2013

Parent's Guide

The Habif Health and Wellness Center

The Habif Health and Wellness Center
Student Health Services
314-935-6666
shs.wustl.edu
Welcome to Student Health Services!

This guide has been designed to help parents better understand the services offered at the Habif Health and Wellness Center (also known as Student Health Services). The Habif Health and Wellness Center supports the academic mission of Washington University by providing the student community with premiere, student-centered health and health promotion services. We are located on the South 40 in The Nathan Dardick House.

Our Services

SHS offers general medical care, comprehensive women’s health care, laboratory, x-ray, physical therapy, a pharmacy, allergy/immunization, and travel clinic, nutrition, counseling and psychiatric services, health education and wellness programs, and sexual assault and violence prevention services.

Hours

Monday, Tuesday, Thursday 8 am – 6 pm
Wednesday 10 am – 6 pm
Friday 8 am – 5 pm
Saturdays 9 am – 1 pm for urgent care only
Closed Sundays and University Holidays
Reduced hours during Winter and Summer Breaks

Contact Us!

Main Office 314-935-6666
Mental Health Office 314-935-6695
Pharmacy 314-935-6662
Laboratory 314-935-4969
Health and Wellness Promotion 314-935-7139
Community Health and Sexual Assault 314-935-8761
Alcohol, Tobacco and Other Drug Counseling 314-935-7386
Website: shs.wustl.edu
Privacy Policy

SHS adheres strictly to the Federal Health Information Portability and Accountability Act (HIPAA). This federal law mandates the confidentiality of medical information and records for students over 18 years of age. Your student must give us written authorization for us to discuss any matter regarding your student’s wellbeing with you. We cannot accept blanket medical release authorization. This must be event and time specific. There is a “Release of Medical Information” form under “Forms” on this website. This form must be completed by the student. The student must present the form to us in person or make other arrangements with our staff for delivery of the form. In the event your student is experiencing a life-threatening emergency, SHS is able to notify you and will make every effort to do so.

Breaking this confidentiality requirement and releasing information to parents without student permission is breaking the law. We take this very seriously. We also believe the confidentiality is an important step for young adults to begin taking responsibility for their own health care.

Appointments

Our services do require appointments. These appointments may be made on-line, using the student portal, or the student may call the main number, 314-935-6666, option 0, to schedule an appointment. We do offer walk in appointments for same day medical care in the medicine area for students who have urgent issues.

All first time mental health appointments must be made by calling 314-935-6695.

Health Promotion and Wellness (314-935-6666, option 6) and Sexual Assault and Violence Intervention and Prevention (314-935-6666, option 5) does accept walk in services, but some appointments may be required.

After Hours Care

Student Health Services has a team of nurses who will answer student calls when SHS is not open. Students may speak with a nurse after business hours by calling 314-935-6666, option 1. A nurse will help answer any medical or mental health related question and guide the student to the appropriate method or place of treatment.

In the event a student has a life-threatening emergency, the student should call Campus Police (if on campus) at 314-935-5555 or 911 if off campus. After hours care is provided
by an area hospital off campus. These services are billed to the student.

**Area Hospital**
Washington University in St. Louis has a large physician network, Washington University Physicians. They work primarily through Barnes-Jewish Hospital. SHS has integrated services with this group of physicians and Barnes Jewish Hospital systems. It allows for seamless and continuous care for your student.

911 services, Campus Police, and members of residential life offices are able to help assist students to the hospital when necessary. There are shuttles and Metro ride services available for students to this hospital if it is not an emergency.

You may reach Barnes-Jewish Hospital by calling 314-747-3000.

**Medical History**
All students are required to fill out a medical history form. They can do this by using the student portal on this website. They are required to fill out a brief family history and to provide related health and current prescription medication information. There is also an immunization section that allows the student to communicate with us the dates of their immunizations to ensure compliance with all immunization requirements of the University.

**Prescriptions**
It is very important for students to come prepared with any medications they are currently taking. Starting college is a fun but stressful event for many students. It is viewed by students as beginning something new and many times they feel this is a fresh start and want to change old ways. It is not a good time for them to try something new with their prescriptions. Please encourage your student to continue taking any prescription medications, and once they are settled, come into SHS to discuss possible changes with a provider.

SHS has a full service pharmacy. There is a form on this website under “forms” that allows you to transfer prescriptions to our pharmacy in order to provide a convenient way for your student to get their medications.

**Medical Excuse for Class**
Student Health Services does not provide written notes for missed classes, examinations, extracurricular activities, or employment. Whenever possible, students should schedule visits to SHS so that there is no conflict with class/work obligation. Students may provide their walk out statement as proof or verification of a visit to student health. In the event of an
extended illness or injury, providers may provide the necessary documentation.

SHS will notify the appropriate Dean's office of any admission to the hospital that we are aware of; however, we will not provide any details about the nature of the admission. We will only make the notification with the student's permission.

