Health Services Checklist

- **Immunization Forms due** (one-time requirement):
  - Fall Semester 2018: June 29, 2018
  - Spring Semester 2019: October 29, 2018
  - Summer Semester 2019: February 25, 2019

- **Insurance enrollment/waiver period** (annual requirement):
  - Fall Semester 2018: July 9 – September 10, 2018
  - Spring Semester 2019: January 2 – January 31, 2019
  - Summer Semester 2019: May 1 – May 31, 2019

- **AlcoholEdu and Sexual Assault Prevention for Undergraduates Courses completed by:**
  - August 20, 2018

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:

<table>
<thead>
<tr>
<th>Service</th>
<th>Peer Health Education</th>
<th>Stress Management Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergy Shots</td>
<td>Prescription Medicines</td>
<td>Student Health Insurance</td>
</tr>
<tr>
<td>Blood Tests</td>
<td>Preventive Care</td>
<td>Substance Use Assessments</td>
</tr>
<tr>
<td>Illness and Injury Care</td>
<td>Psychiatric Services</td>
<td></td>
</tr>
<tr>
<td>LGBTQ Friendly Care</td>
<td>Quit Smoking Support</td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td>Sexual Health Services</td>
<td></td>
</tr>
<tr>
<td>Nutrition Counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peer Health Education</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prescription Medicines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Preventive Care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychiatric Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quit Smoking Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexual Health Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Management Support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Health Insurance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Substance Use Assessments</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

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

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.

Immunization documentation due dates (one-time requirement):
- Fall Semester 2018: June 29, 2018
- Spring Semester 2019: October 29, 2018
- Summer Semester 2019: February 25, 2019

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 $2,339 for the individual Carnegie Mellon University Student Health Plan. This fee will appear on your first semester invoice.

You must take one of the following actions by September 10, 2018:
1. Enroll in the Carnegie Mellon University Student Health Plan or
2. Apply for a waiver, verifying that you already have medical insurance that meets the university's requirements.

Beginning July 9, 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
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 10, you will be enrolled in the individual Carnegie Mellon University Student Health Plan. The $2,339 fee for this plan will remain on your account. If you have questions please email shinsure@andrew.cmu.edu.
What are the health requirements for new students?

**Immunizations:** You must complete the online immunization forms by June 29, 2018. Visit cmu.edu/health-services/immunization.

**Health Insurance:** All full-time students must have health insurance that meets the university's requirements by September 10, 2018. Visit cmu.edu/health-services/student-insurance.

**AlcoholEdu and Haven:** All new undergraduate students must complete two online courses. These courses will open on July 23, 2018 and must be completed by August 20, 2018. Visit cmu.edu/health-services/alcohol/AlcoholEdu.html.

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/healthconnect.

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.

Frequently Asked Questions

For Students


For Parents

Parents and guardians play an important role in helping their students make good decisions. We encourage you to have ongoing conversations with your student about substance abuse and sexual violence prevention.

Parent versions of these courses are available for parents and guardians of participating students. The courses will be available beginning July 23, 2018. Find instructions at cmu.edu/health-services/for-parents.

Questions?

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

cmu.edu/health-services