

# University Health & Counseling Services

Specializing in the unique needs of college students

Building the foundation for life-long learning and wellness by providing high quality physical and mental health care, outreach, and consultation for our diverse campus community.



# Accessing Our Services

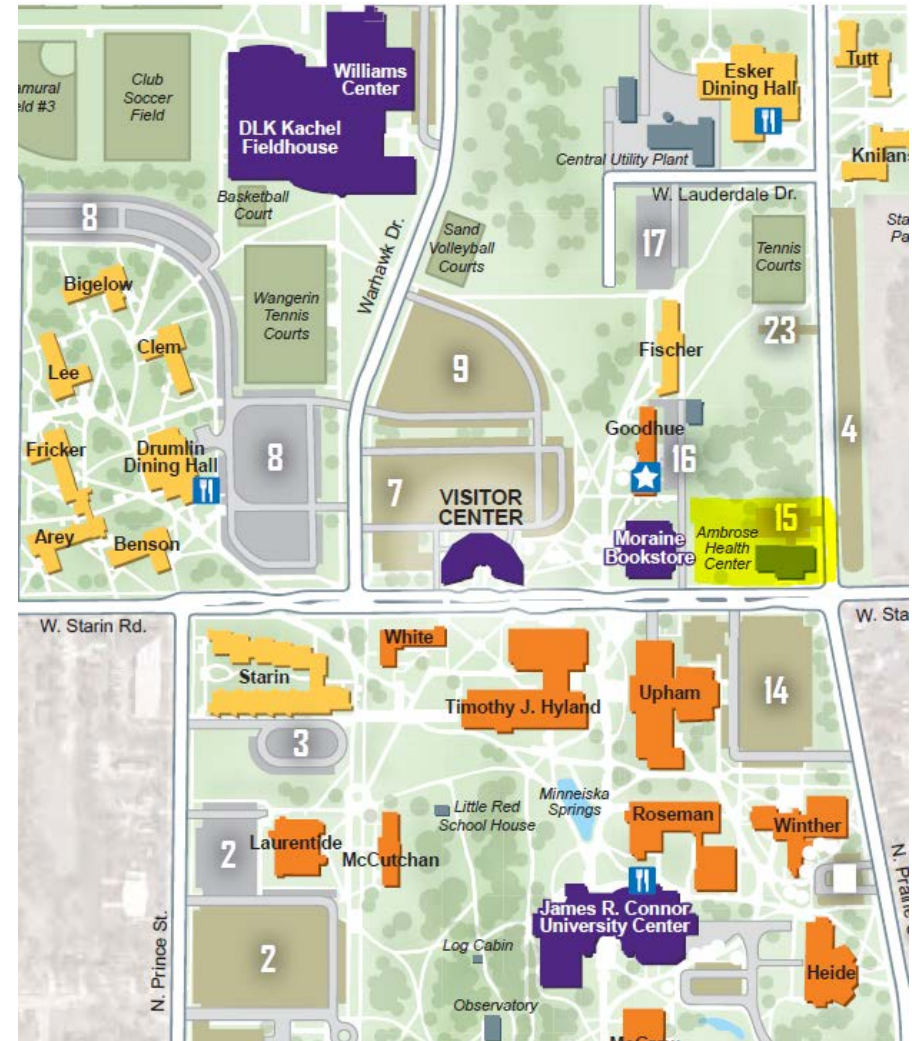
## Location:

- Intersection of Starin & Prairie

## Hours:

- Monday – Friday 8:00am-4:30pm  
(except legal holidays)

Website: [www.uww.edu/uwcs](http://www.uww.edu/uwcs)



## High Quality Care

- Vast majority of patients rated UHCS as excellent and report that they would visit again if needed.
- Accredited by the Accreditation Association for Ambulatory Health Care, Inc.

## Confidential Services

- If information needs to be shared, student must sign a release of information document
- UHCS record is not connected to student record.

