Primary areas of prevention and health promotion

- High risk drinking and drug prevention
- Mental health
- Physical health (nutrition, physical activity, body image)
- Power based personal violence prevention
- Sexual health
FSU Health & Wellness Center: Much more than a clinical space

- Classrooms, auditorium, lounge area
- Smart device charging stations
- WiFi hot spot

Come see us!
Healthcare transition: Dependent to Independent

- Accessing the system
  - When to schedule an appointment
  - How to schedule an appointment
    - Getting there on time
    - Referrals
  - Patient-provider communication
    - Pertinent medical history
    - Allergies
- Insurance
  - Deductibles, co-pays
  - Insurance cards
    - Medical, pharmacy
- Pharmacy and laboratory services
  - Where to go
  - Additional co-pays
- Following treatment regimen
  - Taking medications as prescribed
  - Adhering to rest/activity restrictions, etc.
Disclosure of personal health information

• MUST have disclosure form signed by student
  • Exceptions
    • Minors under the age of 18
    • Life-threatening emergencies
  • Student may rescind/modify disclosure form at any time
  • Maintain open channel of communication with your child
Services available at the FSU Health & Wellness Center
Hours of Operation

• Monday through Friday

• Appointments available 8:00 AM – 4:00 PM
  • Appointment-based system
  • Call or walk in to schedule an appointment

• Staffing available until 5:00 PM
After-hours System of Care

http://uhs.fsu.edu/afterhours.html

Walk-in Clinics
Urgent Care
Emergency Room

The student is responsible for verifying insurance and network benefits when presenting to a community provider.
Pharmacy

• No onsite pharmacy
• CVS located on campus
• Several nearby pharmacy options available
• Some pharmacies offer specific free and/or reduced cost medications

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Alphameds</td>
<td>487 E Tennessee St # 2 Tallahassee, FL 32301</td>
<td>(850) 942-1992</td>
</tr>
<tr>
<td></td>
<td>($900) 942-1992</td>
<td></td>
</tr>
<tr>
<td>CVS/Pharmacy</td>
<td>On FSU's campus! 822 West Pensacola St Tallahassee, FL 32304 (850) 841-1049</td>
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<tr>
<td></td>
<td>1819 West Tennessee St Tallahassee, FL 32304</td>
<td>(850) 676-0147</td>
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<td>1708 North Monroe St Tallahassee, FL 32303</td>
<td>(850) 386-6136</td>
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<td>1300 Apalachee Pkwy Tallahassee, FL 32301</td>
<td>(850) 877-5168</td>
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<td>3035 Apalachee Pkwy Tallahassee, FL 32301</td>
<td>(850) 402-4046</td>
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<td>Publix</td>
<td>1700 North Monroe St # 852 Tallahassee, FL 32303 (850) 222-8992</td>
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<td>101 North Blairstone Rd # 101</td>
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<td>800 Ocala Rd # 200 Tallahassee, FL 32304</td>
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<td>(850) 575-6997</td>
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<td>(850) 580-1899</td>
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<td>414 South Magnolia Dr Tallahassee, FL 32301</td>
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<tr>
<td></td>
<td>(850) 877-3023</td>
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<tr>
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<td>1625 W Tharpe St # 1 Tallahassee, FL 32303</td>
<td>(850) 297-2555</td>
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<td>(850) 574-4613</td>
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<td>3221 N Monroe St Tallahassee, FL 32303</td>
<td>(850) 562-2829</td>
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<tr>
<td>Stewart's</td>
<td>1350 E Tennessee St # C2 Tallahassee, FL 32308 (850) 216-1021</td>
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<td>Target</td>
<td>2120 Apalachee Pkwy Tallahassee, FL 32301</td>
<td>(850) 671-2041</td>
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<td>3035 Apalachee Pkwy Tallahassee, FL 32301</td>
<td>(850) 402-4046</td>
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</table>
1st Floor

- Compliance
- Triage
- Priority Clinic
- Medical Response Unit
- Diagnostic Imaging
- Quest Diagnostics Lab
2nd floor

Physical Therapy

Fitness and Movement Clinic
4th floor

- CHAW
- Primary Care
- Fast Track Clinic
- Travel Clinic
- Specialty Clinic
  - Allergy/Immunology
  - Endocrinology
  - Neurology
  - Dermatology
- Referrals
  - Internal referral coordinator

Center for Health Advocacy and Wellness (CHAW)

Primary Care Clinics
5th floor

• Administrative offices
• Billing office
• Medical Records
• Women’s Clinic
• Psychiatry Clinic
Chronic conditions & special circumstances

- Major life transition
  - Relocation
  - Expanded social opportunities
  - Increased academic stress

- Stable vs. unstable
  - Life-work-play balance
  - Self-monitoring
  - Coping skills

- Specialty providers
  - Maintain vs. re-establish care

- Context of Care
  - Send pertinent records ahead of time
  - Treatment summary letter

- Medic alert bracelets
  - Anaphylaxis, Diabetes Mellitus, etc.
Insurance & billing

- In-network with a variety of different insurance plans
  - Out-of-network for Avmed, Tricare Prime, Medicaid
- University-sponsored insurance available
  - United Healthcare Student Resources
  - Premium deductible through financial aid
- Insurance coverage a requirement for registration
  - Any medical insurance will meet requirement
- PPO vs HMO
  - Bridge of care
- ER care is for true emergencies and not a substitute for primary or specialty healthcare services

http://studentinsurance.fsu.edu/
Insurance and Billing
In-Network Insurance Plans

• Florida Blue (formerly Blue Cross Blue Shield)
  • Network Blue/Blue Options
  • Blue Choice/PPO
  • Traditional

• Aetna
  • PPO
  • Managed Choice(POS)
  • HMO

• United HealthCare
  • Choice Plus
  • PPO & POS

• United Behavioral Health
  • Select Providers

• Humana (Out-of-Network for Psychiatry)
  • PPO
  • POS

• CIGNA (Out-of-Network for Psychiatry)
  • PPO
  • OAP (Open Access Plus)

• Tricare (Out-of-Network for Psychiatry)
  • Standard
  • Prime (Out-of-Network, Referral from your PCM is required)

• Capital Health Plan (CHP) (Out-of-Network for Physical Therapy)
Insurance & billing

- Routine face-to-face visits are covered under student health fee

- Co-pay not collected at time of visit

- Procedures, labs, diagnostic imaging, & certain specialty visits will be billed to insurance carrier

- Outstanding balances post to student account
  - Registration hold for following semester
# University Health Services Student Insurance Rates 2017/18

## Domestic

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## International

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Tips for First Year Students

• Call or walk in to schedule an appointment
• Bring your FSU ID and health insurance card with you
  • Have picture of front and back of card
• Know your medical (and family) history
• Understand your insurance coverage
  • Know whether your insurance uses Quest or LabCorp
• Practice regular self-care
  • Bring a “feel better” kit
    • OTC medications, Band-Aids®, thermometer
  • Maintain healthy diet and adequate rest
  • Keep all appointments as scheduled
• Practice navigating the healthcare system independently prior to coming to FSU
  • Make an appointment, pay a co-pay, fill a prescription