

Richard Podolny MD LLC
i-693 Physical Exam

Thank you for your interest in using Richard Podolny MD LLC for your immigration (i-693) physical examination. Dr. Podolny is a designated Civil Surgeon and is authorized to perform the medical examination and completion of the i-693 form. We appreciate the complexities of the immigration process and will endeavor to make this part of the process as easy and inexpensive as possible.

The process consists of an initial meeting with the Doctor where evaluation of all prior health records and the physical exam is performed. Once the applicant has fulfilled the vaccination and laboratory requirements a second visit for signing is necessary to complete the application.

Completing the i-693 form requires the following:

1. An evaluation of the applicant's vaccination history. USCIS uses current CDC guidelines for their vaccination requirements. Any deficiencies in your vaccination history can either be tested for by laboratory examination or satisfied with a repeat of the necessary vaccinations.
 - a. In general, the most common requirements are Tdap, MMR, varicella and influenza (seasonal).
 - b. Waivers for some or all of these vaccinations are given on a case by case basis, i.e. pregnancy. That being said the less complicated the application is the more likely it is to withstand review by USCIS.
 - c. The vaccination requirements are age specific so for children and older adults there may be some variation
 - d. The only accepted immunization records are originals or copies of originals with Month, day, year dates and accurate dosing information. If they are in a foreign language an accurate translation may need to be provided.
2. Completion of the required blood tests for Syphilis, Gonorrhea and Tuberculosis lab tests
3. A review of your past and current medical history.
4. A thorough physical examination.
 - a. USCIS requires a comprehensive physical exam to rule out communicable diseases of the skin, tuberculosis, and sexually transmitted diseases.

Upon completion of the above, the applicant will receive a sealed envelope with the completed i-693 form which they will need to present to immigration at the appointed time. A copy of the form will also be provided as the original MUST stay sealed.

Our fees:

We charge 209.00 dollars for our services. This includes evaluation of lab and vaccination needs, the physical examination, and completion of all necessary paperwork. It does NOT include any costs that may be incurred in filling any gaps in your vaccination or laboratory needs—*For individuals that are off-island or chose to limit the process to a single visit there is an additional \$75.00 charge for the extra coordination/evaluation in preparation for the single visit.* \

Lab/Vaccination costs:

There is some variability in vaccination and laboratory costs: Currently, one might expect to pay on the average \$50-\$60 dollars per each needed vaccination depending on which pharmacy you use. Please note that if you had the actual varicella disease in the past, you do NOT need the vaccination. The cost for all the laboratory tests can average about \$150. Kaiser, Tricare, or other health insurance institutions may cover some of the cost for the vaccinations and/or laboratory tests although this is up to each carrier.

Most of the process can be conducted in both English and Japanese; however we do ask that initial contact be made in English to facilitate triage. A simple email or phone message with clear contact information in English is sufficient.

Email: Melissa@podolnymd.com

Phone: 808 524 0754

When you come in for the first visit you will need the following:

1. An acceptable USCIS identification i.e passport/Drivers license
2. The first two pages of the i-693 form filled out in English
3. Any official vaccination records you may have including but not limited to childhood, school or military vaccinations.

The Process

1. We are located in the Century Square building, 1188 Bishop Street STE. 3306 on the 33rd floor in Honolulu.
2. There is parking beneath the building for which we half-price validate.
3. Once you are in the office please present the completed first two pages of the i-693 form in English to the office manager. She will then log this information into the system.
4. Please present any vaccination records you may have. If they are not in English, be prepared to translate into English.
5. After evaluating the laboratory and vaccination requirements, you will given a sheet of questions to complete.
6. Once you have completed these questions, please bring them with you when you are directed to the physical exam room.
7. The Doctor will then perform the physical exam
8. Upon completion of the physical exam, you will be directed to the front office where you will obtain the following:
 - a. Prescriptions for any necessary vaccinations you may need to fulfill the immigration requirements.
 - i. Most pharmacies can provide the necessary vaccinations.
 - ii. Walgreens, Walmart and CVS
 - b. A laboratory slip with the necessary lab tests required by immigration.
 - i. On the backside of the lab slip are the locations of the testing sites.
 - ii. If you are working with a private health institution such as Kaiser or Tri-Care, bring the lab slip to them, and they can help you obtain the needed studies.
9. After receiving the above lab and vaccination forms the first part of the i-693 examination process is completed. At this time payment will be collected. Please do not forget to ask for the ½ price validation for your parking.

10. Once you have completed the vaccination and laboratory tests (about one week) please call the office to coordinate a time for the completion of the exam.
 - a. When you return, you will need to bring proof that you obtained the requested vaccinations. This should be given to you by the pharmacy.
 - b. The lab results, in general, go directly to our office. However, if you have used a private health institution such as Tri-care or Kaiser, you may need to have them print out the results and email or fax them to our office. If that is not possible, you may hand carry them in when you come to the office.
11. Once we have confirmed that all necessary labs and vaccinations have been done, we will complete the i-693 form. You will receive one copy SEALED in an envelope that can NOT be opened. We will provide an identical copy for your records which can be used at a later date should you need to show proof of vaccination status.

We look forwards to helping you.

Richard Podolny M.D. and Melissa Myers.