

UNIVERSITY OF ROCHESTER

Staying Healthy at Eastman

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.





Eastman

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

River Campus

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

Med Center

UR Medical Center
601 Elmwood Avenue
Room 1-5077

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

24/7 ACCESS TO CARE



**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 psychiatry staff 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).

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. A brown paper bag and a backpack are on the grass next to them. In the background, other students are sitting on the lawn, and a large tree with green leaves is on the left. A building is visible in the distance. The sky is bright and clear.

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

- Prescriptions and imaging
- Specialist appointments
- Hospitalizations
 - Urgent care
 - ED
- Surgery
- Diagnostic laboratory testing

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 backpack 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

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

- Physical therapy
- Laboratory tests
- X-rays
- Surgeries
- Visits to specialists
- Hospitalizations
- Prescription medications
- Immunizations
- Mental health treatment/services beyond the scope of UCC

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



Other Services at UHS

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



UNIVERSITY OF ROCHESTER

Supporting Student Physical Health

Physical Therapy





PT @ Eastman

Physical therapy services are offered on **Tuesday and Thursday** at ESM Student Living Center, **Room B-06**.

What to Expect?

1. Assessment of the **nature of the injury**
2. **Postural** assessment
3. **Dynamic postural** assessment
4. **Ergonomic** assessment
5. Recommendations for **self-care and performance enhancement** strategies

Eastman Performing Arts Medicine

- Students can call our phone to get priority service to specialists if they are injured, often being seen within 48 hours.
- Web: epam.urmc.edu
- Phone: 844-452-8762 (concierge call line for expedited appts with specialists – so not for the common cold, only for performance impairing injury or illness)



"Keys to Healthy Music" Class

- Offered through the Arts Leadership Program
- Focuses on understanding performance-related injuries, including
 - How to treat them
 - How to prevent them
 - How to use the experience to develop your personal performance enhancement strategies





University Health Service
at the
Eastman School of Music

PHYSICAL THERAPY

ERGONOMIC DEVICE LENDING LIBRARY

To sign out an item, visit the Physical Therapy office on the basement of the Student Living Center.

To make a suggestion for an item not currently carried email Sue Callan-Harris, UHS Physical Therapist:

scallanharris@uhs.rochester.edu
(585) 274-1253
or visit our office.

LIVE. GROW. THRIVE.

Eastman Physical Therapy

Office Hours:

Tuesdays 1:30 pm – 6:30 pm

Thursdays 8 am – 12 pm

Located on the basement level
of the Student Living Center.



Foam pads



Chin rests
violin & viola
Frisch and Denig



Finger splints
Oval 8
various sizes



Thumb rests

clarinet, oboe, English horn
various sizes



Ligatures

clarinet, alto and tenor sax
Robert Vinson Equa-Tone



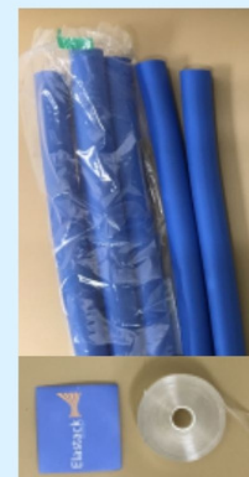
Wrist & elbow
braces, sleeves



Theraband - resistance bands



Saxophone harness Foam percussion grips
Sax-on & Elastack grip tape



Don't see what you need? Call or email the Physical Therapy staff.

Ergonomic Device Lending Library

University Health Service at the Eastman School of Music Physical Therapy Office owns a variety of ergonomic devices and physical therapy tools that can be borrowed by members of the Eastman community.

Devices are designed to make instruments more comfortable to play without affecting the musician's ability or changing the sound of the instrument.

Items may be borrowed at no cost for a trial by Eastman students.

Eastman Physical Therapy

Office Hours:

Tuesdays 1:30 pm – 6:30 pm

Thursdays 8 am – 12 pm

Located on the basement level of the Student Living Center.



Hearing Health Clinics

- September 3rd

Wellness at Eastman Workshop Series

- Inaugural speaker: Dr. Brendan Fitzgerald on Hearing Health – **Wednesday September 8th** from **6-6:30 PM**
- Sue Callan-Harris on Benefits of Warming Up and Cooling Down – **October 13th** from **6-6:30 PM**

All located in Howard Hanson Hall and also available live via Zoom

Upcoming
Events



WEDNESDAY, SEPTEMBER 8, 2021

Hearing Health

Dr. Brendan Fitzgerald, audiologist

HOWARD HANSON HALL • LIVE ON ZOOM

6 - 6:30PM

- **What impacts musician hearing?**
- **What can we do to preserve what we have?**



**SCAN AND
REGISTER
TODAY!**

A SEMINAR SERIES FROM Eastman Performing Arts Medicine

UNIVERSITY OF ROCHESTER

Supporting Student
Mental Health

University Counseling Center





Counseling Center

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



Instagram @ur_ucc

Eastman

Eastman School of Music
Student Living Center - First Floor
Room 107

Med Center

UR Medical Center
601 Elmwood Avenue
Room 1-5091A

Tele-health

We will continue to offer tele-health when appropriate.

