Welcome to Student Health Service

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Our Mission

“To provide quality prevention, primary health care, health education and pharmacy services to enhance student living and learning.”
Our New Location:

University of Pittsburgh Student Health Service

Wellness Center,
2nd Floor, Nordenberg
119 University Place
Pittsburgh, PA 15260
About Student Health Services

• Accreditation

The University of Pittsburgh Student Health Service (SHS) is fully accredited by the Accreditation Association for Ambulatory Health Care, further supporting our commitment to providing quality health care for the University of Pittsburgh student community.
About Student Health Services

- **Staff**: Highly trained, board-certified physicians (5), psychiatrist (1.2), licensed PA/CRNP (3), (8) nurses/medical assistants, licensed pharmacists (3), registered dietitian and other health educators and administrators.
- **Volume**: 35,000 student visits/year……62% of student body
- **Prescriptions**: Fill 33,000 RXs/year
- **Electronic Health Record (EHR)**: Medicat Systems
Hours of Operation

September – April

• Monday, Wednesday, Thursday  8:30am – 7:00pm
• Tuesday & Friday           8:30am – 5:00pm
• Saturday                   10:00am – 3:00pm

May – August

• Monday – Friday            8:30am – 5:00pm
Making an Appointment

- Call **412-383-1800** to schedule an appointment
  - Avoid the “**No Show Fee**” by canceling two hours prior to appointment
- Walk in to schedule a future appointment
- 24-Hour, On-Line Self Scheduling – via our secure portal
  - Can schedule any time
  - Secure messaging with the clinician
Access to Services

• When appointments are full

• **NO STUDENT IS TURNED AWAY!!!**

• **Urgi-Care Service** (1pm – 5pm, M-F) — for upper respiratory symptoms, other minor, acute conditions

• **Nurse Triage**
  • All day
Clinical Services Offered:

The Student Health Service provides a comprehensive array of medical care services:

- Primary medical care for acute and chronic conditions
- Women’s health care and contraceptive care (i.e. annual PAP smears, IUD insertions, etc.)
- Men’s health care
- LGBTQ health care – including Transgender Care
Clinical Services (continued):

- Psychiatry Services
- Orthopedic Care and Sports Medicine
- Physical Therapy
- Observational unit (i.e., IV hydration therapy, etc.)
- Basic laboratory and radiology services referrals
- Nutrition Consultation
- Referral to wide network of local specialists
Clinical Services (continued)

• Preventative Care
  • Allergy injections & Immunotherapy
  • Complete physical exam
  • Pre-Travel Health Assessment
  • HEALTHY U Clinics (i.e. hearing & cholesterol testing, weight management programs, etc)
Clinical Services (continued)

• Holistic Service
  • Acupuncture
• Stress Free Zone
  • Mindfulness Meditation
  • Yoga
  • Massage Chairs
  • Biofeedback
  • Nature Walks
Important Immunization Information

• **Required Immunizations-** as a condition of attendance (also State law!) *We offer all these immunizations also.*
  - MMR – Measles, Mumps and Rubella (or MMRV)
  - Varicella – Chicken Pox
  - Meningitis – Meningococcal Quadrivalent Menactra or Menomune – for students living in University housing (Meningococcal B vaccine is also recommended but not required at this time.)

• **Recommended:**
  - Tdap – tetanus, diptheria, pertussis
  - Hepatitis A & B
  - HPV – human papillomavirus
  - Meningococcal B
  - Influenza – **FREE at SHS!!**
Allergy Immunotherapy – “Allergy Shots”

• Ordering physician must complete our “Allergy Injection Checklist” prior to administering any allergy serum (www.studenthealth.pitt.edu)

• Orders include adjustment of schedule in the event a dose is missed or late.

• SHS does not return (i.e., mail) unused serum – it is the responsibility of the student to retrieve
Important Information – Reminders......

• Complete and send immunization data; can be entered on-line into Medicat via secure portal

• Students are required to complete first part of Campus Clarity....on-line, alcohol and sexual assault prevention education

• Be sure your student has his/her health insurance card.
Health Insurance *(It is the law!)*

- SHS accepts health insurance as payment for services provided.
- As a provision of the Wellness Fee, there will be **no** additional out-of-pocket fees; co-pays will be covered by the Wellness Fee.
- The Wellness fee however is **NOT** health insurance.
- Be sure your student has his/her insurance card; it MUST be presented at each visit.
University Pharmacy Services

• Conveniently located on the first floor, Nordenberg Hall
• Staffed by three registered pharmacists and one pharmacy technician
• Prices are competitive with commercial drug stores and often lower
• Refill orders can be phoned in ahead or use reminder service
• Most insurance plans are covered
• Many OTC pharmaceuticals are available
Confidentiality

• The SHS is required by law (HIPAA) to maintain privacy in regard to the student, services provided and medical record. **All exams, treatments, communications, etc. are CONFIDENTIAL.**

• Healthcare information is NOT shared with parents unless the student provides permission via signed waiver.
  • Exceptions: Emergency and risk of harm to self or others
Office of Health Education and Promotion

- Goal is to educate and train students to adopt healthy lifestyles .......... *HEALTHY U Program*
- Assist with modifying negative and/or risky behaviors
- Cultivate positive attitudes towards life
- More than 6,400 students have attended programs
Office of Health Education and Promotion

- Offers a variety of **FREE** programs and services to enhance personal and community health and well-being
  - Sexual health and contraceptive education
  - Nutritional counseling and healthy eating programs
  - Substance abuse prevention programs
  - Personal Education Assistance and Referral Program (PEAR alcohol education)
  - Tobacco cessation program – QUIT
Stress Free Zone

“A place where students can learn and regularly practice evidence-based, mind/body stress reduction skills.”

- Private Space for and Meditation
- Free Yoga and Tai Chi Classes
- Mindfulness Audio Stations
- Biofeedback Station
- Massage Chair
STRESS FREE WEEK

DEC 7–11

A series of FREE events for Pitt students to de-stress before finals. All events are sponsored by the Stress Free Zone (3rd floor WPU)!

Pitt Knits 101
Monday, 6 p.m.

Mindful Eating Workshop
Monday, 1:30-2:30 p.m.

Tea Tasting Workshop
Wednesday, 1:30-2:30 p.m.
(snacks included,
*registration required)

Professional Chair Massages
Tuesday, 3-5 p.m.

Yoga Workshops
Thursday, 1, 3, 5:30 and 7:30 p.m.
(*registration required)

Stress Free Mixer
Friday, 2-4 p.m.
(all are welcome!)

* Register via Facebook Events
Research has shown that student health is an important factor in both student academic performance and the overall student experience.

With that in mind, we developed............

HEALTHY U, the roadmap to healthy living.
HEALTHY U Vision

• We are committed to the whole person’s wellness and with that we provide an array of services, programs, resources and opportunities to support the personal development of the Eight Dimensions of Wellness.

• Our HEALTHY U web site is a source to get started........
  • www.studentaffairs.pitt.edu/huhome
HEALTHY U Advice for our students…..and parents

• Exercise!!
• Eat Healthy (at least to an extent....)
• Learn to manage stress (SFZ)
• Sleep (7-8 hours/night)
• Know and respect the University’s policies on alcohol and drugs
• Build Relationships/Socialize
• Healthy U Wellness/First Aid Kit
• Visit the Wellness Center.......get to know us!
• Princeton Review Best 376 Colleges
  – University of Pittsburgh Student Health Service ranked 4th, 7th, or 12th as Best Student Health Service in the past four years!!

• Greatist.com – 12th Healthiest Campus