University Health Service
The incoming student’s guide to UHS

This presentation will outline the mission and scope of UHS. Providing insight to our locations, staffing, services available and health requirements for full time students. Additional detail will be provided to explain The Mandatory Health Fee, The UR Student Health Insurance Plan (Aetna), health history forms, immunization requirements, UHS Connect and additional services available at UHS. We will provide several links to helpful resources as well as contact information for our administrative support staff so that students can get the direct support they need if they have additional concerns.
The mission of University Health Service is to improve, guard, and care for the health and safety of University of Rochester students and staff. As part of an academic institution, University Health Service also participates in the education and research missions of the University.

The providers and staff at University Health Service value caring for the health and well-being of our patients, respect for the diverse individuals we serve and with whom we work, and excellence in all that we do.
Find UHS in 3 Convenient Locations!

River Campus Office
UHS Building - First Floor
738 Library Road
PO Box 270617
Rochester, NY 14627

Eastman Campus Office
Eastman School of Music
Student Living Center - First Floor
Room 106

Medical Center Office
UR Medical Center
601 Elmwood Avenue
Room 1-5077

TO SCHEDULE AN APPOINTMENT:
585-275-2662

Helpful Links & Resources

Hours of Operation
As a full-time student, you will receive your Primary Care services right here at UHS. You will be assigned your own Primary Care Provider, who will coordinate your medical needs and provide continuity of care during your time here in Rochester. Our services are always confidential, and it is important to know that you will have 24/7 access to one of our on-call physicians.
Mandatory Health Fee

All full-time students are covered by the Mandatory Health Fee. This fee covers a full range of primary care services provided by our highly qualified providers (MD, DO, PA, NP, RN). Covered services include evaluation and management of acute injury or illness, ongoing medical conditions, women’s health care, gender affirming healthcare, allergy injections, immunization administration, and the coordination of care for any health concern.

Visits with UHS psychiatrists for assessment and medication management (with a referral from a UHS primary care provider or a UCC therapist).

Helpful Links & Resources
Mandatory Health Fee
UCC
HPO
Health Promotion Office

The Mandatory Health Fee also covers services and programming provided by the University Health Service, Health Promotion Office or (HPO)

The Health Promotion Office inspires University of Rochester students to live, grow, and thrive on campus!

These services include a variety of health education and wellness programs. Highly focused on the topics that are most meaningful to our student body, including inclusive health, mental well-being, mindfulness, nourishment and body image, sexual health, and sleep.

HPO collaborates with the campus community to support ongoing health promotion initiatives and offer a wide range of student-led activities throughout the academic year.
University Counseling Center (UCC)

Your Mandatory Health Fee also covers a comprehensive initial assessment, an individualized treatment plan, and support to put such a plan into action by our highly passionate and professional UCC providers.

UCC provides support and services for students on an individual, couples, or group basis.
Health Insurance

Every full-time student is required to have health insurance in addition to the Mandatory Health Fee.

Health insurance provides additional coverage for services not covered by the mandatory health fee such as specialist appointments, hospitalizations, surgeries, diagnostic laboratory testing, imaging and prescriptions.

Students can either:
* Enroll in the UR Student Health Insurance Plan
* Waive the insurance if they have their own plan that meets the University Insurance Criteria
Health Insurance Open Enrollment Process

All Full-Time students must complete the Online Health Insurance process every year. Failure to complete the online health insurance process by September 15th (January 31st for Spring entering students) will result in automatic enrollment in the student health insurance plan and students will be charged accordingly.

UHS has Insurance Advisors available to all full-time students Monday - Friday 8:00am-5:00pm
Please reach out with any health insurance questions or concerns.

Helpful Links & Resources
585-275-2637
insurance@uhs.rochester.edu
The University of Rochester offers a health insurance plan for students called the UR Student Health Insurance Plan (URSHIP).

This plan is specifically designed to meet the health insurance needs of students.

