

Can I speak to someone about my questions?

- Call 603.418.8650
- Monday–Friday: 8:30 a.m.–5:00 p.m.

How do I access the Wellness portal (Medicat)?

- **Medicat tutorial video:** <http://www.youtube.com/watch?v=ftXDg7f29EQ>
(really important to watch the video first!)
- **Medicat student portal page:** <https://nec.medicatconnect.com>
- Students need to use their NEC email and password, not their home email to log in to the portal!

NEC Username: Use your NEC email username up to the @ (djones_UG)

NEC Password: Use your NEC email password*

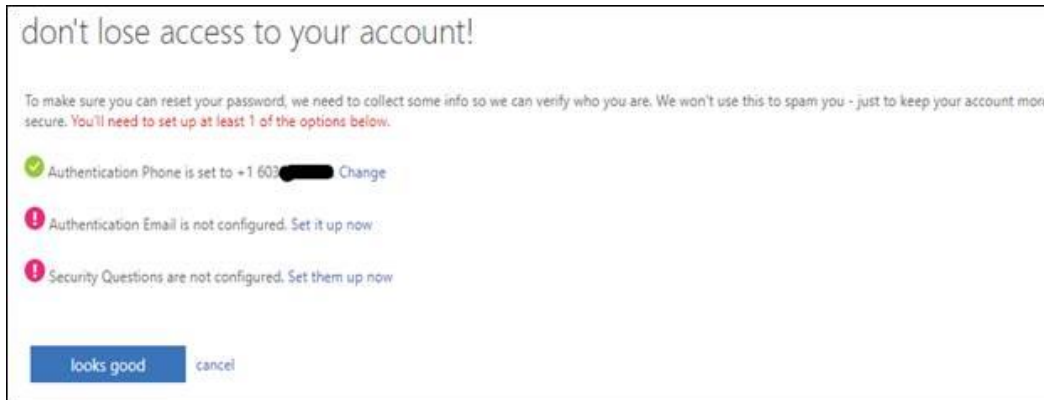
*You will need to access www.office.com to change your password for your NEC email. If prompted, once you change your password, fill out the “self-service password reset” questions to enable your ability to reset your own password for future use.

How do I reset my NEC Password?

NEC uses Microsoft’s Self-Service Password Reset functionality to help you reset your password in the event that you forget it. The first time you try to sign in to Office 365, you will be asked to set the information used to reset your password. Only one answer is necessary to

reset your password. **You can choose to answer just one or all three.** The more you answer, the better your chances of having the correct info.

You will need to have access to the phone and personal email account. Microsoft will send a code to verify your responses.



- The phone must be able to receive a verification code sent via text. So an office phone will not work.
- The email must be a private email account not associated with Office 365 such as Gmail.
- Answer 5 security questions from the list provided.

These answers are not available to Microsoft or NEC. They are kept in encrypted form with your NEC Office 365 account. If you use a Password Manager, record the answers to your 5 questions there.

When you have answered at least one selection, click Finish to complete the steps.

Microsoft will ask you to verify the information provided here every 365 days.

If you forget your Office 365 password, use the "Forgot password" link on the sign in screen to reset it.

Microsoft

Get back into your account

verification step 1 > choose a new password

Please choose the contact method we should use for verification:

- Email my alternate email
You will receive an email containing a verification code at your alternate email address (es*****@gmail.com).
Email
- Text my mobile phone
- Call my mobile phone
- Answer my security questions

If you have any questions or problems signing in, please feel free to contact helpdesk@nec.edu

What information does the Wellness Center need?

Required Health Information – needs to be completed by July 15

- Health History (completed online)
- Informed Consent (complete online if over age 18; if under age 18 must print form. Student signs, parent/guardian signs, witness over age 18 must sign as well).
- TB Risk form (complete online)
- Immunization Record (scan and upload)

Required Immunizations

- Hepatitis B
- MMR
- Tdap
- Meningitis ACWY booster after age 16 (Menactra or Menveo)
- Meningitis B (Bexsero or Trumenba) OK to move in if first dose given and waiting for second dose

- **Highly recommend** Hepatitis A, HPV and chicken pox (varicella) vaccines

Where can I get my immunizations done?

- Your doctor's office (by appointment with a nurse)
- Local public health department (NYC has many sites and they have all the immunizations we require, including Meningitis B)
- CVS Minute Clinic
- Walgreens Pharmacy (or other pharmacy near you). You may need a prescription called in by your doctor
- The NEC Wellness Center has immunizations for students through age 18 at no cost to you. We also have immunizations for students who are over the age of 19 but these have restrictions per the State of NH. **It is best to get immunizations done prior to arrival on campus.**
- The Wellness Center is planning to have immunization clinics on campus through Walgreens Pharmacy, to include our required immunizations and the flu vaccine. Stay tuned to your NEC email for more information, as sign-ups are required.
- Call us if you have questions! 603.418.8650

How do I get a copy of my immunization records?

- Your high school has to keep records for 5-7 years. They will likely have your immunization records.
- Your doctor's office
- Many states have an immunization registry (NH does not at this time)

How do I scan my immunization record and other documents?

- We highly recommend using a free scanning app for a smartphone (Genius Scan or CamScanner) to scan documents such as the immunization record and informed consent

Do you have any information on health insurance?

- If out of state Medicaid – we suggest getting the NEC sponsored health insurance
- NEC sponsored health insurance goes through SFS, not the Wellness Center

What is the charge for visits?

- The Wellness Center does not charge for visits, but may charge for missed appointments.

Can I just walk into the Wellness Center to be seen if I am sick or to get a vaccine?

- Unfortunately, due to Covid-19, we will not be able to have walk in appointments for the foreseeable future. Please call us to speak with a nurse.