HEALTH AND WELLNESS @ UNIVERSITY OF MICHIGAN

University Health Service
Your personal well-being

Can directly affect your ability to succeed

Resources @ uhs.umich.edu/well-being
Eating
Sleeping
Exercising
Any use of alcohol, tobacco, other drugs
Social relationships
Approach to problems you face
Use of available resources
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
University Health Service (UHS)

Your campus health and wellness resource

Many services in one building
You can use UHS if you are a …

- U-M student
- International scholar
- Spouse, domestic partner or dependent of the above (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
Call for Nurse Advice
Calling is recommended, day or night

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, if referred by a UHS clinician:** Dermatology, Psychiatry, Sleep Clinic, Sports Medicine
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
Wellness coaches work with undergraduate and graduate students to help them set and achieve wellness goals, explore the 8 dimensions of well-being, and learn resilience and coping skills.

This is for you! Appointments are FREE. uhs.umich.edu/wellness-coaching
Stay in the Blue

• 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
• Download the app
Online health & wellness info

Welcome to UHS

Our mission: UHS promotes and protects the health and wellness of students and the broader campus community in order to enable individuals to better achieve their educational and personal goals.

For New Students

Please read this important health information from University Health

Hours May - August

Appointments are required for most medical services, although options are available for urgent concerns. Call 734-764-8320 to schedule or to talk about a health concern. UHS is open:

Mon, Tues, Wed: 8 AM – 4:30 PM
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
- Durable medical equipment and supplies for home use
- Immunizations
- Medications
- 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
- Services received outside UHS

You are responsible for paying costs that insurance does not cover
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 insurance (Aetna health insurance or GradCare):
  - Insurance pays part
  - Patients pay part e.g. deductible and co-pays
  - Patients with GradCare do not pay visit co-pays at UHS
How do costs work at UHS?

For international scholars, their spouses/domestic partners and dependents:

- UHS will bill Aetna health insurance:
  - Insurance pays part
  - Patients pay part e.g. deductible and co-pays
Need help with insurance?

You can contact:

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

- Health care for children < age 10
- Care during pregnancy
- Dental services
- Counseling -- currently enrolled students can use Counseling and Psychological Services (CAPS)
- Hospitalization (Michigan Medicine is closest)
Saves you time & money

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

Saves you time & money

Michigan Medicine

Big & complex
Student fees don’t pay; insurance helps
Students, Aug 28 is the magic date

For U-M students, most UHS services are **FREE** starting Aug 28

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

- **No urgent need?** Wait until Aug 28
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
Key Points

Use UHS to save time and money
Most services are free for currently enrolled U-M students starting Aug 28
Health insurance helps to pay for other costs
Call for advice, day or night
Put this # in your phone: 734-764-8320
Workshop evaluation

Your feedback is valuable to us and will help us improve the experience of future participants. Thank you!

bit.ly/umicorIENTATION