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 student
Consent to treat for minors
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

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

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

Alphameds
487 E Tennessee St # 2, Tallahassee, FL 32301-7640 (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 32301-2878 (850) 219-6211
800 Ocala Road # 200, Tallahassee, FL 32304-1670 (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
1st Floor

• Admission Health Requirements
• Triage
• Priority Clinic
• Allergy Clinic
• Medical Response Unit
• Diagnostic Imaging
• Quest Diagnostics Lab
• LabCorp
2nd Floor
• Fitness and Movement Clinic
• Physical Therapy
3rd Floor

• Morgan Dental
• Wellness Sport & Spine
4th Floor

- Center for Health Advocacy & Wellness (CHAW)
- Primary Care
- Fast Track Clinic
- Travel Clinic
- Specialty Clinic
  - Allergy/Immunology
  - Neurology
  - Dermatology
  - Psychiatry
5th Floor

• Administrative offices
• Billing office
• Medical Records
• Women’s Clinic
• Psychiatry Clinic
• Referrals Department
• Course Drops and Withdrawals
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, 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

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

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

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

- **Tricare (Out-of-Network for Psychiatry)**
  - 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 for following semester
University Health Services Student Insurance Rates 2019/2020

<table>
<thead>
<tr>
<th></th>
<th>Domestic Student</th>
<th>International Student</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 15 – August 14</td>
<td>$2,563</td>
<td>$2,606</td>
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<tr>
<td><strong>Fall:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 15 – December 31</td>
<td>$973</td>
<td>$990</td>
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<tr>
<td><strong>Spring/Summer:</strong></td>
<td></td>
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<tr>
<td>January 1 – August 14</td>
<td>$1,590</td>
<td>$1,616</td>
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<tr>
<td><strong>Summer:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 10 – August 14</td>
<td>$681</td>
<td>$693</td>
</tr>
</tbody>
</table>

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

studentinsurance.fsu.edu
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
  • 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
• There will now be a 10-minute break. Please be back in your seats by 10:10 a.m. for the Campus Safety presentation.
• Questions? UHS Staff can answer your questions in a 1-on-1 setting in ASLC 101A (outside the theater and to the left).
• Coffee is available for purchase in the lobby.