondary insurance claims adjuster will consider for payment any remaining deductible and copay amounts up to the limitations of the policy. It is important that you forward any billing statements, explanation of benefit letters (EOB) and receipts to the Patient Accounts Representative at Student Health either by mail at 910 W. 10th St, Rolla, MO 65409, email orrkl@mst.edu, or by fax at 573-341-4686 as soon as possible. Any delay in sending this information could result in your athlete's account processing being delayed and possibly being turned over to collections by the provider. If you have any questions or concerns, please feel free to contact the Patient Accounts Representative Kathy Orr 573-341-4284.

All athletic injuries must be reported to the athlete's athletic trainer when they occur. Subsequent care will be coordinated by the Missouri S&T Sports Medicine team. If the athlete seeks medical attention on their own without prior approval by the Sports Medicine team, expenses may not be covered by the secondary insurance. Similarly, if the athlete chooses a service, procedure or provider that is out of network and/or not covered by their primary insurance, the secondary insurance may not apply. In this situation medical expenses incurred may be the sole responsibility of the student-athlete.

Please notify your health insurance company that you have a dependent child who is enrolled at Missouri S&T. Ask if there is anything you need to submit to them so the dependent is covered outside

of your area such as requesting a temporary guest membership for an HMO policy. If required by the primary insurance the student-athlete need to return home for the primary insurance to in effect. S&T secondary insurance requires the student athlete to utilize their in network providers before they will consider coverage.

Please submit a copy of the front and back of your insurance card to Student Health Services by uploading it to the patient portal: <https://studenthealth.mst.edu/>

The portal is preferred but you may also submit it by mail at 910 W. 10th St, Rolla, MO 65409 or by fax at 573-341-4686.

Athletes are responsible for keeping insurance information current and failure to do so may delay care and insurance claim processing.

The Patient Account Representative will communicate with the athlete by secure messaging when processing claims. Be sure to have your athlete watch for an email in their S&T inbox that will direct them to the student health portal.

Any payments received by you for an athlete's injury must be reported as this may affect NCAA rules and result in ineligibility.

SUMMARY

Again welcome to S&T Sports Medicine.

Proactively completing these steps will ease your transition to college athletics

If you have any question on any of the steps you may contact me or any member of the Sports Medicine team:

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