Creating a Culture of Well-being at FSU

• Campus-wide effort prioritizing student health and safety
  • Evaluation of student health and safety data
• American College Health Association’s Healthy Campus 2020 is a national effort to improve overall health on college campuses
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 Offered
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 near campus
- 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 (coming soon)
2nd Floor

• Fitness and Movement Clinic
• Physical Therapy
3rd Floor

- Morgan Dental
- Wellness Sport & Spine
4th Floor

- Center for Health Advocacy & Wellness
- 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
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 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 2018/19

<table>
<thead>
<tr>
<th></th>
<th>Domestic Student</th>
<th>International Student</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Annual:</strong></td>
<td>August 15 – August 14</td>
<td>$2,483</td>
</tr>
<tr>
<td><strong>Fall:</strong></td>
<td>August 15 – December 31</td>
<td>$946</td>
</tr>
<tr>
<td><strong>Spring/Summer:</strong></td>
<td>January 1 – August 14</td>
<td>$1,537</td>
</tr>
<tr>
<td><strong>Summer:</strong></td>
<td>May 10 – August 14</td>
<td>$660</td>
</tr>
</tbody>
</table>

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

@FSUHealthServices

@fsu_health

Find us on myFSU Mobile