

**UNIVERSITY OF ROCHESTER**

University Health Service:  
Primary Care & Wellness  
Simon School

University Health Service



## UHS Mission

The mission of University Health Service is to improve the health and well-being of University of Rochester students and staff.

## UHS Values

The staff of the 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.





## River Campus

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

## Eastman

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

## Med Center

UR Medical Center  
601 Elmwood Avenue  
Room 1-5077

**TO SCHEDULE AN APPOINTMENT:  
585-275-2662**



**Hours of  
Operation**





# UHS Primary Care

Patient Centered Medical Home \* Primary Care Providers \*  
Electronic Health Records \* Continuity of Care \*  
Confidentiality \* Access 24/7 with On Call Physicians



Primary care visits with MD, DO, PA, NP, RN.

Full range of primary care services provided by the University Health Service (i.e. evaluation and management of acute injury or illness, on-going medical conditions, and women's health care, allergy injections, immunization administration, and the care and advice 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).

**Mandatory  
Health Fee**

A comprehensive initial assessment, an individualized treatment plan, and support to put such a plan into action provided by the University Counseling Center (UCC) on an individual, couples, or group basis.

Health education, public health, disease prevention & health promotion services provided by the UHS Health Promotion Office.

**Mandatory  
Health Fee**



A photograph of a university campus. In the foreground, two students wearing face masks are sitting on a grassy lawn, talking. In the background, other students are scattered across the lawn, and a large building is visible through the trees. The scene is bright and sunny.

# 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
- surgery
- diagnostic laboratory testing
- imaging and prescriptions





# Health Insurance

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. (Not applicable to first year international students.)

Complete the [Online Health Insurance](#) process to either enroll or waive coverage for August 1st 2021 through July 31st 2022.

Failure to complete the online health insurance process by September 15th will result in automatic enrollment in the student health insurance plan and students will be charged accordingly.



A photograph of a university campus. In the foreground, two students wearing face masks are sitting on a grassy lawn, talking. A brown paper bag and a purple water bottle are on the grass next to them. In the background, other students are sitting on the lawn, and a large building is visible through the trees. The sky is bright and sunny.

# Health Insurance

All **international first year** students will be **automatically enrolled** in the UR Student Health Insurance Plan (UR SHIP) from July 1st 2021 through July 31st, 2022 and charged accordingly.

The Online Insurance Process must be completed each year and international students will have the option to waive the UR SHIP after July 31st, 2022.

Questions? Email [insurance@uhs.rochester.edu](mailto:insurance@uhs.rochester.edu)



# What does URSHIP Cover?

The University of Rochester offers a health insurance plan for students called the UR Student Health Insurance Plan (URSHIP).

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

## Benefits of the UR Plan

- Global network
- Preventive health care services
- No deductibles
- Low copays
- Comprehensive coverage
- Insurance Advisors on UHS staff to help with questions

## Services Covered

- Laboratory tests
- X-rays
- Surgeries
- Visits to specialists
- Hospitalizations
- Prescription medications
- Immunizations

Some services may require prior authorizations, referrals, and member cost sharing.



# Health History Form

**Every new student must submit the Health History Form and Allergy & Medication Form.**

## How to Submit

Forms will be completed electronically via [UHSCConnect](#). Please watch your UR email for further information regarding registration for UHSCConnect and form completion.

## Immunizations

There are specific immunizations that are required by New York State & the University of Rochester for [Full Time Students](#) and [Part 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 starting classes.**

**Questions? Email [hhf@uhs.rochester.edu](mailto:hhf@uhs.rochester.edu)**





# Other Services at UHS

- Nutrition therapy
- Physical Therapy
- Psychiatry Care
- Laboratory Testing
- Allergy Injections
- Sexual Health
- Travel Care & Immunizations
- Medications
- ... and more!





# Frequently Asked Questions

## **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 can purchase a student dental plan through the Eastman Institute of Oral Health.

## **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.



# Frequently Asked Questions

## **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.





LIVE. GROW. THRIVE.





# Health Promotion Programs



## Health Fair

Sex & Chocolate: an interactive sexual health fair with free safe sex supplies.



## Cooking

EAT Healthy in the Kitchen teaches students how to eat healthy on the go.



## Retreats

Relax & Renew silent meditation retreats are available once each semester.



## Stress Relief

Paws for Stress Relief brings therapy dogs to campus for some cuddles and love.





# Online Programs

Zzzs to As Sleep Challenge

EAT Mindfully.

Available anytime, 21-day educational wellness programs sent via email.





# UR Connected

A graphic with a dark blue background. At the top is a yellow circle with a simple smiley face. Below it, the text "We're here to help. Tap into our network of peer coaches." is written in white. At the bottom is a yellow semi-circle containing the text "UR CONNECTED" and the URL "rochester.edu/urconnected" in white.

We're here to help.  
Tap into our network  
of peer coaches.

UR CONNECTED  
[rochester.edu/urconnected](http://rochester.edu/urconnected)

UR Connected is a network of peer coaches that connects students to the resources they need, when they need it most.

This program takes a prevention approach to support the mental well-being of our student community.

Our goal is to recognize struggles early on and take the necessary steps towards a solution which will help our students become ever better.

**Sign up to work with a coach!**



# MINDFUL UNIVERSITY PROJECT

- Introductory and advanced learn-to-meditate classes
- Drop-in meditation sittings and yoga classes
- Half-day silent retreats
- Educational workshops and faculty and staff training

[rochester.edu/mindful](https://rochester.edu/mindful)  
@URMindfulUniversityProject



# Koru Mindfulness

**An evidence-based mindfulness training program for college students and other emerging adults that focuses on mind-body practices.**

## Our Classes

Four weeks of classes, 75-minutes each. Students receive free access to the recommended texts and the Koru Mindfulness app.

## Benefits

- Decreased perceived stress
- Improved sleep quality
- Increase in mindfulness
- Decreased self-judgment, isolation, & over-identification
- Enhanced self-compassion and common humanity

**Fun Fact:** Koru is the New Zealand maori word for the unfurling fern frond, which symbolizes balanced growth.



# URSHAC

## Student Health Advisory Committee

URSHAC offers students the opportunity to have an impact on the health care services offered for them.

The committee meets with the Director of University Health Service and representatives from the Health Promotion Office and the University Counseling Center to share ideas, offer suggestions, and discuss topics of concern.







# UHS Primary Care

UHS Building, 1st Floor

585-275-2662

[rochester.edu/uhs](http://rochester.edu/uhs)

# UHS Health Promotion Office

UHS Building, 4th Floor

585-273-5775

[rochester.edu/uhs/healthpromotion](http://rochester.edu/uhs/healthpromotion)



URHPO

To access these slides:



[rochester.edu/uhs/orientation](http://rochester.edu/uhs/orientation)