



The Monthly InSTAllment



August 2007

Information Technology Services

Problems with webmail, questions about your Ethernet connection, or want to protect your computer from viruses? Call, email, or visit the IT Center, located on the ground floor of Rush Rhees Library.

www.rochester.edu/its/

Academic Services

Visit the Center for Academic Support website or stop in Lattimore 312 for information on planning your major/minor, clusters, study abroad options, undergraduate research, admission tests such as the MCAT, and much more.

www.rochester.edu/College/CCAS/

Career Center

Need work? Find out about campus jobs, or set up an appointment with a career counselor to learn about internships and other opportunities for getting a head start on your career.

www.rochester.edu/careercenter

MERT: Medical Emergency Response Team

MERT is a volunteer organization that provides free NYS certified Basic Life Support services on campus. MERT crews consist primarily of students, many of whom are licensed EMTs. MERT provides medical coverage for University events. Interested? Check out the MERT website.

www.security.rochester.edu/mert

UHS Health Promotion Office, 110 Anderson Tower, 273-5775



UR Here! Now what?!?!

University Health Service (UHS)

- UHS has 3 clinical offices: one on the River Campus (Sue B), one in the Medical Center, and one at the Eastman School of Music. For all offices, call (585) 275-2662 to schedule an appointment.
- Visits to UHS are confidential and are covered by your mandatory health fee. (Charges may apply for tests)
- Each student is assigned a primary care provider (PCP) upon entry to the University.
- A UHS physician is on-call 24 hours a day for urgent medical problems that occur after office hours.
- UHS provides a full range of primary care services, including the treatment of illnesses and injuries, the management of on-going medical problems, women's health care, preventive health care, allergy injections and immunizations, and advice for any health concern.

www.rochester.edu/uhs

UHS Women's Health Services

UHS offers a full range of women's health services, such as GYN visits, birth control, the HPV vaccine, and emergency contraception (Plan-B). UHS has two women's health nurse practitioners on staff. Questions? Call 275-1161, the UHS women's health information line, or 275-2662 for an appointment.

www.rochester.edu/uhs

UHS Health Promotion Office

Each month, you will see a new issue of the Monthly InSTAllment. The UHS Health Promotion Office also offers programs, brochures, self-assessments, and more. Take the Peer Health Advocacy course, join the UR Student Health Advisory Committee, or volunteer.



www.rochester.edu/uhs

University Counseling Center (UCC)

Need to talk to someone in a confidential setting? UCC has the resources to help you deal with grief, stress, eating issues, substance use, and other concerns. Meet individually with a therapist, or sign up for a therapy group. All visits are confidential. The first 10 sessions with a therapist (and all group sessions) are covered by the mandatory health fee. Call (585) 275-3113 to schedule an appointment at either Dewey Hall on campus or the Towne House Office (corner of Elmwood and Mt. Hope).

www.rochester.edu/ucc

UR Students' Association

Visit the HIVE website for information about student life. The site is home to information about the 100s of student organizations such as club sports, cultural organizations, special interest groups, and student government. The HIVE also features schedules and calendars for entertainment, both on and off campus.

<http://sa.rochester.edu>

Goergen Athletic Center

Want to get fit while having fun? Head to the Goergen Athletic Center! Go online to learn about available fitness classes, hours of operation for the pool and fitness center and how to sign up for an intramural team. Goergen offers a variety of fitness options from dance classes to intramurals to weight lifting

www.rochester.edu/athletics

RED: Rochester Every Day

Venture off campus and save money doing it! RED is a student discount program developed in cooperation with local area businesses. Visit the RED website for information on where to go in Rochester for fun, and how to get there. Get a free sticker for your UR ID at the Common Connection, 201 Wilson Commons, for added discounts.

<http://sa.rochester.edu/RED>

If you are looking for something not described here, check out the U of R website or ask your RA!

Brought to you by the UHS Health Promotion Office