

This checklist is for your own use and should not be returned to the Peace Corps. Check your medical portal for exact deadlines.

## Dental Exam

- $\Box$  Review the instructions and the forms.
- □ Schedule an exam. Your appointment will include:
  - Completing the dental examination form; make sure the dentist signs the form.
  - Getting new X-rays, or obtaining copies of existing X-rays taken within the required timeframes.
- □ After your appointment
  - Upload your dental exam to that task in your portal.
  - Upload your digital X-rays to that task in your portal (or send them via expedited mail if you only have films).
  - Schedule any recommended follow-up treatment with your dentist.
  - Submit a claim for reimbursement to <u>IMG.</u>

## Physical Exam:

- □ Review the instructions and the forms that the provider will fill out.
- □ Schedule an exam. Bring the following forms to your appointment:
  - o Physical Exam Form
    - Make sure the "Vital signs and measurements" section is completed.
    - Make sure your provider signs the form.
    - Be sure to take this form with you to get your TB results.
  - Health History Response Form
    - Review your health history with your provider and make any necessary corrections.
    - Make sure your provider signs the form.
  - o Lab Results
    - Complete the required lab work, including TB testing.
    - Any abnormal results must be explained in writing by your provider.
  - o Childhood Vaccinations
    - Get documentation on childhood vaccinations. Obtain any missing vaccinations or titers to prove immunity.
    - Depending on your vaccination records, you may not need any vaccinations or titers at this time.
- □ After your appointment:
  - Upload your physical exam to that task in your portal.
  - Upload all of your lab results to that task in your portal.
  - Upload your vaccination records to that task in your portal.
  - Upload your signed health history response form (all pages) to that task in your portal.
  - Submit a claim for reimbursement to <u>IMG.</u>



You will have additional tasks specific to your health history. New tasks may be added to your portal during your clearance process. Depending on your country of service, sex, age, and/or health history, you may need the following:

- Personal statements as requested
- □ Cervical Cancer Screening (Pap) with cytology report. Upload both the:
  - o Completed form signed by your provider
  - Your lab report(s)
- □ Mental Health Summary and Treatment form
- □ Specialist Evaluations. Upload:
  - o Completed form signed by the specialist who treats the condition
  - o Most recent office notes and diagnostic testing
- □ Electrocardiogram (ECG)
- □ Mammogram Radiology Report
- □ Colon Cancer Screening Report
- □ Eyeglasses Replacement Form Prescription and Frame Measurements
  - o Submit a claim for reimbursement to IMG.
- □ Yellow Fever Vaccination
  - o Submit a claim for full reimbursement to <u>IMG.</u>
- □ Other diagnostic test results pertinent to your health condition(s) and health history

## Contact Info

Please communicate directly with your nurse using the medical portal. If you or your medical provider needs to speak with someone, call 855-855-1961 x4047.

## Feedback on this checklist

Contact pre-serviceunit@peacecorps.gov with feedback or recommendations on this checklist.