Virginia Military Institute
Instructions for Medical Requirements

**STEP 1:**

Register for the cadet portal:

1. Go to https://vmi.medicatconnect.com
2. Click Register to create your user name and password
3. Once you click submit, an email will be sent to the email on file where you will create your password. If you do not receive the email, please check your junk or spam folders.

   Your password must include:
   - A special character
   - A mix of letters and numbers
   - A mix of upper and lower case
   - A minimum of 5 characters

**STEP 2:**

The following medical forms are included in this packet and must be completed as explained on enclosed Medical Checklist:

**Completed by Health Care Provider:**

1. History of Physical Examination form
2. Body Fat Measurement form
3. Immunization Record
4. Medical Release (Certificate of Understanding) form

**Completed by applicant:**

1. Cadet Health Insurance form

**STEP 3:**

Log in to your cadet portal account at https://vmi.medicatconnect.com to complete the following:

1. Select “Forms” to complete your VMI Health History online.
2. Select “Immunizations” and manually enter the dates from the immunization form completed by your healthcare provider. This step is REQUIRED IN ADDITION to uploading the form.
3. **Upload** the following completed forms (from Step 2):
   a. History of Physical Examination Form
   b. Body Fat Measurement form
   c. Immunization Record
   d. Medical Release (Certificate of Understanding) form
   e. Cadet Health Insurance form
4. Select Insurance and enter your insurance company information (in addition to uploading the completed insurance information form as indicated above)

*Please do not submit forms via Box. Please also do not mail, fax or email completed forms to us.*

Questions? Please contact us at 540-464-7218 or email kingerylc@vmi.edu