



The Monthly InSTALLment



September 2007

What is the Monthly InSTALLment?

The Monthly InSTALLment is published by the UHS Health Promotion Office to provide health information to students. RAs post each issue in the bathroom stalls on their hall. We kept the middle of this issue the same as the students see, so you can see a Monthly InSTALLment for yourself - and learn about UHS and UCC.

We are using the boxes around the outside of this issue for parents to answer some of the questions most frequently asked by parents. If we did not answer your questions, send us your questions through "Contact UHS" on the UHS web site or by calling 585-273-5770.

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



UHS: Caring for Your Student

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 treat-

www.rochester.edu/uhs

What does the mandatory health fee cover?

The mandatory health fee covers visits to the University Health Service and the University Counseling Center. It also covers health promotion services & programs. This fee is not the same as health insurance, which is used for services such as hospitalization, surgery, & lab tests.

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.

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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.

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Does my child need to make an appointment?

Yes, visits to UHS are by appointment. Students are asked to call to schedule an appointment. Every student is assigned a primary care provider (PCP) at UHS. Whenever possible, the appointment will be scheduled with the patient's PCP. Generally, we are able to schedule appointments within 1-2 days, with many of our patients being seen within 24 hours of calling.

Call 275-2662 to schedule.

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

Parents, if you have questions, check the UHS & UCC web sites or call us (585-273-5770)!

Can I call to ask about my child's care?

If you call to ask about the care given to your son/daughter, we will remind you that we need your child's permission to speak with you about the care provided. Needing your child's permission does not mean we do not want to speak with you. Often, the student's provider will ask a student if s/he would like to give permission in anticipation of a parent calling. We hope you understand the importance we place on maintaining our patients' confidentiality.

What if UHS is closed when my child gets sick?

Just like doctor's offices in the community, UHS has a physician on-call for urgent concerns when UHS offices are closed. The physician can be reached by calling UHS at 275-2662. You may not realize that our office in Susan B. Anthony is open 7 days a week during the school year. When a student calls UHS, the message will remind the student when the offices are open.

Is the HPV vaccine available at UHS?

Yes, the HPV vaccine (Gardasil) is available at UHS. Students should call UHS at 275-2662 to schedule an appointment. Students who began the series at home can continue the series at UHS. The cost of the vaccine is \$140. The vaccine is given in 3 doses over a six month period. Some insurance plans cover the cost. If your daughter is on your insurance, you might want to check to see if the vaccine is covered.