Undergraduate Health and Immunization Guide

Carnegie Mellon University
University Health Services
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

- **AlcoholEdu and Sexual Assault Prevention for Undergraduates Courses completed by:**
  - August 19, 2019

Questions?

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

cmu.edu/health-services

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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:

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<tr>
<th>Services</th>
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<tr>
<td>Allergy Shots</td>
<td>Peer Health Education</td>
<td>Stress Management Support</td>
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**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 Immunoglobin (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 Immunoglobin (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.
# 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](http://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](http://cmu.edu/health-services/student-insurance).

**AlcoholEdu and Haven:** All new undergraduate students must complete two online courses. These courses will open on July 22, 2019 and must be completed by August 19, 2019. Visit [cmu.edu/health-services/health-promotion](http://cmu.edu/health-services/health-promotion).

## 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](http://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](http://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.

## Questions?

Contact University Health Services at 412-268-2157 or [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu).

[cmu.edu/health-services](http://cmu.edu/health-services)

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

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<th>Two-Person</th>
<th>Family</th>
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<tbody>
<tr>
<td><strong>Medical</strong></td>
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<tr>
<td>Aetna Student Health</td>
<td>$2,627</td>
<td>$5,219</td>
<td>$7,811</td>
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<tr>
<td><strong>Vision (Optional)</strong></td>
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<tr>
<td>Aetna Vision Preferred</td>
<td>$82.44</td>
<td>$153.84</td>
<td>$224.64</td>
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<tr>
<td><strong>Dental (Optional)</strong></td>
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<tr>
<td>Aetna Dental PPO</td>
<td>$238</td>
<td>$400</td>
<td>$600</td>
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For answers to many common student health insurance questions, visit [cmu.edu/health-services/student-insurance/health-insurance-basics.html](http://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](http://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](http://cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html).

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

## AlcoholEdu and Sexual Assault Prevention for Undergraduates

Health and safety are critically important to the student experience, both in and out of the classroom. To help our students make informed decisions, all new undergraduate students must complete two online courses: AlcoholEdu for College and Sexual Assault Prevention for Undergraduates.

These courses are part of our comprehensive approach to substance abuse and sexual violence prevention. They help empower students to create a safe and positive campus environment for everyone. Find details at [cmu.edu/health-services/health-promotion](http://cmu.edu/health-services/health-promotion).

### 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.