The University of Chicago
Guide to UChicago Student Wellness
2020–2021
Dear Students,

Welcome to the University of Chicago!

We believe good health is essential for academic success. Through UChicago Student Wellness, you have access to coordinated and comprehensive services targeted at building and maintaining overall wellbeing.

At UChicago Student Wellness, our mission is to provide comprehensive health, counseling, and wellness services to support your academic, personal, and professional endeavors. With a focus on health promotion and education, we accomplish our work collaboratively, through a talented and diverse team committed to delivering high-quality, inclusive care.

As we all support each other in navigating the public health landscape in the 2020-21 academic year, we are strictly following all public health guidance and are offering many of our services virtually, including telehealth and teletherapy. Regardless of your location, we’re here to support you.

This guide provides an overview of the medical, counseling, and health promotion services available to you, as well as an explanation of the Student Services Fee and a brief overview of the University Student Health Insurance Plan (U-SHIP). We encourage you to visit wellness.uchicago.edu for additional details, or to contact us if you have questions. You will find contact information related to all of our services in this guide.

We hope that you make your health and wellbeing a priority during your time at UChicago. The staff at UChicago Student Wellness is eager to serve you, and we look forward to meeting you!

Best of health,

Michele A. Rasmussen
Dean of Students in the University
Contents

UChicago Student Wellness Contact Information 4
General Overview 5
Student Services Fee 5
Medical Services 7
Counseling Services 8
Health Promotion Programs and Services 9
University Student Health Insurance Plan (U-SHIP) 10
Contact Information

UChicago Student Wellness addresses the health and wellness needs of UChicago students. We are eager to assist you in becoming a healthy and well-rounded individual during your time at the University. To learn more visit us at wellness.uchicago.edu.

1. Medical Services
   840 E. 59th Street
   M–F 8am–6 pm
   Appointments: 773-834-WELL
   After-Hours Nurse Advice Line: 773-834-WELL

2. Counseling Services
   5555 S. Woodlawn Ave.
   M–F 8:30am–5pm
   Appointments: 773-702-9800
   24/7 Therapist-on-Call: 773-702-3625

3. Health Promotion
   Woodlawn Social Services Center
   950 E. 61st Street, Suite 300A
   M–F 8am–4:30pm
   773-702-8935

   Insurance Coordinators
   Woodlawn Social Services Center
   950 E. 61st Street, Suite 300A
   M–F 8am–4:30pm
   773-834-4543

4. DCAM Pharmacy
   5758 S. Maryland Ave.
   M–F 7am–7pm, Sat. 7am–11am
   and 12pm–3pm
   773-834-7002
General Overview

Campus and Student Life (CSL) oversees student health, counseling, and wellness services at the University of Chicago.

Healthcare for students is coordinated through UChicago Student Wellness. Access to basic services (see page 5) at UChicago Student Wellness is covered by the Student Services Fee.

This guide summarizes the services available to you through UChicago Student Wellness and serves as a useful reference for using those services effectively. More detailed information may be found by visiting wellness.uchicago.edu.

Student Services Fee

Each quarter, all students registered in courses* (regardless of your selected health insurance carrier) are assessed a mandatory Student Services Fee. This fee supports various aspects of the student life experience, including primary care, mental health, and wellness services available on campus through UChicago Student Wellness. Students not registered in courses during Summer Quarter, but who remain active in their programs (meaning students who have not graduated, are not on a leave of absence**, and who are expected to continue their studies in the Autumn Quarter) are able to access UChicago Student Wellness without paying this fee.

Most services provided through UChicago Student Wellness are covered by the Student Services Fee. In some cases, however, (e.g., many lab services, all radiographic services, and specialty care) there is a charge. When referred by a healthcare provider in UChicago Student Wellness for services outside UChicago Student Wellness, be sure to ask your provider if the services you are receiving will incur charges. While he or she may not be able to tell you the amount of the charge (since this is generally governed by the specific insurance policy you have), they can tell you if there will be a charge. Covered services must be performed within UChicago Student Wellness by our clinical staff. Visit wellness.uchicago.edu for educational material that describes how health insurance works as well as options and costs of various types of care.

Services that are not covered are the responsibility of you and/or your health insurance plan to pay. Please check with your insurance representative to confirm coverage prior to your visit or procedure. Understanding how your health insurance plan works is an important part of taking care of your health. It is your responsibility to know and understand the terms of your health insurance coverage. UChicago Student Wellness staff are not responsible for knowing the terms of each student’s health insurance coverage.

The chart on the next page summarizes UChicago Student Wellness services and whether they are covered by the Student Services Fee. For more in-depth information about specific services, refer to wellness.uchicago.edu.

*Some exceptions apply; contact your area Dean of Students with questions about your program's eligibility.

