SPECIALIZING IN HEALTHCARE FOR ALL STUDENTS
LOCATION AND HOURS
MOREWOOD GARDENS E-TOWER, FIRST FLOOR

During the academic schedule:
Monday, Tuesday, Wednesday - 8:30 am to 7 pm
Thursdays - 10 am to 7 pm
Friday - 8:30 am to 5 pm
Saturday - 11 am to 3 pm

http://www.cmu.edu/health-services/
SCHEDULING APPOINTMENTS

University Health has a web communications portal: www.cmu.edu/health-services

Students can schedule routine appointments i.e. Driver’s Physicals, reproductive and sexual health exams as well as work exams. You can communicate securely with the clinic, request prescription refills and complete necessary forms (health history and immunization forms) online. Security for this site is monitored by Carnegie Mellon's information security office.

Students can also schedule in person or by telephone at 412-268-2157

* This is a reminder that you should always update your health information with an emergency contact (name and current phone number in case of an emergency).
SERVICES

Doctor visits
Gynecology/Men’s Health Exams
Pregnancy prevention
Allergy injections
Immunizations, including flu shots
HIV and sexually transmitted infection testing
Massage
Nutrition counseling
Health education, including drug and alcohol assessment
Health insurance
Comprehensive Care Services
CONFIDENTIALITY

No information about your visit is released to anyone, including parents or spouse, without your written consent.
PROVIDERS

Board certified Internal Medicine Physicians
Certified Physician Assistant and Nurse Practitioners
Registered Nurses
Registered Dietitian Nutritionist
Certified Health Education Specialist
All students are eligible to receive services at Health Services.

If you are on the student insurance plan, visit fees are covered by Aetna insurance plan.

Fees for labwork may be covered by your medical insurance but charges ultimately remain your financial responsibility.

Medications dispensed may have a fee associated with them.
PAYMENT

Mastercard/Visa
Check
Debit card
Bill your student account- S10
IMMUNIZATION REQUIREMENTS

Measles - 2 doses
Mumps – 2 dose
Rubella - 1 dose
TB skin test/or Quatiferon testing within 6 months of the start of classes*

* this is determined on a case by case basis
WHAT IF HEALTH SERVICES IS CLOSED?

• Look on the UHS website for self-care instructions
• Call the Team Health phone number after 7p Monday through Thursday or after 5p Fridays and weekends (412-268-2157). They will answer your questions for medical assistance after the Health Services is closed.
• Call Campus Police (412-268-2323) or 911 if an emergency.
• Go to a hospital emergency room or Urgent Care Center located in Shadyside i.e. MedExpress or UPMC Urgent Care Shadyside.
WHEN DO YOU NEED TO GO TO AN EMERGENCY ROOM?

• Severe pain
• You have a serious injury
• You have difficulty breathing
• Bleeding that will not stop
• Change in Mental Status i.e. unusual behavior or result of a head injury
WHEN DO YOU NEED HEALTH INSURANCE?

- You need laboratory testing
- You need diagnostic testing i.e. Xrays, MRI, CT scan
- You need to go to a specialist or the emergency room
- You need to be hospitalized
HEALTH PROMOTION SERVICES:

Quit smoking support:
- FREE individual support and discounted nicotine replacement

Stress management:
- FREE individual consultations and personalized plans

Sexual Health Education
- Free and Confidential

Nutrition Counseling
- Individual counseling including medical nutrition therapy, general healthy eating, eating disorders and much more; Call for appointment
AVOIDING COLDs AND FLU

Take care of yourself
Cover your cough and wash your hands
Don’t come to school or work if you have a fever 100 °F or greater
Stay out until you are fever free for 24 hours without the use of acetaminophen or ibuprofen
Call UHS before coming to the clinic
KEEPING YOURSELF HEALTHY

Dining locations and options
- Carnegie Mellon Dining Services
  - www.cmu.edu/dining/

Fitness facilities and options
- Skibo Gym and UC Gym
  - www.cmu.edu/athletics/university-programs/fitness/index.html

University Health
- http://www.cmu.edu/health-services/
SCHEDULE AN APPOINTMENT

You can schedule appointments online, by phone, or in person:
Log into HealthConnect and click Appointments
Call 412-268-2157 to speak with our advice nurse;
Visit the clinic to schedule an appointment for a later time or date
THANK YOU!

Are there any specific questions about the Health Services?