



UNIVERSITY HEALTH SERVICES
Orientation 2021

FSU Health & Wellness Center: *Much more than a clinical space*

- Classrooms, auditorium,
Smart device charging stations



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
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- Maintain open channel of communication with your student



THE FLORIDA STATE UNIVERSITY
UNIVERSITY HEALTH SERVICES
HEALTH & WELLNESS CENTER

University Health Services
Florida State University
960 Learning Way
Tallahassee, FL 32306-4178
(850) 644-3608
Fax: (850) 644-8958

Student Name (Printed) _____
Last First MI FSU SN Date of Birth

Patient Disclosure Authorization: _____

Emergency Contact Name: _____ Relationship to Patient: _____

Address: _____ Phone: (____) _____

Do you want your treatment at University Health Services discussed with this person? Yes ☐ No ☐

The staff members of University Health Services consider all patient information confidential. Please list all individuals with whom we may discuss your medical condition, test results, and/or treatment plan. **This does not include Psychiatry.**

YOU MAY DISCUSS MY TREATMENT AT UNIVERSITY HEALTH SERVICES 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 plan 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](#)



FLORIDA STATE UNIVERSITY
Immunization Form



Part A- Print or type. Illegible form will not be processed

LAST NAME: _____ FIRST NAME: _____ DOB: _____

EMPLID: _____ EMAIL: _____ PRIMARY PHONE#: _____

Please list any relevant personal and family medical history: _____

1. Do you have any allergies (including Medications): No ☐ Yes ☐ Please list if yes: _____

REQUIRED AUTHORIZATIONS FOR CARE FOR STUDENTS UNDER THE AGE OF 18: I authorize health center personnel to provide medical and surgical care including examinations, treatment, immunizations and the like for my son/daughter. In the event of serious disease or injury, I understand that all reasonable efforts will be made to contact me but failure to contact will not prevent emergency treatment if necessary to preserve life or health.

2. Signature: _____ Date: _____

3. Measles, Mumps, Rubella (Required) 2 doses of vaccine OR a blood test showing immunity	Dose 1 MM / DD / YR	Dose 2 MM / DD / YR
4. Hepatitis B (Required or Complete Section 6) 3 doses of vaccine OR a blood test showing immunity	Dose 1 MM / DD / YR	Dose 2 MM / DD / YR
5. Meningococcal Meningitis Serogroups (Required or Complete Section 6) 1 dose since age 16, (such as Menactra, Mencevax, Menomune, MCV4, Menveo, and ACYW-135)	Dose 1 MM / DD / YR	Dose 2 MM / DD / YR

6. ***Waiver information:** I have received the required information regarding the risk of acquiring Meningococcal Meningitis and Hepatitis B and the benefits of receiving immunizations to reduce those risks. I also understand that I am required to receive these immunizations or to actively decline the immunizations by checking the boxes and signing below. I understand that I may decline either or both immunizations and that declining these vaccines now does not mean I may not receive them in the future.

☐ Meningitis Waiver ☐ Hepatitis B Waiver Patient Signature: _____ Date: _____

Meningitis B (Optional) Please circle type of vaccine (Bexsero or Trumenba)

7. Meningitis B Dose 1 MM / DD / YR	Meningitis B Dose 2 MM / DD / YR	Meningitis B Dose 3 MM / DD / YR
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8. Tetanus-Diphtheria and Pertussis (Tdap) (Optional) (Required for NCAA Athletes)
Incoming students should have one Tdap booster at 11 years of age or older.

Tdap MM / DD / YR

9. Tetanus-Diphtheria (Td) (Optional)

Td MM / DD / YR

This section to be completed by your healthcare provider

Authorization and additional comments:
The immunizations dates and any statement of contraindications to immunizations entered on this document are, as of the date signed, verified by my signature below. Additional comments: _____

10. Clinician OR Records Custodian Name _____

Clinician OR Records Custodian Signature _____ DATE _____ OFFICE STAMP _____

Once Completed: You may submit this form to the Health Compliance Office in one of the following ways:
Email: healthcompliance@fsu.edu Please be aware that email sent over the Internet is not considered secure. FSU shall not liable for any breach of confidentiality resulting from this form of communication.
Fax: 850-644-8958
Mail: 960 Learning Way, Tallahassee, FL 32306-4178
FSU Dropbox: <https://dropbox.fsu.edu>
In person: You may also drop off your forms in person to the Health Compliance office at UHS during regular business hours <http://uhs.fsu.edu/about/contact-us> at 960 Learning Way.

Rev 2/18

Hours of Operation

- Monday through Friday
- Appointments available 8:00AM – 4:00PM
 - Appointment-based system
 - Call 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



