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
➢ Student may rescind/modify disclosure form at any time
➢ Maintain open channel of communication with your student

Patient Disclosure Authorization

Student’s Name (Printed) ___________________________________________ Last __________ First __________ Initial __________ University ID# __________________________ Date of Birth __________________________

Emergency Contact Name __________________________________________ Relationship to Patient __________________________

Address ______________________________________________________ Phone (______) __________________________

Do you want your treatment at University Health Services (UHS) discussed with this person? Yes ______ No ______

The staff members of UHS consider all patient information confidential. Please list all individuals with whom we may discuss your medical condition, test results, and/or treatment plan.

YOU MAY DISCUSS MY TREATMENT AT UHS WITH:

Note: Accepted relationships include immediate family members such as, mother, father, spouse, and children. The Health Center will not honor disclosure for discussion of medical conditions, test results, and/or treatment plans to departments on campus or relationships other than those stated without proper medical release forms on file.

1 __________________________ Relationship __________________________
2 __________________________ Relationship __________________________
3 __________________________ Relationship __________________________
Consent to Treat for Minors

➢ If the student is under 18, a parent/guardian must sign the “Authorization For Care of Students Under Age 18” statement on the FSU Immunization Form
Services Offered
Hours of Operation

- Monday through Friday
- Appointments available 8:00AM – 4:00PM
  - Appointment-based system
  - Call or walk in to schedule an appointment.
  - Staffing available until 5:00PM
TELEHEALTH
NOW AVAILABLE
Call 850.644.4567
After-hours System of Care

uhs.fsu.edu/health-care/after-hours-care

Talk to a doctor or therapist by phone or video with HealthiestYou.

HealthiestYou provides 24/7 access to doctors and mental healthcare.

Download the App – iOS – Google Play

Call (855) 870-5858

Other After-Hours Care Options Include

Walk-in Clinics
Urgent Care
Emergency Room

The student is responsible for verifying insurance and networks benefits when presenting to a community provider.
Returning Patients Can Access the **PATIENT PORTAL**

- Get lab results
- Request medication refills
- Communicate with us
- View current, future and past appointments

All patients will be web-enabled at the time of their first visit to University Health Services.
Pharmacy

- No onsite pharmacy
- CVS located near campus (West Pensacola Street location)
- Several nearby pharmacy options available
- Some pharmacies offer specific free and/or reduced cost medications

Alphameds
487 E Tennessee St # 2, Tallahassee, FL 32301 (850) 942-1992

CVS
882 West Pensacola St, Tallahassee, FL 32304 (850) 841-1049
1819 West Tennessee Street, Tallahassee, FL 32304 (850) 576-0147
1708 North Monroe Street, Tallahassee, FL 32303 (850) 385-6136
1300 Apalachee Parkway, Tallahassee, FL 32301 (850) 877-5168
3035 Apalachee Parkway Tallahassee, FL 32301 (850) 402-4046

Publix
1700 North Monroe St # 852, Tallahassee, FL 32303 (850) 222-1975
101 North Blairstone Road # 101, Tallahassee, FL 32301 (850) 219-6211
800 Ocala Road # 200, Tallahassee, FL 32304 (850) 575-6997

Target
2120 Apalachee Parkway Tallahassee, FL 32301 (850) 671-2041

Walgreens
2009 W Tennessee Street, Tallahassee, FL 32304 (850) 580-1899
414 South Magnolia Drive Tallahassee, FL 32301 (850) 877-3023

Walmart
4400 West Tennessee Street, Tallahassee, FL 32304 (850) 574-4613
3535 Apalachee Pkwy Tallahassee, FL 32311 (850) 656-4593
3221 N Monroe St Tallahassee, FL 32303 (850) 562-2829

Publix offers a free medication program*
Walmart offers $4 prescriptions*
*select medications
Healthcare Services
First Floor

➢ Admission Health Requirements
➢ Triage
➢ Priority Clinic
➢ Allergy Clinic
➢ Medical Response Unit
➢ Diagnostic Imaging
➢ Quest Diagnostics Lab

Second Floor

➢ Fitness and Movement Clinic
➢ Physical Therapy

Third Floor

➢ Morgan Dental
➢ Wellness Sport & Spine
Fourth Floor
- Center for Health Advocacy and Wellness (CHAW)
- Primary Care
- Fast Track Clinic
- Travel Clinic

Fifth Floor
- Administrative Offices
- Billing Office
- Medical Records
- Women’s Clinic
- Referrals Department
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
Insurance & Billing

- In-network with a variety of different insurance plans
  - Out-of-network for Avmed, Tricare Prime, and 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 the requirement
- PPO vs HMO
  - Bridge of care
- ER care is for true emergencies and not a substitute for primary or specialty healthcare services
Insurance & 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

- **CIGNA**
  - PPO
  - OAP (Open Access Plus)

- **Humana (Out-of-Network for Physical Therapy)**
  - PPO
  - POS

- **Tricare**
  - Select
  - Prime (Out-of-Network, Referral from your PCM is required)

- **Capital Health Plan (CHP) (Out-of-Network for Physical Therapy)**

- **United Behavioral Health**
Insurance & Billing

- Routine face-to-face visits with a general medical clinician are covered under student health fee if not paid by insurance.
- Co-pay not collected at time of visit.
- All visits, procedures, labs, diagnostic imaging & specialty visits will be billed to insurance carrier.
- Outstanding balances post to student account.
  - Registration hold applied for following semester.
### University Health Services Student Insurance Rates 2022/2023

<table>
<thead>
<tr>
<th></th>
<th>Domestic Student</th>
<th>International Student</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual:</strong> Aug. 15 – Aug. 14</td>
<td>$3,188</td>
<td>$3,239</td>
</tr>
<tr>
<td><strong>Fall:</strong> Aug. 15 – Dec. 31</td>
<td>$1,214</td>
<td>$1.233</td>
</tr>
<tr>
<td><strong>Spring/Summer:</strong> Jan. 1 – Aug. 14</td>
<td>$1,974</td>
<td>$2,006</td>
</tr>
<tr>
<td><strong>Summer:</strong> May 10 – Aug. 14</td>
<td>$847</td>
<td>$861</td>
</tr>
</tbody>
</table>

*Please note that “Summer” coverage is only available to summer admits.*

*Rates for 2022/2023 have not been released.*

[studentinsurance.fsu.edu](http://studentinsurance.fsu.edu)
UHS and COVID-19
Get Involved

UHS offers several ways for students to become involved.
To learn more, visit uhs.fsu.edu/getinvolved
Tips for First Year Students

➢ Call or walk in to schedule an appointment. Appointments can also be made online at https://mycw34.eclinicalweb.com/portal3684/jsp/100mp/login_otp.jsp

➢ Bring your FSU ID and health insurance card with you
  • Have picture of front and back of card

➢ Know your medical (and family) history
  • Allergies and reactions

➢ 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
Find us on myFSU Mobile