

2019-2020

Graduate Health and Immunization Guide



Carnegie Mellon University
University Health Services



University Health Services
1060 Morewood Avenue
Morewood Gardens
E-Tower, Ground Floor

Health Services Checklist

■ Immunization Forms due (one-time requirement):

Fall Semester 2019: July 1, 2019
Spring Semester 2020: October 28, 2019
Summer Semester 2020: February 24, 2020

■ Insurance enrollment/waiver period (annual requirement):

Fall Semester 2019: July 15 – September 9, 2019
Spring Semester 2020: January 2 – January 31, 2020
Summer Semester 2020: May 1 – May 31, 2020

Questions?

Contact University Health Services at
412-268-2157 or health@andrew.cmu.edu

cmu.edu/health-services

About Us

At University Health Services (UHS), our professional staff provides high-quality care in an open and safe setting to all enrolled students. We offer medical care, health promotion and insurance services, including:

Allergy Shots	Peer Health Education	Stress Management Support
Blood Tests	Prescription Medicines	Student Health Insurance
Illness and Injury Care	Preventive Care	Substance Use Assessments
LGBTQ Friendly Care	Psychiatric Services	Trans Healthcare
Massage Therapy	Quit Smoking Support	
Nutrition Counseling	Sexual Health Services	

Hours & Appointments

When classes are in session, we are open Monday-Saturday, with daytime and evening hours. When closed, we offer a nurse advice service. For current hours, visit cmu.edu/health-services. You can also use HealthConnect to schedule appointments, order prescription refills and complete forms online.

Confidentiality

All medical visits and records are confidential. No information is released without written consent of the patient.

Cost

There are fees for services at UHS, but we strive to keep expenses low for students. Most fees are covered for students enrolled in our student medical insurance plan. More information about our fees is available at cmu.edu/health-services/services-and-fees.

For Students with Special Needs

We offer comprehensive care management for students with special health needs. For details, visit cmu.edu/health-services/services-and-fees.

If you have a medical need that requires a housing or dining accommodation, please submit a Special Housing Needs Form or a Special Dining Needs Form, available at cmu.edu/health-services/for-parents.

We also offer a Collegiate Recovery Community to connect and support students (and allies) who are in recovery from substance use. For details, contact recovery@andrew.cmu.edu or visit cmu.edu/health-services/alcohol/recovery.



University Immunization Requirements*

As a full-time student, you must document that you have met the immunization requirements by completing our online immunization and tuberculosis (TB) screening forms, as well as uploading your immunization records, with dates, from your healthcare provider. Forms can be completed and uploaded in HealthConnect, after you are assigned an Andrew ID, at cmu.edu/health-services.

If your records are in a language other than English, please translate the dates of each vaccine dose into English prior to uploading.

Immunization documentation due dates (one-time requirement):

Fall Semester 2019: July 1, 2019

Spring Semester 2020: October 28, 2019

Summer Semester 2020: February 24, 2020

Requirements for All Full-Time Students

Measles, Mumps & Rubella (MMR):

- 2 doses or
- Combination of 2 measles vaccines, 2 mumps vaccines and 1 rubella vaccine or
- Positive Immunoglobulin (IgG) antibody blood test to each (proves immunity)

Varicella (Chickenpox):

- Birth in the U.S. before 1980 or
- Date of disease or
- 2 doses or
- Positive Immunoglobulin (IgG) antibody blood test (proves immunity)

Meningococcal: (additional requirement for students living in university housing)

- Single dose of Quadrivalent or Pentavalent (protects against 4 or 5 types of meningitis, respectively) at or after age 16
- The state of Pennsylvania requires the completed Meningitis AYWC vaccine. We also strongly recommend the Meningitis B vaccine in addition to the AYWC to provide maximum protection against this serious disease.

All full-time students must also complete an online tuberculosis screening form, followed by TB testing, if indicated.

Find easy-to-read vaccine information in many languages from the Immunization Action Coalition, at immunize.org.

University Health Insurance Requirement

As a full-time student, you must have medical insurance that meets the university's requirements. Please see the university's student health insurance criteria at cmu.edu/health-services/student-insurance.

The university offers a student medical insurance plan, as well as optional vision and dental insurance plans. You will be charged the premium fee of \$2,627 for the individual Carnegie Mellon University Student Health Insurance Plan (CMU SHIP). This fee will appear on your first semester invoice.

You must take one of the following actions by Monday, September 9, 2019:

1. Enroll in the CMU SHIP or
2. Apply for a waiver, verifying that you already have medical insurance that meets the university's requirements.