A UCC professional is on call 24/7 for crisis services.



**Hours of
Operation**

**TO SCHEDULE AN
APPOINTMENT:
585-275-3113**

Every full-time student has access to the University Counseling Center (UCC) and gets an initial assessment to develop an individualized treatment plan consisting of specific services to meet their needs

Step 1: Call to schedule an appointment at any of our three locations: (585)-275-3113

Step 2: Sign up for UHS Connect. This portal is the only secure way to allow communication between your UCC therapist and you.

Step 3: The first appointment will be an initial assessment. During this time you will work with a UCC therapist to develop an individualized treatment plan consisting of specific services to meet your needs.

Your visits and information shared with your counselor are confidential

University Counseling Center

Scope of Services



Short-Term Individual Counseling

- Offered at UCC
- 45-50 minute sessions
- Usually weekly or biweekly
- Up to two months worth of therapy

Long-Term Individual Counseling

- We provide referral services, including case management, for our students who need long-term therapy.
- Connections with providers in the community.
- Partnership with Thriving Campus, an online directory, to make it easier for college students to find community mental health providers off campus and in many other states.
- Psychology Today and Suicide Stop

**One-on-One
Counseling**

Therapy Groups

- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Variety offered - open groups, identity-based groups, theme-based groups

Skills Group

- Consist of 8-10 students
- Meet weekly
- No limit to attendance
- Focused on development and practice of skills and strategies

Drop-in Group

- No initial assessment or commitment needed
- Recurrence varies - one-time, weekly, monthly
- Theme and identity-based

Group Counseling

[Learn more](#) about our groups ...

Crisis Services

After-Hours Crisis Line

- UCC staff rotate on-call coverage and always have a staff member available 24/7.
- If you are ever concerned about the health and safety of yourself or another student, please call 585-275-3113.
- **Counselors in Residence**, specially trained graduate students, may respond in person based on the nature of the situation.

Same-Day Appointments

- For emergency situations.
- When a student cannot wait for an initial assessment.



Support Services

Over the past year, the UCC has been working to support students experiencing systemic racism and other forms of oppression by offering ongoing identity-based therapy groups including:

- **Mosaic (students of color)**
- **Women of Color**
- **Men of Color**
- **Women's Group**
- **Men's Group**
- **LGBTQIAP+ Group**

We also offered numerous drop-in groups for students in response to racially motivated violence and world crises. Some included:

- **Our Healing Breath (students of color)**
- **AAPI Students & Allies**
- **COVID-19 Escalation for Indian Students**

Based on student voices and current events, we review and adjust our services regularly in efforts to connect with students who may be in need of support. Additionally, the UCC has maintained its liaison work with a wide range of different student groups.



Other Services

Consultations

If you're concerned about the health and safety of others, or if you just have a general question, we're here!

Outreach

Trainings, guest lectures, hall programs, tabling & mental health screenings.





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



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.

A graphic with a dark blue background. At the top center 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, a yellow semi-circle contains the text "UR CONNECTED" and the website "rochester.edu/urconnected" in white.

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

UR CONNECTED
rochester.edu/urconnected

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
@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.

Health Promotion

Student Wellness Committee

This group of faculty, staff, students, and health professionals meets several times a year to advise on supportive health programming, attain vital information to our Eastman community, and help create a culture of wellness on campus.

If you are interested, contact Gaelen McCormick gmcormick@esm.rochester.edu.



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.



Health Promotion

Graduate Student Wellness Committee

The Graduate Student Wellness Committee is a group that was just formed consisting of graduate students, faculty, and staff, to help support the wellness of all U of R graduate students. Students have the opportunity to share their ideas, input, and passions with the group to help inform programming endeavors.





UHS Primary Care

Eastman School of Music
Student Living Center, Room 106

UHS Building, 1st Floor
585-275-2662
rochester.edu/uhs

UHS Health Promotion Office

UHS Building, 4th Floor
585-273-5775
rochester.edu/uhs/healthpromotion



University Counseling Center

Student Living Center, Room 107
585-275-3113
hesm.rochester.edu/studentaffairs/live-grow-thrive/

UHS Building, 3rd Floor
585-275-3113
rochester.edu/ucc



To access these slides:



rochester.edu/uhs/orientation