

The University of Chicago
Guideto
UChicago Student Wellness
2021–22



Student Wellness Center Lobby

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.

This guide provides an overview of the medical, counseling, and health promotion services; an explanation of covered services for students enrolled in an eligible program of study; 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

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Contact Information

For more information on our services and the ways to make an appointment, visit us at wellness.uchicago.edu.

Our medical, counseling, health promotion, and student insurance services are co-located in our Student Wellness Center.

Student Wellness Center

840 E. 59th St.

773.834.WELL

After-Hours Nurse Line: 773.834.WELL

24/7 Therapist-on-Call: 773.702.3625

Hours

Medical: Monday-Friday, 8 a.m.-5 p.m.

Counseling: Monday-Friday, 8:30 a.m.-5 p.m.

Health Promotion: Monday-Friday, 8 a.m.-4:00 p.m.

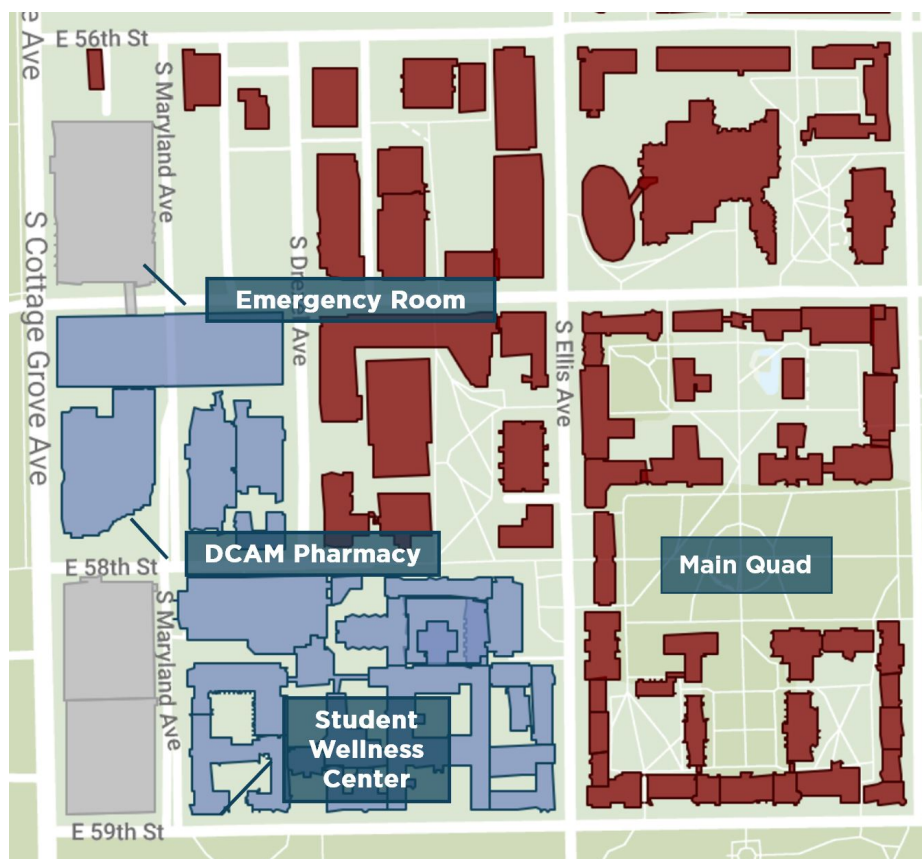
Student Insurance: Monday-Friday, 8 a.m.-4:30 p.m.

DCAM Pharmacy

5728 S. Maryland Ave.

Emergency Room

5656 S. Maryland Ave.



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 services at UChicago Student Wellness is covered at no cost for students who are enrolled in eligible programs.

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.

Eligibility and Covered Services

Eligibility for services at UChicago Student Wellness is based on a student being actively enrolled in an eligible program of study. Most degree programs that convene full-time on the Hyde Park campus are eligible. Students in certain registration statuses (e.g., Study Abroad, Pro Forma) are not eligible. For questions about whether your program is eligible, please contact your dean of students or call UChicago Student Wellness at 773-834-WELL.

Students not registered in courses during Summer Quarter but who remain active in an eligible program (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 during the summer.

The table on the next page lists UChicago Student Wellness services that are covered, at no cost, for eligible students. Items not covered are the responsibility of the student or the student's health insurance provider. If you have questions about the costs of care, please ask any of our staff members. When referred by your UChicago Student Wellness service provider for other services, be sure to confirm whether those services will incur charges. Covered services must be performed within UChicago Student Wellness by our clinical staff. Please check with your insurance representative to confirm coverage prior to your visit or procedure. It is the student's responsibility to understand the terms of their health insurance coverage; our staff are not able to advise on specific health insurance plans. Students on U-SHIP can consult with the [on-campus insurance staff](#). For more information, review our [education material](#) on costs and options for care outside UChicago Student Wellness.