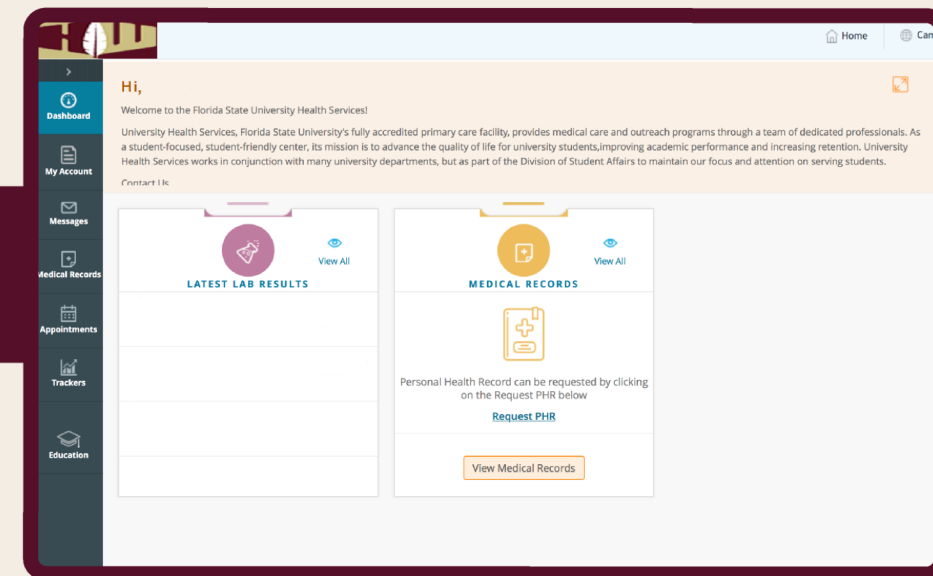
Request medication refills



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*



Services Offered

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
- Psychiatry Clinic
- Referrals Department
- Course Drop 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

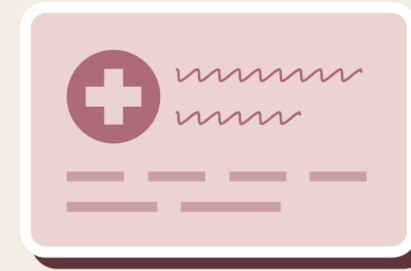
Insurance & Billing

- 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 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 applied for following semester

University Health Services Student Insurance Rates 2021/2022

	Domestic Student	International Student
Annual: Aug. 15 – Aug. 14	\$2,952	\$3,000
Fall: Aug. 15 – Dec. 31	\$1,124	\$1,142
Spring/Summer: Jan. 1 – Aug. 14	\$1,828	\$1,858
*Summer: May 10 – Aug. 14		

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

studentinsurance.fsu.edu

The background is a solid light purple color. In the center is a large, white, stylized logo of a hand with fingers spread, representing the UHS (University Health Services) logo. Surrounding this central logo are several white hexagons of varying sizes, some of which are slightly tilted. The text "UHS and COVID-19" is centered over the hand logo in a dark red, bold, sans-serif font.

UHS and COVID-19



UHS Works to Support the University-Wide *Stay Healthy FSU* Initiative

Stay Healthy FSU aims to remind all members of the FSU Community to abide by recommended social distancing, face-covering, and hygiene practices in an effort to “Stop the Spread” of COVID-19.



**Wear a face-covering
when indoors**



**Stay 6 feet away
from others**



**Wash your hands
frequently**



**Monitor you
symptoms**



**Disinfect frequently-
touched surfaces**

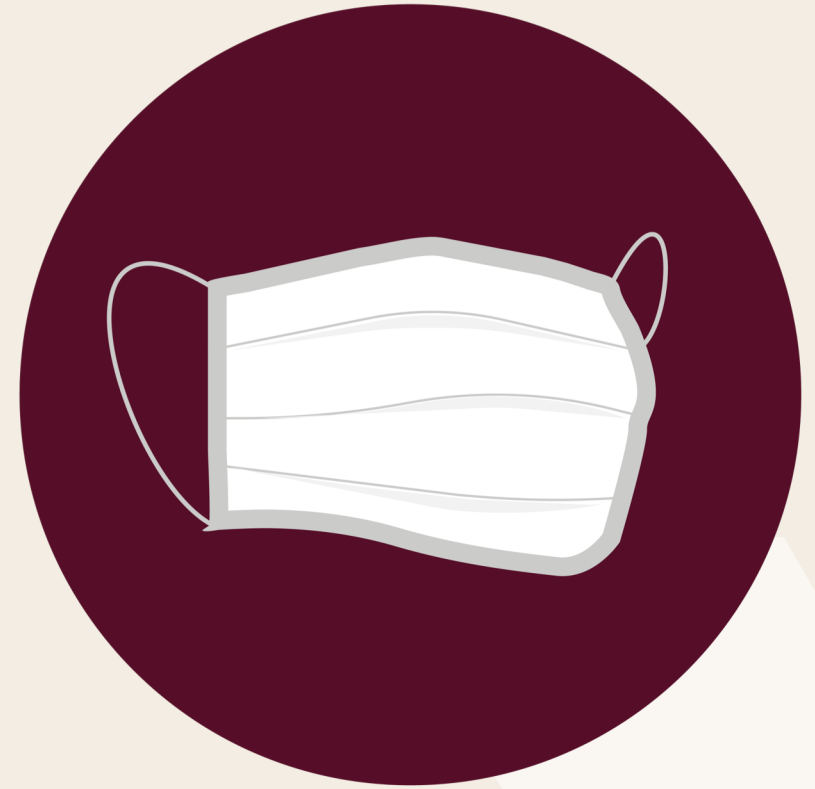
Testing



*Call UHS at **850.644.4567** if you are experiencing symptoms or are concerned about possible direct exposure.*

UHS Facility Entry Screening

- For the safety of our students, staff, and visitors, University Health Services has implemented new screening measures that precede entry into our facilities.
 - Visitors will be asked screening questions and temperatures will be taken
 - Face coverings must be worn inside



Tips for First Year Students

- Call 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



uhs.fsu.edu



[@FSUHealth_Services](https://www.facebook.com/FSUHealth_Services)



[@fsu_health](https://www.instagram.com/fsu_health)



[@fsu_health](https://twitter.com/fsu_health)



**Find us on
myFSU Mobile**



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