Welcome!

University Health Services is here to help students succeed in their studies.

- We are accredited by the Accreditation Association for Ambulatory Health Care.
- We are a full-service health clinic – right on campus.
- We administer CMU’s immunization and health insurance requirements.
Location & Hours

We are located at the intersection of Forbes and Morewood, on the ground floor of Morewood E Tower.

Academic year:

Mon, Tue, Wed: 8:30am – 7pm
Thu: 10am – 7pm
Fri: 8:30 am – 5pm
Sat: 11am – 3pm

Summer and recess:

Mon, Tues, Wed, Fri: 8:30am – 5pm
Thu: 10 am – 5pm
Confidentiality

No information about visits is released to anyone – not to parents, a spouse or domestic partner, or teachers – without a student’s consent.
Healthcare for the Young Adult

- General medicine
- Gynecology and contraception
- Allergy injections
- Immunizations (including flu shots)
- Testing for HIV and other sexually transmitted diseases
- Health insurance
- Massage therapy

- Health Educ. / Promotion
- Stress management
- Nutrition counseling: healthy eating, sports nutrition, vegetarian, vegan
- Screening and treatment for eating disorders
- Smoking cessation
- Drug and alcohol assessments
- Mini-courses (Personal Nutrition, Managing Stress, etc.)
Any matriculating student may use the clinic. Nominal fees exist – most are covered in full by the student insurance plan.

Lab-work is usually sent out for analysis – and nearly always generates costs.
Visit fees

MD or Advanced Practice clinician: $15

Follow-up: $10

Nurse visits: free

Missed Appointments: $10
Master Card/Visa
Check
Debit Card
Bill your student account-preferred *

We do not bill alternative insurance.

Students on alternative plans submit their receipts themselves (or send them home to parents to submit).

Contact the customer service number of your insurance company for instructions.
When the clinic is closed...

Look at the University Health Services website for self-care instructions: [www.cmu.edu/health-services](http://www.cmu.edu/health-services)

Call the nurse help line: 412 268 2157 (x82157)

Go to a clinic that is open (listing on our website).

Call Campus Police: 412 268 2323 (x82323)

Go to an emergency room: $$$
Emergency Room?

Good idea when:
- you are in severe pain;
- you have a serious injury; or
- you are suddenly very ill, or are becoming more ill as time passes.

Not sure? Call for Medical Advice.
Why Health Insurance?

UHS clinic fees are reasonable, so why do you need health insurance?

- laboratory testing
- diagnostic testing
- visits with specialists
- hospitalizations
Carnegie Mellon has an **Insurance Mandate**.

Full-time students at the Pittsburgh Campus must carry adequate insurance.
Employer or State Exchange plan
Your policy must provide coverage for routine, urgent and emergent care for both inpatient & outpatient medical care and mental health and alcohol & substance abuse treatment at a reimbursement rate of at least 70% in the city where you are attending Carnegie Mellon classes. (A POLICY THAT PROVIDES ONLY EMERGENCY OR URGENT CARE COVERAGE DOES NOT MEET THIS REQUIREMENT.)
Your policy must have an individual deductible that does not exceed $1,500 per year.
Your policy must have a United States based claims office and telephone number.
Your policy must not contain any clauses limiting/excluding coverage based on pre-existing conditions.
Your policy must not have a maximum annual limit.
All full-time students under the mandate are charged for the CMU Student Health Insurance Individual plan: $1,799

Coverage period: August 1, 2016 – July 31, 2017

You have until September 12, 2016 to enroll or request a waiver.
Welcome to University Health Services' HealthConnect secure communication site.

Please login using your Carnegie Mellon andrew id and password.

Username: 
Password: 

Proceed  Cancel

Your andrew id is the name portion of your email address, and precedes the "@" sign. If you have any problems with your password, review this website: www.cmu.edu/computing/accounts/passwords/forgot.html

Staff members do not automatically receive a HealthConnect account. Please visit the clinic with your campus ID to have this online access activated.

Healthcare with Heart
Welcome back! To confirm your identity, you must provide the following additional personal information:

Please confirm your Date of Birth:

[ ] [ ] [ ]

[ Proceed ] [ Cancel ]

Healthcare with Heart
Welcome to HealthConnect, University Health Services' secure communications site.

Emergency medical transportation: On campus, call Campus Police at 412 268 2323. Off campus, call 911.

Urgent medical advice: call 412 268 2157. Follow instructions for Advice Nurse (or after hours, Doctor on call).

Use Messages to: request morning after pill (Plan B), condoms, medication refills, send secure messages to staff, and request medical records.

Insurance forms, and other clinic information: http://www.cmu.edu/health-services

If you have problems accessing the site contact advisor@andrew.cmu.edu. The security of this web portal is monitored by Carnegie Mellon’s Security Office.

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Healthcare with Heart
Can I cancel my insurance?

That depends.

If claims exist, then no, you cannot cancel.

No claims, but is it before April 1? Yes, complete a cancellation form for a prorated refund.
What if I get married, or have a baby?

You have 32 days from that change of life situation to complete change of enrollment form. You must act within that timeframe.

What if I graduate early?

No claims, and before April 1: complete a cancellation form for a prorated refund.
Do I have to cancel if I leave early?

If you met the requirements for enrollment, then no, we do not force you to cancel if you leave early.

Exception: If you did not attend the first 30 days of class, you may be cancelled retroactively.
Immunization requirements:

**Full-time students:**
- Two doses of Measles, Mumps and Rubella (MMR)
- Three doses of Hepatitis B
- Two doses of Varicella (chicken pox)
- TDAP done after age 11

**Additional requirements for students living in university housing:**
- Meningitis - *If you received this vaccine before age 16, you must get a booster shot (an additional dose)*

**Additional requirements for international students:**
- Tuberculosis screening - *within six months prior to arrival on campus*

You submit your Immunization and health history info by visiting HealthConnect.
**Premium:** what you pay to enroll in the plan.

**Coverage:** August 1, 2015 -> July 31, 2016

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Reminders

Make your insurance decision as soon as possible. The deadline for Fall insurance decisions is September 12.

[Website Link]

Questions: 412 268 2157, option for student insurance. Email: shinsure@andrew.cmu.edu