Beginning Monday, July 15, you can enroll or apply for a waiver in Student Information Online (SIO) within the Campus Life tab at cmu.edu/hub.

If You Enroll in the CMU SHIP

The insurance premium fee will remain on your student invoice. If you enroll in the vision or dental plan, or add dependents, the additional charges will appear on your student invoice.

You have the option to pay your insurance premium costs in monthly increments. For details, visit cmu.afford.com. You may choose to add dependents to your plan during certain times. For details, visit cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html.

If You Apply for a Waiver

If your current insurance meets the university's requirements, you may apply for a waiver; if approved, a credit for the university plan premium fee will appear on your student invoice.

If You Take No Action (Not Recommended)

If you do not enroll or waive by September 9, you will be enrolled in the individual Carnegie Mellon University Student Health Plan. The \$2,627 fee for this plan will remain on your account. If you have questions please email shinsure@andrew.cmu.edu.



Carnegie Mellon University Student Health Plans

Premium Fees for Insured Period August 1, 2019 - July 31, 2020

	Medical	Vision <i>(Optional)</i>	Dental <i>(Optional)</i>
Individual	Aetna Student Health \$2,627	Aetna Vision Preferred \$82.44	Aetna Dental PPO \$238
Two-Person	\$5,219	\$153.84	\$400
Family	\$7,811	\$224.64	\$600

For answers to many common student health insurance questions, visit cmu.edu/health-services/student-insurance/health-insurance-basics.html.

For details on costs and covered health services, visit cmu.edu/health-services/student-insurance/plan-details.html.

For details on enrollment periods, visit cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html.

For a glossary of insurance terms, visit healthcare.gov/glossary.

Sexual Assault Prevention for Graduate Students

We are committed to the health and safety of all our students, both in and out of the classroom. To that end, all new graduate students are encouraged to complete the Sexual Assault Prevention for Graduate Students online course.

Part of our comprehensive approach to sexual violence prevention, this course helps to empower students to create a safe and positive campus environment for everyone. Courses open July 22, 2019.

Find details at cmu.edu/health-services/health-promotion.

Frequently Asked Questions

What are the health requirements for new students?

Immunizations: You must complete the online immunization forms by July 1, 2019. Visit cmu.edu/health-services/new-students.

Health Insurance: All full-time students must have health insurance that meets the university's requirements by September 9, 2019. Visit cmu.edu/health-services/student-insurance.

What is health insurance and why do I need it?

Health insurance is a contract between you and an insurance company. You buy a plan, and the company pays part of your medical costs when you get sick or hurt. The cost of health care in the United States is high, so insurance helps protect you from serious health and financial risks. Read more at healthcare.gov/why-coverage-is-important/coverage-protects-you.

Do I need to have the university health insurance in order to visit UHS?

No. All enrolled CMU students, regardless of insurance coverage, can use our services. We do not bill insurance plans, so you must pay any fees you owe at the time of your visit.

How can I access your services?

We are located at Morewood Gardens E-Tower, Ground Floor. You can also use HealthConnect, our secure online portal, to schedule appointments, order prescription refills, complete health forms and more. Visit cmu.edu/health-services/about-us.

Will you share my health information with my parents or professors?

No. All health visits and records are confidential; no information is shared with anyone without your written permission.

How much does it cost to use your services?

While there are fees for our services, we strive to keep expenses low for students. Most fees are covered for students enrolled in the CMU student health insurance plan. Visit cmu.edu/health-services/services-and-fees.

What about emergencies?

If you need emergency medical care, call University Police (or 911 if you are off campus) and you will be transported to the nearest hospital emergency room or University Health Services, as appropriate. If you are unsure whether to visit UHS or another facility, please call or visit us. We can help direct you to the best place for the care you need.

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Inquiries concerning the application of and compliance with this statement should be directed to the university ombudsman, Carnegie Mellon University, 5000 Forbes Avenue, Pittsburgh, PA 15213, telephone 412.268.1018.

Obtain general information about Carnegie Mellon University by calling 412.268.2000.

Carnegie Mellon University publishes an annual campus security and fire safety report describing the university's security, alcohol and drug, sexual assault and fire safety policies, and containing statistics about the number and type of crimes committed on the campus, and the number and cause of fires in campus residence facilities during the preceding three years. You can obtain a copy by contacting the Carnegie Mellon Police Department at 412.268.2323. The annual security and fire safety report also is available online at cmu.edu/police/annualreports.

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