**Students on a Medical Leave of Absence who are enrolled in U-SHIP remain eligible for UChicago Student Wellness, per University policy.
## Student Services Fee (continued)

### SERVICES COVERED BY STUDENT SERVICES FEE

<table>
<thead>
<tr>
<th>MEDICAL</th>
<th>COUNSELING</th>
<th>HEALTH PROMOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Routine physicals</td>
<td>Diagnostic assessment</td>
<td>Campus-wide wellness events</td>
</tr>
<tr>
<td>Acute and chronic care</td>
<td>Crisis intervention</td>
<td>Alcohol and other drugs risk screening</td>
</tr>
<tr>
<td>Cervical and anal PAP procedures</td>
<td>Short-term psychotherapy</td>
<td>Wellness programs, workshops, and</td>
</tr>
<tr>
<td>STI (sexually transmitted infection) testing</td>
<td>- Individual</td>
<td>education</td>
</tr>
<tr>
<td>Urine dipstick and pregnancy testing</td>
<td>- Couples counseling</td>
<td>Health counseling and referrals</td>
</tr>
<tr>
<td>Rapid strep testing</td>
<td>- Substance abuse counseling</td>
<td>Graduate/professional-specific</td>
</tr>
<tr>
<td>PPD (tuberculosis) testing</td>
<td>Support groups</td>
<td>programming</td>
</tr>
<tr>
<td>Flu and school-required immunizations</td>
<td>Academic/study skills counseling (and workshops)</td>
<td>Sexual health education and condoms</td>
</tr>
<tr>
<td>Allergy injection visits</td>
<td>Medication consultation and management</td>
<td>RSO and student group advising</td>
</tr>
<tr>
<td>Travel health consultations</td>
<td>Referral services</td>
<td></td>
</tr>
<tr>
<td>Contraception consultations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports medicine consultations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SERVICES NOT COVERED BY STUDENT SERVICES FEE

- Pharmacy prescriptions/medications
- Consultation and/or treatment by sub-specialists outside of the UChicago Student Wellness clinical staff
- Select immunizations (yellow fever, polio, and typhoid)
- Emergency room care
- Hospitalization
- Select laboratory tests
- Radiology procedures
- Medical supplies
- Medical record copying or certificates
- Heart station procedures (EKGs, holter monitors)
- Other services not listed here
Medical Services

UChicago Student Wellness staff helps students with primary and acute care and routine medical services. A sports medicine physician works with a certified athletic trainer to provide comprehensive care for musculoskeletal and orthopedic injuries. We also have providers who specialize in providing gynecological care.

UChicago Student Wellness is an appointment-based service. Should you happen to walk in with an acute problem, a triage nurse will meet you and do an initial assessment to determine the urgency of your concern and schedule you accordingly. Students with urgent and acute issues will be given an appointment in a timely fashion. If you are in need of routine care or CDC-recommended screening tests, please remember to make your appointment in advance. Many routine gynecological appointments and travel consultations are booked 4–6 weeks in advance so it is important to plan ahead. Students are not charged for most services provided in UChicago Student Wellness. Your provider will discuss any services that may result in a charge such as lab work, x-rays and physical therapy. There is also confidential, evidence-based testing for sexually transmitted infections.

Medical Advice

We are always available to answer your medical questions. During business hours, a member of our staff is available to assist, either immediately or via callback. After hours, a qualified nurse is available to provide advice and help guide you to the appropriate setting for your concern. The after-hours nurse line also provides a report to the clinic about all students who called so that our staff might follow up. You may call 773-834-WELL to reach us.

Emergency Care

Emergency Room services are NOT COVERED under the Student Services Fee; Emergency Room services will be charged to students and/or their insurance. If you are unsure whether you should go to the Emergency Room, call UChicago Student Wellness at 773-834-WELL to determine if emergency treatment is necessary. The Emergency Room is not appropriate for most earaches, stomach flu, sore throats, or obtaining referrals.

If you do go to the Emergency Room, it is important that you tell the Emergency Room staff members you are a student, and that you have your insurance card and student ID card with you.
Counseling Services

Our clinicians are available to assist students with an array of mental health concerns, including: the transition from home to school, academic stress, relationship issues, depression, anxiety, substance misuse, and eating disorders.

Appointments are made over the phone by calling 773-702.9800. The initial appointment is typically an intake assessment where the student has an opportunity to describe their chief concerns. The clinician determines the student counseling services that can best assist the student and provides referral to other resources as needed.

Let’s Talk

Let’s Talk is a program that provides easy access to informal, confidential, and anonymous (if you wish) consultations with counselors from UChicago Student Wellness, but in a non-UChicago Student Wellness location. No appointment is necessary. For details, see wellness.uchicago.edu/letstalk.

Academic Skills Assessment Program (ASAP)

ASAP assists students who are having academic difficulties, including test anxiety, procrastination, study skills deficits, and other kinds of learning concerns. Individual ASAP meetings can be scheduled, and ASAP workshops are offered.