Insurance

All full-time, degree seeking students are required to have adequate health insurance coverage. This assures all students have comprehensive medical services available to them at an affordable cost while they are at the university. Please view the information about the student health insurance plan on this website. Students may participate in the plan if they wish, or, they may waive out of the plan if they have adequate health insurance.

Students on the student health insurance plan are required to have referrals to community providers while they are in the St. Louis area. Students should first seek treatment at SHS.

Details about the student health insurance plan can be found at shs.wustl.edu.

Suggested Medical Items for Your Student's Room

- Band-Aids
- Fever/Pain relief
- Upset stomach relief
- Antibiotic Ointment
- Thermometer
- Cold pack
- Cough/Cold/Allergy relief
- Current Prescriptions
- Insurance cards for any insurance you have other than the student health insurance plan.
Reception Area

*Habif Health and Wellness Center*
*Phone 314-935-6666, Option 0*

Payment for healthcare services is the responsibility of the student. Our office files insurance claims with most health insurance companies. Co-payments are due at the time of service and services not covered by the insurance company are the responsibility of the student once their insurance company has paid the appropriate benefits. Students may pay by cash, check, credit card, or place the charge on their student accounting statement.

Student Health Fee

The student health fee is assessed to all full-time, degree seeking students at the University. This fee is placed on the student account via the Bursar’s Office. This fee provides Student Health Services and Health and Wellness programming on campus.

**Services covered by the student health fee:**

- 9 free counseling sessions per year
- Nutritional consultation
- Free visits with a nurse to discuss medical conditions or travel abroad information
- Educational Events
- Crisis intervention and on call advocates for survivors of sexual assault
- 24 hour access to a team of nurses for emergent consultation
- Over 200 $5 medications at our Pharmacy
- Alcohol Education and Counseling
- No additional charge for the use of McWilliams and South 40 Fitness Centers
Medicine Services

*Habif Health and Wellness Center*
*314-935-6666, Option 0*

Student Health Medical Services provides care for the evaluation and treatment of an illness or injury, preventative health care and health education. A team of board-certified physicians and nurse practitioners who are supported by licensed registered nurses and certified medical assistants is in place to meet the medical services needed by the student community.

All Washington University in St. Louis students should seek treatment at SHS first. Any condition requiring specialized medical services will be referred to an appropriate community specialist. The WU student health insurance plan requires a referral any time care is not provided at SHS.

Mental Health Services

*Habif Health and Wellness Center*
*314-935-6695*

Mental Health Services has a team of professional staff members who work with students to resolve personal and interpersonal difficulties, many of which can affect their academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns and feelings of anxiety and depression. Although some concerns are more frequent than others, students' experiences are as varied as the students themselves. Staff members help each person to figure out her or his own situation, through individual, group and couples' counseling, crisis counseling and referrals.

Psychiatric services can assess whether medication should be used to help students with their emotional and mental health issues. Treatment for ADHD and ADD is also completed through the Psychiatric Services area.
Pharmacy Services
Habif Health and Wellness Center
314-935-6662

Quadrangle Pharmacy, LLC, located in The Habif Health and Wellness Center, is available to all students.

Prescriptions are accepted from any licensed provider if the medication is on Quadrangle Pharmacy’s formulary list. The pharmacy stocks medications that are most frequently needed by the students of WUSTL.

There is a form that helps us transfer a prescription from your pharmacy to ours. Please refer to shs.wustl.edu under the “forms” tab to prepare this form for our pharmacy.

Payment for pharmacy services is done at the reception desk at The Habif Health and Wellness Center. We accept cash, checks, credit cards, or the order may be placed on your student accounting bill. We cannot accept your campus card (Bear Bucks).

Quadrangle pharmacy works with many prescription drug insurance plans. Our pharmacist will be happy to assist you in determining if we accept your prescription drug plan at the pharmacy. If we are unable to fill your prescription under your current drug plan, we can help you find a pharmacy that will accept your insurance plan.

Quadrangle Pharmacy is a member of The Good Neighbor Pharmacy Provider Network, Caremark Pharmacy Network and MedCo Network in addition to many others.

The SHS Pharmacy offers a wide range of prescription medication available for $5. This list of medications can be found at shs.wustl.edu.
Radiology Services
Habif Health and Wellness Center
314-935-6666, Option 0

Radiology exams are essential tools for health care providers to assist in the diagnosis and treatment of illness and injury. The Habif Health and Wellness Center offers these exams on-site to ensure timely and accurate testing. The department is located adjacent to the medical exam rooms in the Habif Health and Wellness Center and is readily available during medical appointments to avoid any delay in care.

A qualified Radiological Technologist licensed in the State of Missouri will perform the examination. Our technologists have many years of experience and are certified by the American Registry of Radiologic Technicians.