# Health Issues That Most Affect Academic Performance:

- Stress/Anxiety
- Sleep Difficulties
- Depression
- Cold/Flu/Sore Throat
- Concern for a Friend or Family Member
- Internet Use/Computer Games
- Relationship Difficulties
- Attention Deficit/Hyperactivity Disorder
- Roommate Difficulties
- Death of a Friend or Family Member
- Homesickness
- Chronic Health Problem or Serious Illness
- Sinus Infection/Ear Infection/Bronchitis/Strep Throat



*(National College Health Assessment, 2015)*

# Health Services Offered:

- Exams and treatment for illnesses and minor injuries
- Allergy injections
- Immunizations (including flu shots)
- Lab tests and medications
- Pelvic exams and pap tests
- Contraceptives (including morning after pill and condoms)
- Physical therapy for students with disabilities
- Limited physicals



# Medications



Medication available on-site if prescribed by a UHCS provider

## Local Pharmacies

- Walgreens
- McCullough's
- Walmart

# Health Care Fees

- No charge to see a provider
- Fees for procedures, meds, labs
- Payments can be made with:
  - Cash
  - Checks
  - Purple Points
  - Bill to Student Account





# Health Insurance

- Students are not required to have health insurance, but we recommend ALL students have health insurance coverage.
- We do not bill to insurance companies. We can provide a receipt so that a claim can be submitted.
- Recommend carrying copy of their card and know what it covers.
- Visit [www.healthcare.gov](http://www.healthcare.gov) or the UHCS website for more information.

# Scheduling an Appointment



ADMISSIONS ACADEMICS CAMPUS LIFE EVENTS ATHLETICS DIRECTORY

EMAIL WINS D2L STUDENTS FACULTY/STAFF ALUMNI

Search

## UNIVERSITY HEALTH AND COUNSELING SERVICES

WELLNESS INFORMATION

HEALTH SERVICES

COUNSELING SERVICES

PARENT INFORMATION

FORMS

ABOUT US



Find the Ambrose Health Center on the Map »

M-F 8:00 - 4:30

(262) 472-1300

Ready to schedule an appointment? Click here »

Emergency and Urgent Care Resources (24/7) »

MY UHCS

appointments • messages • billing

My UHCS: Make Appointments, View Messages, Check Billing »



# In Case of Emergency...

- Fort HealthCare – Fort Atkinson (10 miles)
- Aurora Medical Center – Elkhorn (15 miles)
- St. Mary's – Janesville (21 miles)



Urgent Care: Mercy Clinic- Whitewater (.5 miles)

# Counseling Services

- ❑ Individual and group counseling for:
  - Stress
  - Anxiety
  - Depression
  - Grief & Loss
  - Relationships
  - Sexual Assault/Abuse
  - Eating Disorders/Body Image Concerns
  - Problems with Alcohol or Other Drugs
  
- ❑ Part-time Psychiatrist

# Counseling Services (cont.)

- Crisis Intervention – same-day appointments are available.
- Crisis line phone number is on our website and posted outside our building.
- Students are NOT charged for using Counseling or Psychiatry Services.

# Massage Therapy

- 15 minute chair massage is \$15
- 25 minute table massage is \$20
- 50 minute table massage is \$35
- 75 minute table massage is \$45

\*cash or check only



# Opportunities for Involvement

- ‘Think About It’ Online Training
- Like UHCS on Facebook
- Internships
  - Direct Care
  - Wellness Peer Educators
- Student Groups
  - Student Health Advisory Committee
  - WellHawks
  - Coalition Against Sexual & Interpersonal Violence
  - Active Minds

UNIVERSITY OF WISCONSIN WHITEWATER **STUDENT health101** june 2016 volume 11 issue 10

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Turn your fitness dreams into reality

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Third place in our contest: Gymtimidated? Don't be.

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Comments?  
Concerns?

Please call (262) 472-1300 or visit our website for more information.