Counseling Groups

Throughout the year, a myriad of counseling groups are offered. For current group options, please visit wellness.uchicago.edu/mental-health/therapy-groups/.

Crisis Appointments

Students in need of speaking with a therapist urgently can call 773-702-3625 to speak with a clinician 24/7/365.
Health Promotion Programs and Services

UChicago Student Wellness is committed to enhance the environment and community at the University of Chicago to promote lifelong behaviors and to empower individual students to improve their quality of life and reach their highest potential. We focus on seven key facets of wellbeing to develop innovative initiatives that address the needs of UChicago students.

Our staff works to understand UChicago students’ needs and assists them in achieving their optimal wellbeing by offering information, resources, and educational programs, including:

- Alcohol and other drug education
- Body image awareness
- Creating social connections/relationships
- Graduate/professional student wellness initiatives
- Healthy relationships
- Managing school/life balance
- Mental wellbeing
- Mindfulness meditation
- Safer sex and contraception
- Sleep health
- Stress management
- Time management and study skills

We also offer population-specific initiatives/topics by request. To find out more and discuss how we can support you, please contact: wellness@lists.uchicago.edu or 773.702.8935.

Mental Health First Aid (MHFA) Training

UChicago Student Wellness facilitates free Mental Health First Aid (MHFA) trainings each academic year. MHFA is an 8-hour training designed to give participants the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs and symptoms of a mental illness or emotional crisis. Research demonstrates this program’s effectiveness in improving knowledge of mental illness and substance use, removing fear and misunderstanding, and enabling those trained to offer concrete assistance.

To find out more information about MHFA and how to sign up for an upcoming training, please visit wellness.uchicago.edu/page/mental-health-first-aid.

Peer Health Advocates (PHAs)

Peer Health Advocates (PHAs) are specially trained students who are committed to advocating for the health and wellbeing of their peers. PHAs work to promote healthy choices and encourage students to use UChicago Student Wellness services. Learn more about the PHAs and how we can work with you at wellness.uchicago.edu/pha.
University Student Health Insurance Plan (U-SHIP)

The University requires all students to carry health insurance that covers, among other costs, hospitalization, specialty care, prescription drugs, and outpatient diagnostic and surgical procedures provided within the Chicago area. In keeping with this requirement, each year all students registered in an insurance-required program are default enrolled in the University Student Health Insurance Plan (U-SHIP) at the end of the enrollment/waiver period, which is the third week of Autumn Quarter (or your first quarter of enrollment as a student). U-SHIP is administered by UnitedHealthcare StudentResources.

Students wishing to waive out of U-SHIP coverage must do so each academic year by providing proof of alternate comparable coverage before the enrollment/waiver deadline. Details about U-SHIP coverage, benefits, enrolling dependents, and the waiver process can be found at wellness.uchicago.edu/page/student-insurance.

Students enrolled in U-SHIP receive their primary medical and mental health care at the on-campus UChicago Student Wellness, which will coordinate your care and make a referral, when necessary, to a specialist. Without a referral from UChicago Student Wellness, you will be assessed an additional $50 deductible for each visit or service, except in emergency situations or if you are more than 50 miles from campus. If you are away from campus and you need health care, you can find a physician who is in the UnitedHealthcare StudentResources national network by going to uhcsr.com/uchicago.

If you are enrolled in U-SHIP, on-campus U-SHIP coordinators are able to answer questions about your covered health benefits and other topics related to U-SHIP. Contact the on-campus coordinators at 773-834-4543 (select option 2) or at uchicagoadvocates@uhcsr.com.

Students not enrolled in U-SHIP also receive their primary care on campus at UChicago Student Wellness. However, medical services obtained that are not covered by the mandatory Student Services Fee will be billed to you (the student) and/or your insurance plan.

Pharmacy Discount for U-SHIP Enrollees

A special arrangement with the University of Chicago Medical Center’s Duchossois Center for Advanced Medicine (DCAM) Pharmacy enables students enrolled in U-SHIP to receive three months of prescription for the price of two months of co-pay.* This discount (available only at the DCAM pharmacy) also applies to oral contraceptives (birth control).

*Certain exceptions apply.

Optional Dental and Vision Insurance Plans

Each year, students may enroll for optional dental and/or vision coverage regardless of whether they are enrolled in U-SHIP. Optional dental and vision plans are administered by Delta Dental of Illinois, Cigna, and UnitedHealthcare. Students are informed of these optional plans (both dental and vision) via email at the beginning of Autumn Quarter. A second opportunity to enroll in plans is offered at the beginning of Spring Quarter. Enrollment is done online, and premiums are paid directly to the insurer (no charges appear on your student account). Additional information about these plans is available at wellness.uchicago.edu/page/student-insurance.