Health and wellness have a direct effect on students’ ability to succeed academically, so it’s important to take care of yourself.

Everyone manages change and stress differently. What works for you?
Eat well
Sleep enough
Exercise
Avoid using alcohol, tobacco or other drugs
Make friends, get involved
Work through the problems you face
Make use of available resources
University Health Service (UHS)

Your health and wellness resource
Provides many services in one building
Can meet most of your needs
Health care in the U.S.

No national health plan
Our “system” is complicated
Insurance plays a big role
UHS makes health care simpler and less expensive
Three levels of health care

- One building
- On campus
- Many services
- Open days
- Student fees cover

- Many facilities
- Near campus
- Limited services
- Open longer
- Student fees don’t cover

- Many facilities
- On medical campus
- Emergencies only
- Open always
- Student fees don’t cover
UHS
Saves you time & money

UMHS (U-M Health System)
Big, complex
Provides emergency and specialty care
Student fees don’t pay (insurance helps)
At UHS, most medical services require an appointment.

For non-urgent concerns, schedule: call 734-764-8320, email, use portal, or schedule in person.

For urgent concerns, it’s still best to call, or you can visit in person.

Calling can save time and maybe a trip!
In a medical emergency

UHS can handle some minor emergencies but is not equipped to handle life-threatening emergencies

In an emergency:

• Call 911 OR
• Go to the nearest hospital emergency room (ER) OR
• Go to an urgent care facility (if minor emergency)
Not sure what to do? Call the Nurse Advice Line, day or night!

Calling may help you avoid a trip to UHS, the ER or an urgent care facility. And it’s free!

734-764-8320 when UHS is open

866-204-1082 (toll-free) when UHS is closed
All about UHS -- Reasons to visit

- When you are injured or ill (including chronic illness)
- When you are well e.g. for check-ups
- Allergies/allergic reactions
- Acne, other skin conditions
- Back problems
- Contraception, condoms
- Eye exams, glasses, contact lenses
... and more reasons to visit

- Immunizations
- Medication management of common mental health concerns, e.g. depression
- Nutrition counseling
- Physical therapy
- Sports medicine
- Testing
- Women’s health care
Need a specialist?
We have specialists!

Audiology (hearing)
Dermatology (skin)
Ear, Nose, and Throat
Neurology (nervous system & brain)
Psychiatry (mental/emotional)

Available with an order (referral) from a UHS clinician
Also at UHS

Laboratory
Radiology
Pharmacy
UHS Pharmacy

Can fill most prescriptions written by UHS clinicians

Prescription refills are available by phone

Sells non-prescription medications

UHS wants to be your pharmacy of choice!
Wolverine Wellness

Wellness coaching, sleep & cold care kits

Free safer sex supplies, anonymous HIV testing

Alcohol and marijuana programs, smoking cessation, Collegiate Recovery Program

Healthy eating and body image

Get involved with one of our student groups
Online health & wellness info

Healthy eating, body image, self-care, sexual health, alcohol and other drugs, etc
Choose to be safe and legal

Become informed about laws that apply to alcohol and other drugs

“Stay in the Blue” – download the free app
UHS does NOT provide:

Hospitalization (U-M Health System is closest)
Health care for children under 10 years old
Care during pregnancy but we can refer you
Dental services (U-M School of Dentistry has a clinic)
Counseling e.g. for stress, homesickness, academic decisions (Counseling and Psychological Services / CAPS is free and confidential for students)
Fees -- STARTING Aug 31, 2015

* Most UHS services are free for currently enrolled students, paid by your health service fee as part of tuition

* Health insurance helps cover other costs
Currently enrolled students pay no fees for:

Clinic visits
Physical therapy
Radiology
Most laboratory tests
Advice by telephone
Wellness services
And more
Currently enrolled students pay for:

- Allergy antigens
- Routine eye exams and eyewear
- Immunizations
- Medications
- Certain laboratory tests
- Services received between terms
- Outside services (UHS ≠ UMHS)
Visit UHS first to save $ 

UHS provides health care to help you save money
UHS will bill Aetna Student Health insurance & GradCare
GradCare members pay no copay for visits
Bring your insurance card to UHS visits
You would pay if insurance does not cover costs
UM International Center and UHS Managed Care/Student Insurance Office can help
Also eligible to use UHS

- Visiting scholars
- A student’s spouse, domestic partner and children ages 10 and older
- Faculty and staff

Payment: Fee-for-service or use billable insurance
Who provides health care?

• Doctors are Board Certified and fully licensed
• You may also see a physician assistant (PA-C), nurse practitioner (NP) or nurse (RN, LPN)
• Specialists (by referral from a UHS clinician): Audiology; Dermatology; Ear, Nose and Throat; Neurology; Psychiatry
• We can recommend, or you can request
• Please return to see the same clinician when possible
At your visit...

Your visit will be confidential

Please inform health care providers about any medications that you take

Clinicians may offer treatment choices

Please ask any questions
After your visit...

Get a printed summary of visit and instructions

Answer satisfaction surveys from UHS to help us improve (invitation comes to your umich email)

Sign up for the patient portal to get test results, request appointments, send a message to your clinician (phone tag), etc.
Concerned about language?

We offer language interpretation by phone – just ask!
If you must be screened for tuberculosis (TB)

You received email & letter in your check-in packet

Please be screened as soon as possible

Screening is free and confidential at UHS

Schedule an appointment & get results online

uhs.umich.edu/tbscreen, tbscreen@umich.edu, 734-615-3163

TB testing is encouraged for others at risk but is not required by U-M. UHS offers TB testing.
UHS is your campus health and wellness resource.

Use UHS this summer (before 8-31-15) if you are sick or injured, or for mandatory TB screening.

If/when you take regular U-M classes (starting 8-31-15), most UHS services are free.

Health insurance helps to cover other costs.
Suggestion:
Put these numbers in your phone

734-764-8320 -- call to schedule or for advice when UHS is open

866-204-1082 (toll-free) for advice about urgent health concerns when UHS is closed
Tack
Obrigado
Vielen Dank
Merci
ありがとうございます
Bedankt
Takk
感謝您
Terima Kasih
ขอบคุณ
谢谢
Спасибо
Thank You
Kiitos
Tak
Thank You
Teşekkür Ederiz
감사합니다
Gracias
Σας ευχαριστούμε
Dziękujemy