



How To Prepare For Your INS Physical At AFC/Doctors Express:

STEP 1

CALL US BEFORE you come to AFC/Doctors Express at 901-881-0331 to make sure Dr. Dale Norris is on staff the day you plan on coming in for your INS physical. **Only Dr. Norris does these physicals.** You may come for your INS physical without needing an appointment **from 8 a.m. until 6 p.m.** on any day that Dr. Norris is at AFC/Doctors Express so call us to make sure he is working the day you plan on coming in for your INS physical. **If there are 4 or more in a family needing INS physicals, please arrive no later than 5 p.m. to insure we can get all 4 physicals done the same day.**

STEP 2

BRING YOUR COMPLETED I-693 WITH YOU when you come to AFC/Doctors Express. First, **review the instructions on how to complete the I-693 form** [here](#), then download the I-693 form [here](#) and **COMPLETE ONLY PART 1** of the I-693 form prior to your arrival at AFC/Doctors Express. **DO NOT SIGN** the form until Dr. Norris instructs you to do so during your exam. If you have already signed the form before your INS physical, your paperwork will not be accepted and you will not be able to get your physical until you complete new paperwork.

STEP 3

BRING YOUR SHOT RECORDS, PASSPORT, and/or GOVERNMENT PHOTO ID with you when you come to AFC/Doctors Express for your INS physical. If you do not have a record of your vaccinations, prepare to have those administered along with your INS physical. If you do have a record of your vaccinations and they are outdated, you will have to have those outdated ones administered again.

STEP 4

BE PREPARED TO PAY UPFRONT for your INS physical and any immunizations required. Costs are as follows:

- 1) INS Physical - \$275
- 2) TB Skin Test - \$25 (Your TB skin test will be read 48 to 72 hours after administered). If you have ever had a positive TB skin test or if our test returns positive, you will have to have a chest x-ray. Previous TB skin tests or chest x- rays must have been done within the the year.
- 3) Chest X-Ray - \$98
- 4) Tetanus (TDap) Vaccine - \$70 - must have been done within the last 10 years.
- 5) Syphilis Blood Test - \$50. If in-house testing is positive, specimen will be sent to an outside lab for further testing and you will be billed by the lab directly for the additional testing required (Quest Labs; \$36.77).
- 6) Flu Shot - \$25 (during flu season which is Oct 1 - March 31).

STEP 5

TWO (2) VACCINATIONS WE DO NOT ADMINISTER that you must have are the MMR and Varicella shots. You will only need the Varicella shot if you have never had Chicken Pox. However, our partner clinic, The Shot Nurse, can provide you with those and **YOU MUST BRING THESE RECORDS WITH YOU BEFORE** coming to AFC/Doctors Express for your I-693 completion. For prices on these shots and any questions, contact:

The Shot Nurse

4637 Poplar Avenue (in the Laurelwood Collections Shopping Center near the Poplar & Perkins Intersection)

Memphis, TN 38117

Phone: 901-685-9999

A false negative skin test can occur if a live vaccine, such as MMR, is given BEFORE the TB skin test is done. If a live injected vaccine is given, you should wait at least 4 weeks before doing the TB skin test. All vaccines, live or inactivated, can be given on the sameday or at any time AFTER a TB skin test is done.

STEP 6

If you are under 18 years of age, or you are over 65 years old, please refer to the USCIS website [here](#) as the vaccinations change for these age groups.

If you would like to download a copy of these steps, please [click here](#).