All radiology exams performed at the Habif Health and Wellness Center are evaluated by Washington University Physicians who are board certified in Diagnostic Radiology. You can expect top quality care from these experienced physicians who are affiliated with The Mallinckrodt Institute of Radiology and Barnes-Jewish Hospital. In the event that your exam suggests you would benefit from more advanced imaging, that care can be coordinated quickly and efficiently by the Habif Health and Wellness staff and The Mallinckrodt Institute of Radiology. This coordination assures the best possible communication regarding your individual needs to provide timely diagnosis and treatment.

Radiology is provided at the Habif Health and Wellness Center Monday through Friday 8:30 am until 5:00 pm. Needs for radiology exams outside of those hours will be referred to The Mallinckrodt Institute of Radiology or Barnes-Jewish Hospital.
Laboratory Services

Habif Health and Wellness Center
314-935-4969
The Habif Health and Wellness Center provides full laboratory services. Approximately 20 tests can be performed in the SHS lab. The remainder of all testing that is ordered by SHS is completed by Quest Diagnostics, which serves as our reference lab and is on the Student Health Insurance Plan as a preferred provider. The SHS lab can collect any test ordered by our providers. Any tests ordered by outside providers must be discussed with a registered nurse.

Physical Therapy and Sports Medicine

Habif Health and Wellness Center
314-935-6666, Option 0
This service helps students through the evaluation and treatment process for sports related injuries. The Habif Health and Wellness Center works with Washington University School of Medicine to provide extensive orthopedic services.

Physical Therapy provides care after surgery or injury or with any type of musculoskeletal problem.

Allergy and Immunization Services

Habif Health and Wellness Center
314-935-6666, Option 0

Allergy injections

SHS offers continuous care for students receiving an allergy injection prescribed by an allergist. Students may schedule appointments to receive their injections by calling (314) 935-6666, option 0.

Students obtaining allergy treatment services from SHS must present a printed, signed physician order and the medication to be injected. Allergy injections are given only by appointment. Appointments are available as follows:

- Tuesdays, 9-11 a.m. and 1-3 p.m.
- Wednesdays, 1-3 p.m.
- Thursdays, 9-11:00 a.m. and 1-3 p.m.

These appointments require a 30 minute waiting period following injection.
Immunization Information

All incoming students must provide proof of immunization for the following:

- 2 vaccines each for measles, mumps and rubella after the age of one year old. A titer may be provided in lieu of the immunizations.

- 1 tuberculosis test (PPD skin test or blood test such as T-spot or Quantiferon gold) in the past 6 months for students at high risk of tuberculosis. These tests can be performed at SHS, but ideally should be done 6 months or less before coming to school.

- High risk for tuberculosis includes:
  - foreign born from a high-prevalence country; travel for more than 2 months to a high prevalence country; contact with active tuberculosis; HIV positive; suppressed immune system from illness or medication (e.g. organ transplant, prednisone treatment); medical conditions such as diabetes, cancer, or kidney failure; body weight 10% or more below ideal body weight; work in prison, nursing home, homeless shelter, or hospital; work in lab with mycobacteria; history of abnormal chest x-ray.

It is also suggested that students provide proof of immunization for:

- Tetanus diphtheria acellular pertussis (Tdap) immunization within the past 10 years

- Meningococcal vaccine if living in a dormitory-type setting (including a booster if initial dose was given before age 16)

- Hepatitis A and B vaccine

- Varicella vaccine

- HPV vaccine recommended for those age 9-26

- Routine childhood immunizations including polio

- Annual influenza vaccine in the fall

Immunizations including HPV, tetanus, hepatitis A, hepatitis B, meningitis, influenza, measles, mumps and rubella are offered at Student Health Services. Please call (314) 935-6666 for more information or to schedule a nursing appointment

Travel Medicine Services

Habif Health and Wellness Center
314-935-6666, Option 0

Student Health Services offers care to students who are traveling abroad, including physical exams, advice, and immunizations as needed. It is advisable that all students traveling abroad schedule an appointment to speak with a nurse WELL IN ADVANCE of their travel. This visit will provide the student with information about the necessary vaccines, administration of those vaccines, a discussion about current medications and how to obtain the needed supply prior to travel, and it will also review safe areas of care in that area of the world in the event the student is sick or injured while abroad. The nurse will also provide information about how the student health insurance works while the student is abroad.
Health Promotion and Wellness Services
Habif Health and Wellness Center
314-935-7139
Health Promotion Services has information, programs and resources on issues and topics that affect student’s academic success. These are free resources for all students.

Sexual Assault and Violence Intervention and Prevention
Habif Health and Wellness Center
314-935-8761
The Habif Health and Wellness Center offers advocacy services to all survivors of sexual assault and violent encounters. This service is open to all students and is completely confidential.

Much more information about the Habif Health and Wellness Center and our services can be found at shs.wustl.edu. Please, never hesitate to call us if you feel your student is in need of our help or if you have any questions. We are here for YOU and your student.