



# BRIDGTON A C A D E M Y CLASS OF 2026

## HEALTH INFORMATION

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In order to participate in school activities and athletics upon arrival to campus, it is mandatory that health registration via SchoolDoc is completed PRIOR to Registration Day, which includes proof of health insurance, a physical exam within the last 12 months, and concussion impact testing.

### **General Information**

Bridgton Academy employs a full-time RN on campus to meet the medical needs of our students during school hours. The School Nurse, in conjunction with the athletic training staff, coordinates all health care for the students, including setting up medical appointments and filling prescriptions.

Bridgton Academy partners with a primary care practice that is located within walking distance of campus. The team at North Bridgton Family Practice and Walk-In Clinic will see our students for same day appointments should further medical attention be warranted. These medical appointments with outside providers would be billed through the student's individual health insurance.

Students are allowed to keep medications in their room and are expected to self-administer unless there are contraindications to this practice (prescription and non-prescription meds). It is recommended that students bring a lockbox to campus for the storage of medication and other valuables.

It is expected that efforts will be made to schedule students' routine doctor's appointments (non-emergent appointments) during times when campus is closed (i.e., breaks, long weekends, etc.) with physicians from their home state.

Please feel free to contact Kate Tucker, School Nurse/Director of Residential Life, throughout the summer with any questions. She can be reached via email at [ktucker@bridgtonacademy.org](mailto:ktucker@bridgtonacademy.org) or at the Health Office at (207) 591-9173.

### **Online Health Registration**

We provide online health registration through our health information software called SchoolDoc. Prior to August, you will receive a welcome email from SchoolDoc that will provide you with a username and password. Please log in using this username and password and follow all instructions for completing all necessary health forms. You cannot access SchoolDoc until you receive the welcome email with your unique username/password. If you feel you should have received this email and cannot find it in either your inbox or spam folder, please reach out to Kate Tucker, Director of Residential Life,.

## Requirements

All students are required to have and maintain **health insurance** coverage during their year at Bridgton Academy. Bridgton Academy **does not** provide health insurance to students.

You will also be asked to upload or provide a copy of the student's **immunization record**. Your doctor's office is welcome to use the Bridgton form in SchoolDoc, or you can upload the immunization record in whatever form your doctor's office typically uses. The State of Maine requires that all students be vaccinated against diphtheria, tetanus, pertussis, measles, mumps, rubella, polio, varicella, and meningococcal disease. A recently implemented state law removes both religious and philosophical exemptions from vaccination requirements. Bridgton Academy is not requiring the Covid vaccine or booster at this time, but does strongly recommend that students are vaccinated/boosted against both Covid and the flu. Optional flu shot and Covid booster clinics will take place on campus during the school year.

A **physical examination** needs to have been completed within ONE YEAR prior to entering Bridgton Academy. The physical exam form must be signed by a M.D., D.O., P.A., or Nurse Practitioner. There are blank physical exam forms provided in SchoolDoc that can be filled out by your doctor, or you are free to use whatever standard form is used by your doctor.

SchoolDoc will have a link for completing online **Impact Testing**. This is a concussion test that is mandatory for all athletes and must be completed before the student is able to practice with their team. Even if the student has completed online impact testing in high school, they are still required to complete our concussion assessment through the link provided. Impact testing must be done by the student and not by the parent.

## Prescriptions

Students must supply the Health Office with an insurance prescription card (uploaded into SchoolDoc or presented as a paper copy on Registration Day). Co-payments for prescriptions are typically taken from a student's SRE account unless they would prefer to use cash or a personal credit card.

Prescription medications need to be presented to the pharmacy in paper form or sent electronically to the pharmacy directly from the prescribing physician's office. This can be accomplished in several ways, which can be discussed with our School Nurse. One option that has been successful in alleviating refill difficulties throughout the year has been to set up an appointment with the doctor we utilize through North Bridgton Family Practice, who will follow the student's medication needs throughout the school year.

## Questions?

Please contact Kate Tucker, School Nurse/Director of Residential Life, at [ktucker@bridgtonacademy.org](mailto:ktucker@bridgtonacademy.org) or (207) 591-9173.