

The University
of Chicago
**Guide to Student
Health and
Counseling Services**
2016–2017



THE UNIVERSITY OF
CHICAGO

Campus &
Student Life



Student
Health & Counseling
Services

Welcome to the University of Chicago!

We believe good health is essential for academic success. At the University of Chicago, students have access to coordinated and comprehensive services targeted at building and maintaining overall well-being. These services are available through the Student Health Service (SHS), the Student Counseling Service (SCS), and Health Promotion and Wellness (HPW). Our collective mission at Student Health and Counseling Services (SHCS) is to provide care, services, and programs in ways that are tailored to students' needs and lifestyles, engage and empower students in the maintenance of their own health and well-being, and provide a high level of patient satisfaction.

You are joining our community at an exciting time. We continue to focus our efforts on enhancing our health and counseling services to achieve a model of student-centered care. We are also committed to delivering health promotion and wellness programs that are oriented towards educating students about important issues related to building and maintaining healthy lifestyles.

We hope you will find the information in this guide helpful in providing a quick overview of the health, counseling, and wellness services available to you as a UChicago student. This guide also provides an explanation of the Student Life Fee and a brief overview of the University Student Health Insurance Plan (U-SHIP).

We encourage you to visit the websites that are referenced in this guide for additional details, or to contact us if you have questions. You will find contact information related to all of our services in this guide. The staff at SHCS is eager to serve you during your time as a student at the University. We look forward to meeting you!

Best of health,



Michele A. Rasmussen

Dean of Students in the University

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CONTACT US



THE UNIVERSITY OF CHICAGO

Campus & Student Life



Student Health & Counseling Services

Student Health and Counseling Services addresses the health and wellness needs of UChicago students. We are eager to assist you in becoming a healthy and well-rounded individual during your time at the University. To learn more visit us at wellness.uchicago.edu.



Student Health Service

860 E. 59th Street (Goldblatt Pavilion Entrance)

M-Th 8am - 6pm / F 8am - 5pm / Sa 9am - 1pm

Appointments: 773-702-4156

wellness.uchicago.edu

Nurse Advice Line (24x7): 773-702-1915



Student Counseling Service

5555 S. Woodlawn Ave

M-F 8:30am - 5pm

Appointments: 773-702-9800

wellness.uchicago.edu

Staff Member On-Call: 773-702-3625 (after-hours emergency consultation)



Health Promotion & Wellness

Woodlawn Social Services Center
950 E. 61st Street, Suite 300A

M-F 8am - 4:30pm

773-702-8935

wellness.uchicago.edu



Insurance Coordinators

Woodlawn Social Services Center
950 E. 61st Street, Suite 300A

M-F 8am - 4:30pm

773-834-4543

wellness.uchicago.edu



DCAM Pharmacy

5758 S. Maryland Ave

M-F 9am - 5:30pm

773-834-7002

Emergency Room visits incur extra fee and are discouraged except in cases of clear emergency.

Students are encouraged to call the **Nurse Advice Line** for guidance in assessing urgency of treatment.

Twitter: @UChiwellness

Facebook: University of Chicago Health and Wellness



General Overview

Campus and Student Life (CSL) oversees student health, counseling, and wellness services at the University of Chicago.

Health care for students is coordinated through Student Health and Counseling Services (SHCS). Access to basic services (see page 5) at SHCS is covered by the Student Life Fee.

This guide summarizes the services available to you through SHCS, and serves as a useful reference for using those services effectively. More detailed information may be found by visiting wellness.uchicago.edu.

Student Life Fee

Each quarter, all registered students* (regardless of your selected health insurance carrier) are assessed a mandatory Student Life Fee. This fee supports various aspects of the student life experience, including primary care, mental health, and wellness services available on campus through SHCS. Students not registered during Summer Quarter (and returning Autumn Quarter) may opt to pay the summer Student Life Fee for continued access to these on-campus health services.

Most services provided through SHCS are covered by the Student Life Fee. In some cases, however, (e.g., many lab services, all radiographic services, and specialty care) there is a charge. When referred by your SHCS service provider for other services, be sure to confirm whether those services will incur charges. Covered services must be performed within the SHCS Services by SHCS clinical staff. Services that are not covered are the responsibility of you and/or your health insurance plan to pay. Please check with your insurance representative to confirm coverage prior to your visit or procedure. SHCS staff members are not responsible for knowing the terms of your health insurance coverage.