*Students on a Medical Leave of Absence who are enrolled in U-SHIP remain eligible for UChicago Student Wellness, per University policy (for more information, visit the Student Manual).

Eligibility and Covered Services (continued)

COVERED SERVICES	RESPONSIBILITY OF HEALTH INSURANCE OR STUDENT
MEDICAL	
<ul style="list-style-type: none"> • Routine physicals • General medical consultation • Acute and chronic care • Diagnostic cytology (PAP tests) • STI (sexually transmitted infection) testing • Urine dipstick and pregnancy testing • Rapid strep testing • PPD (tuberculosis) testing • Flu and school-required immunizations • Allergy injection visits • Travel health consultations • Contraception consultations • Sports medicine consultations • Many routine laboratory (bloodwork) tests 	<ul style="list-style-type: none"> • Prescription and over-the-counter 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
COUNSELING	
<ul style="list-style-type: none"> • Initial assessments • 24/7 Therapist-on-Call • Urgent/crisis care during business hours • Short-term psychotherapy • Individual and couples counseling • Substance use (AOD) assessments • Eating concerns assessments • Therapy and support groups • Academic/study skills counseling (and workshops) • Let's Talk: informal/drop-in consultations with a therapist • Psychiatric consultation and medication management • Referral services 	<ul style="list-style-type: none"> • Prescription and over-the-counter medications • Consultation and/or treatment by sub-specialists outside of the clinical staff • Emergency room care • Long-term psychotherapy • Other services not listed here
HEALTH PROMOTION	
<p>All health promotion services are available to any UChicago student, regardless of eligibility</p> <ul style="list-style-type: none"> • Wellness Coaching • Alcohol and other drug screening and intervention • Wellness programs, workshops, and events • College, Graduate/professional-specific programming • Sexual health education and condoms • Wellness-related RSO and student group advising • Mental Health First Aid training • Meditation, yoga, stress-relief kits, and more 	

Medical Services

UChicago Student Wellness is a primary care practice providing acute care as well as routine medical services. Routine gynecologic care is provided by nurse practitioners as well as medical doctors. Musculoskeletal and orthopedic injuries are overseen by a sports medicine staff (an attending physician, sports medicine fellows, and a certified athletic trainer).

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 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, if appropriate. You may call 773-834-WELL to reach us.

Emergency Care

Emergency Room services are not covered services; they will be charged to students and/or their health 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 and support 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 concerns, among others.

Appointments are made over the phone by calling 773.834.WELL (initial appointments can also be made online via the [my.WellnessPortal](#)). 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. The clinician also can facilitate a consultation with psychiatry services if appropriate.

Psychiatric Services

Psychiatric evaluations are offered along with long-term medication management services. Urgent psychiatric consultations are also available when indicated.

Let's Talk

Let'sTalk is a program that provides drop-in access to informal, confidential, and anonymous (if you wish) consultations with counselors from UChicago Student Wellness, in locations around campus. No appointment is necessary. Let's Talk is typically offered multiple times a week.

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.

Support Spaces and Workshops

Weekly **workshops and support spaces** can help students cope with stress, receive support, and connect with their peers.

Urgent/Crisis Appointments

Students who need to speak with a therapist urgently can call 773-702-3625 to speak with a clinician 24/7/365. Students also can ask for the clinician on-call during business hours by calling the Student Wellness Center at 773.834.WELL.

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 **programs**, including:

- Alcohol and other drug education
- Body positivity
- Creating social connections/relationships
- 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 773.834.WELL.

Mental Health First Aid (MHFA) Training

UChicago Student Wellness facilitates free **Mental Health First Aid 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 increasing knowledge of mental health concerns, dispelling myths and misunderstanding, and enabling those trained to offer concrete assistance.

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 and other campus services.

Living Intentionally to Flourish Everyday (LIFE)

Living Intentionally to Flourish Everyday (LIFE) is a four-week program that draws upon strengths using positive psychology principles with the goal of increasing flourishing and wellbeing among students.

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 who are eligible to waive out of U-SHIP and wish to do so must affirm possession of alternate comparable coverage before the enrollment/waiver deadline. Details about U-SHIP coverage, benefits, enrolling dependents, and the waiver process can be found on the [Student Insurance website](#).

Effective for the 2021-22 coverage year, which begins September 1, 2021, U-SHIP enrollment is required for all PhD students at the University of Chicago. As such, PhD students are not eligible to waive U-SHIP with comparable coverage. Individual student premiums will be paid for PhD students at no cost to them.

Students enrolled in U-SHIP receive their primary medical and mental health care on campus through 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.

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 on the [Student Insurance Website](#).