Pre-Season Portal Directions:

*PLEASE TAKE THE TIME TO DO THIS CORRECTLY*.

**Returning Athletes:** You will see answers from previous years, **only put in items that occurred since the last season you played.** Make sure you change the dates on each of the waivers! If there are any mistakes on the waivers or history portal, you will have to fill it out a second time!

**First Years:** Please list all injuries that you remember and EXPLAIN (please put the diagnosis, Month and Year of the injury)

**Online Health Information Portal Instructions**

1. Make sure you are using **Internet Explorer or Google Chrome** (your information will not save properly if you use another browser). **DO NOT use a public computer.** You will not be able to submit your responses if a public computer is used.
2. Have your insurance card with you; you will need info on it
3. Your login will be your Bowdoin Username MINUS the @ bowdoin.edu (use jsmith, NOT jsmith@bowdoin.edu)
4. Your password will be the same that you use for Bowdoin Email
5. Once you are logged in, click on REGISTRATION.
   - Returning Athletes only have to update the Athlete Portal- Remember to put items in that occurred since the last season- and change dates!!!
   - **First Years**- please make sure you complete all of the following:
     o **STUDENT Portal**
     o **ATHLETE Portal**
     o **HIT APP Concussion Form**
     o **Sickle Cell Screening Form**
       - **Sickle Cell- Sickle Cell Trait Screening Patient Statement Form**
         To identify Sickle Cell Trait status for students presenting for athletic screening and initiate appropriate testing procedures as stated by the NCAA. Testing includes a blood draw performed by a Bowdoin College Health Center medical provider. **Football and Rugby** athletes must have Sickle Cell Trait status on file prior to screening or you will be tested. All other athletes have the opportunity to decline the Sickle Cell Trait test.
6. Start with ONLINE instructions, proceeding all the way to physicians and work all the way down through Nutrition.
7. **AT THE END OF THE LAST SECTION PLEASE CLICK FINISH- ONE TIME ONLY.** **DO NOT LOG OUT UNTIL YOU SEE THE GREEN SCREEN STATING REGISTRATION COMPLETE.**

THE LINK IS BELOW! Please take your time and read all pages AND directions below carefully.

LINK to online forms -> https://bowdoinportal.hosted.workflow.com

* If you have been sick/injured/in PT we will require a clearance note from overseeing physician**
**Sickle Cell Screening** - This screening will take place at the start of your initial sport season at Bowdoin. All athletes receive the education materials in the pre-season team email. Please check the boxes next to the NCAA information. **Football and Rugby athletes** must have Sickle Cell Trait status on file prior to screening or you will be tested. All other athletes have the opportunity to decline the Sickle Cell Trait test.

**All First Years or Students Initial Athletic Season must watch the Sickle Cell Trait Video!**

- The Student-Athlete with the Sickle Cell Trait -- [http://youtu.be/sQvna_2sP6o](http://youtu.be/sQvna_2sP6o)

**Authorization to Release Health Care Information- HIPAA-**
Please make sure you check that you have been provided an opportunity to receive the Health Insurance Portability and Accountability Act (HIPAA) Notice of Privacy Practices for Bowdoin College. This information was included in the pre-season athletic screening team email.

**HIT APP Concussion Consent Form**
The HIT consent form allows Bowdoin College to use only your Symptoms for concussion research. Please make sure you check the box that you understand and give permission.

- Concussions: Don't Hide It, Report It, Take Time to Recover - [http://youtu.be/T3FLRDxbLXg](http://youtu.be/T3FLRDxbLXg)

**ADD/ADHD** - Many ADD/ADHD medications are banned by the NCAA. It is okay to take these as prescribed, but we require paperwork completed by your physician. Please read the page carefully and print the forms if necessary

**Asthma** - Many inhalers are banned by the NCAA. It is okay to continue to take as prescribed, but we require paperwork completed by your physician. Please read the page carefully and print the forms if necessary

If you do NOT have your health insurance card with you on campus, please have a copy scanned (both front and back), emailed or faxed to us, 207-798-7043. We will need both front and back copies of the card, make sure the page includes your **NAME and SPORT**.