The chart on the next page summarizes SHCS services and whether they are covered by the Student Life Fee. For more in depth information about specific services, refer to wellness.uchicago.edu.

*some exceptions apply

Student Life Fee (continued)

SERVICES COVERED BY STUDENT LIFE FEE

Student Health Service

- Routine physicals
- Acute and chronic care
- Cervical and anal PAP procedures
- STI (sexually transmitted infection) testing
- Urine dipstick and pregnancy testing
- Rapid strep testing
- PPD (tuberculosis) testing
- Flu & school required immunizations
- Allergy injection visits
- Travel health consultations
- Contraception consultations
- Sports medicine consultations
- Movement specialist consultation
- Some basic labs

SERVICES **NOT** COVERED BY STUDENT LIFE FEE

- Pharmacy prescriptions/medications
- Consultation and/or treatment by sub-specialists outside of the SHCS clinical staff
- Select immunizations (yellow fever, polio, and typhoid)
- Emergency Room care
- Hospitalization
- Select laboratory tests
- Radiology procedures
- Medical supplies
- Medical record copying or certificates
- Heart station procedures (EKGs, holter monitors)
- Drug testing
- Other services not listed here

Student Counseling

- Diagnostic assessment
- Crisis intervention
- Short-term psychotherapy
 - Individual
 - Couples counseling
 - Substance abuse counseling
- Support groups
- Academic/study skills counseling (and workshops)
- Medication consultation and management
- Referral services

- Pharmacy prescriptions/medications
- Consultation and/or treatment by sub-specialists outside of the SHCS clinical staff
- Emergency Room Care
- Long-term mental health care
- Other services not listed here

Health Promotion and Wellness

- Campus-wide wellness events
- Wellness programs, workshops, and education
- Health counseling and referrals
- Graduate/Professional-specific programming
- Alcohol and other drugs risk screening
- Sexual health education and condoms
- RSO and student group advising

Student Health Service

The Student Health Service staff helps students with urgent health care needs and provide routine medical services. The sports medicine physician works with certified athletic trainers and a movement specialist to provide comprehensive care for musculo skeletal and orthopedic injuries.

The Student Health Service is an appointment-based service, so call before you come in. Students with urgent and acute issues will be given an appointment in a timely fashion. If you are in need of routine care or CDC recommended screening tests, please remember to make your appointment in advance. Many routine gynecological appointments and travel consultations are booked 4–6 weeks in advance so it is important to plan ahead.

Medical Advice

A resource available to students 24 hours/day to provide medical advice.

Student Health Nurse (during regular business hours)

773.702.4156

Nurse Advice Line (after hours)

773.702.1915

Emergency Care

Emergency Room services are NOT COVERED under the Student Life Fee; Emergency Room services will be charged to students and/or their insurance. If you are unsure whether you should go to the Emergency Room, call the Medical Advice nurse at 773.702.4156 during normal business hours or 773.702.1915 after hours to determine if emergency treatment is necessary. The Emergency Room is not appropriate for most earaches, stomach flu, or sore throats.

If you do go to the Emergency Room it is important that you tell the Emergency Room staff members you are a student, and that you have your insurance card and student ID card with you.

Student Counseling Service

Student Counseling Service staff are available to assist students with an array of mental health concerns, including: the transition from home to school, academic stress, relationship issues, depression, anxiety, substance misuse, and eating disorders.

Appointments are made over the phone by calling 773.702.9800. The initial appointment is typically an intake assessment where the student has an opportunity to describe his/her chief concerns. The clinician determines the student counseling services that can best assist the student and provides referral to other resources as needed.

Let's Talk

Let's Talk is a program that provides easy access to informal, confidential, and anonymous (if you wish) consultations with counselors from Student Counseling Services, but in a non-SHCS location. No appointment necessary. For details, see wellness.uchicago.edu.

Appointments are made over the phone by calling 773.702.9800. The initial appointment is typically an intake assessment where the student has an opportunity to describe his/her chief concerns. The clinician determines the student counseling services that can best assist the student and provides referrals to other resources as needed.

Academic Skills Assessment Program (ASAP)

ASAP assists students who are having academic difficulties, including test anxiety, procrastination, study skills deficits, and other kinds of learning concerns. Individual ASAP meetings can be scheduled, and ASAP workshops are offered.

Support Groups

Throughout the year, support groups are available on a range of topics (eating concerns, procrastination, relationships, etc.).

