University Health Service (UHS)

Your campus health and wellness resource

Many services in one building
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
Who can use UHS

• U-M student

• Their spouse, domestic partner or dependent of U-M student (ages 10+)
UHS has LOTS of services

Medical Clinic
Women’s Health
Eye Care and Optical Shop
Allergy, Immunization & Travel Health
Laboratory
Radiology
Physical Therapy
Nutrition
Pharmacy
Pharmacy

For medications:
• Prescription
• Non-prescription

Request refills by phone

We want to be your pharmacy of choice!
How to get health care

**for non-urgent health concerns**
Schedule an appointment at UHS
Appointments are required for most medical services

**for urgent health concerns**
Calling is recommended:
• Call for Nurse Advice, day or night
• Call early Mon-Fri to request a same-day appointment
Visit Saturdays Sept-April, 9am-noon for urgent concerns (no appointments)

**in a medical emergency**
Call 911
Or go to the nearest hospital emergency department
Not sure what to do? Call the Nurse Advice Line, day or night!

Calling is free and may help you avoid a trip.

734-764-8320
Who provides health care?

- Doctors: Board Certified, fully licensed
- Physician Assistant (PA-C)
- Nurse Practitioner (NP)
- Nurse (RN, LPN)
- Specialists, for students who are referred by a UHS clinician: Dermatology, Eating and Body Image Concerns, Psychiatry, Sleep Clinic, Sports Medicine
Your personal well-being

Can directly affect your ability to succeed

Explore well-being resources on Canvas
Wolverine Wellness

- Programs for:
  - Wellness
  - Alcohol and other drugs
  - Sexuality and relationships
  - Body image
  - More

- Collegiate Recovery Program
- Free wellness materials e.g. sleep kits
- Wellness Coaching
Choose to be safe and legal

• Learn the laws, so you’ll know what to do and avoid trouble
• Many students choose not to drink
• Recommendation:
  • If you choose to drink, Stay in the Blue (≤.06 blood alcohol content)
  • Download the app
How do costs work at UHS?

Currently enrolled U-M students pay a *health service fee* as part of tuition, which pays for most services at UHS.
For currently enrolled students, most services at UHS are FREE:

Most clinic visits
Radiology
Most laboratory tests
Advice by telephone
Wolverine Wellness
And more
For currently enrolled students, these services at UHS have FEES:

- Allergy antigens and allergy testing
- Contraceptive devices, e.g. IUDs
- Durable medical equipment and supplies for home use
- Immunizations and injection fees
- Medications (prescription and non-prescription)
- Physical therapy
- Routine eye exams, glasses, contact lenses’
- Travel health services
- Tuberculosis skin tests
- Certain laboratory tests
Students also pay FEES for:

- Services received between terms at UHS
- Services received outside UHS
How do costs work at UHS?

For currently enrolled U-M students:

- The *health service fee* pays for most UHS services
- When needed, UHS will bill Aetna student health insurance:
  - Patient and insurance may both pay part
  - Patients are responsible for paying costs that insurance does not cover
Need help with insurance?

You can contact:

• International Center Health Insurance Office
• UHS Managed Care/ Student Insurance Office
UHS does NOT provide:

- Emergency care or hospitalization (Michigan Medicine is closest)
- Health care for children < age 10
- Care during pregnancy
- Dental services (U-M School of Dentistry)
- Counseling (Counseling and Psychological Services / CAPS)
Saves you time
& money

Big & complex
Student fees don’t pay; insurance helps
Big & complex
Student fees don’t pay; insurance helps

Saves you time & money
Students, Aug 27 is the magic date

For U-M students, most UHS services are **FREE** starting Aug 27

- **Urgent need?** Use UHS; insurance can help pay

- **No urgent need?** Wait until Aug 27
Tips for using UHS

Your visit will be confidential

Request a clinician, or ask for a recommendation

Return to the same clinician when possible

Tell clinicians about medications, ask questions

Language interpretation is available

Bring your insurance card to visits

After your first visit, sign up for the patient portal
Use UHS to save time and money

Most services are free for currently enrolled U-M students starting Aug 27

Health insurance helps to pay for other costs

Call for advice, day or night

Put this # in your phone: 734-764-8320