**Benefits of using the UR SHIP**
- Global network
- Preventive health care services
- No deductibles
- Low copays
- Comprehensive coverage
- Insurance Advisors on UHS staff to help with questions

**Services covered under the UR SHIP**
- Laboratory tests
- X-rays
- Surgeries
- Visits to specialists
- Hospitalizations
- Prescription medications
- Immunizations

Some services may require prior authorizations, referrals, and member cost sharing.
Options for Additional Coverage

**Aetna Vision Preferred**

- Coverage for eye exams, glasses and contact lenses
- Nationwide provider network
- Online shopping options
- Online provider locator on AetnaVision.com
- Choice of popular brand name frames
- Aetna Vision Preferred mobile app with a collection of helpful tools

**Aetna Dental PPO**

- Choose from more than 120,000 dental providers nationwide, including providers who offer virtual visits through tele-dentistry.
- Search for providers in-network by using our provider search tool.
- Digital tools to easily manage your care and access your ID card whenever needed.
Every new student must submit the Health History Form and Allergy & Medication Form.

Forms will be completed electronically via UHS Connect. Please watch your UR email for further information regarding registration for UHS Connect and form completion.

There are specific immunizations that are required by New York State & the University of Rochester for Full Time Students. All immunizations must be submitted with official documentation to provide proof of vaccination.

Students can receive any missing immunizations at UHS if they are not able to receive them before arriving in Rochester.

Helpful Links & Resources

Immunization Requirements
UHS Connect
Questions - hhf@uhs.rochester.edu
Other Services Offered at UHS

• Nutrition therapy
• Physical Therapy
• Psychiatry Care
• Laboratory Testing
• Allergy Injections
• Sexual Health
• Travel Care
• Immunizations
• Medications
• Inclusive Healthcare

& So much more....

Helpful Links & Resources
Services for full time students
Can I add a dependent to my Student Health Insurance Plan (UR SHIP)?
Yes! You can add a spouse, domestic partner or a child as a dependent on your UR SHIP plan.

Does the UR SHIP plan cover Dental Services?
The UR SHIP plan covers pediatric dental care up to the age of 19. You also have the option to purchase additional dental coverage by selecting the Aetna Dental PPO Max plan during Open Enrollment.

Can I obtain the immunizations that I am missing at UHS?
Yes! UHS can provide all required vaccinations and draw titers to verify immunization history.

Can I get other vaccines at UHS?
Yes! UHS can provide Flu, HPV, Covid-19 and travel vaccines upon request. While the Administrative portion of these fees is covered by the Mandatory Health fee, the vaccine itself will be billed to your insurance as applicable. Please check with your insurance to verify coverage before scheduling your appointment.

Can UHS manage my pre-existing health condition?
Yes! Be sure to include information about your pre-existing health condition on your Health History Form. You can also schedule an appointment with your Primary Care Doctor (PCP) to discuss continuing care for your pre-existing condition.
Can UHS manage my current prescriptions? Yes! Please discuss any medications you are currently taking with your UHS PCP. Several non-prescription and prescription medications prescribed by UHS providers are available for purchase through the dispensaries at UHS offices, often at a lower cost than at a local pharmacy. If the medication you need is not available for pick up at UHS, you may choose to utilize a local pharmacy or have your family ship your medication from home to your CMC box. Students typically choose to pick up prescriptions at the CVS Pharmacy in College Town. The Blue Line and College Town Express shuttles both can bring students from River Campus to College Town.

Can UHS Administer my allergy injections? Yes! Students can arrange to receive their allergy injections at any UHS office. There is no charge for the administration of the allergy injection; however, there is a charge for the serum. If your health insurance does not cover the cost of the serum, you will be financially responsible for these charges.

Helpful Links & Resources

Dependents Medications & Allergy Injections
University Health Service
Primary Care & Administration
585-275-2662

Thank you,
We look forward to seeing you on campus this fall