Call 773.702.9800 to check availability, or visit wellness.uchicago.edu.

Crisis Appointments

During business hours, students in crisis may call 773.702.9800 or walk in to the Student Counseling Service. After hours, students who are experiencing a mental health crisis may access the Therapist on Call by dialing 773.702.3625.

Health Promotion and Wellness

The University of Chicago Health Promotion and Wellness Team is committed to enhance the environment and community at the University of Chicago to promote lifelong behaviors and to empower individual students to improve their quality of life and reach their highest potential. Our staff, in conjunction with Peer Health Advocates (PHAs), work to understand student needs and assist them in achieving their best health by offering information, resources, and educational programs on many topics contributing to healthy lifestyles, including:

- Alcohol and other drug education
- Creating social connections/relationships
- Eating disorder prevention and Body Image Awareness
- Flu immunization programs
- General wellness
- Graduate/professional student wellness initiatives
- Health communication
- Managing school/life balance
- Mental health first aid
- Mindfulness meditation
- Nutrition and healthy eating on campus
- Population specific initiatives/topics by request
- Safer sex and contraception
- Sleep health
- Stress management
- Time management and study skills

To find out more and discuss how we can support you, contact: wellness@lists.uchicago.edu or 773.702.8935.

Peer Health Advocates (PHAs)

PHAs are specially trained students who are committed to advocating for the health and wellness of their peers. PHAs work to promote healthy choices and encourage students to use SHCS services. Learn more about the PHAs and how we can work with you at wellness.uchicago.edu.

University Student Health Insurance Plan (U-SHIP)

The University requires all students to carry health insurance that covers, among other costs, hospitalization, specialty care, prescription drugs, and outpatient diagnostic and surgical procedures provided within the Chicago area. Each year, registered students are enrolled in the University Student Health Insurance Plan (U-SHIP), administered by United Healthcare Student Resources. Details about U-SHIP coverage and benefits can be found at UHCSR.com/uchicago. To waive enrollment in U-SHIP, you must provide proof of active comparable insurance by the end of the first week of your first quarter of enrollment. You can do this online at studentinsurance.uchicago.edu.

Students enrolled in U-SHIP receive their primary medical and mental health care at the on-campus Student Health and Counseling Services (SHCS). SHCS will coordinate your care and make a referral, when necessary, to a specialist. Without a referral from SHCS, you will be assessed a penalty of \$50 for each visit or service, except in emergency situations or if you are more than 100 miles from campus. If you are away from campus and you need health care, you can find a physician who is in the UnitedHealthcare Student Resources national network by going to geoaccess.com/uhc/po.

If you are enrolled in U-SHIP, your insurance coordinators are located on campus. The On Campus U-SHIP Coordinators are able to answer questions about your covered health benefits and other topics related to U-SHIP. Contact the On Campus Student Insurance Coordinators at 773.834.4543 (select option 2) or at uchicagoadvocates@uhcsr.com. Learn more at UHCSR.com/uchicago.

Students not enrolled in U-SHIP also receive their primary care at the on campus SHCS. However, medical services obtained that are not covered by the mandatory Student Life Fee will be billed to you (the student) and/or your insurance plan.

Pharmacy Discount for U-SHIP Enrollees

A special arrangement with the University of Chicago Medical Center's DCAM Pharmacy enables students enrolled in the University Student Health Insurance Plan (U-SHIP) who take medicines chronically to receive 3 months of prescription for the price of two months co-pay.* This discount (available only at the DCAM pharmacy) also applies to oral contraceptives (birth control).

*certain exceptions apply.

Optional Dental and Vision Insurance Plans

Students may enroll for optional dental and/or vision coverage regardless of whether they are enrolled in U-SHIP. Optional dental and vision plans are administered by Delta Dental of Illinois and Cigna Dental (vision plans are offered in conjunction with EyeMed and by United Healthcare).

Students are informed of the option to enroll in Delta Dental, Cigna Dental, and United Healthcare plans (both dental and vision) via a bulk email, which is sent at the beginning of Autumn Quarter. A second opportunity to enroll in plans provided through Delta Dental and Cigna Dental is offered at the beginning of Spring Quarter. Enrollment is done online, and premiums are paid directly to either Delta Dental, Cigna Dental, or United Healthcare (no charges appear on your student account).

Additional information about these plans is available at wellness.uchicago.edu.