Welcome!
The session will begin shortly.
Mission

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.
Integrated Care

Health

Counseling

Wellness
Accessing Our Services

Ambrose Health Center (UHCS)

Address: 710 Starin Road

Hours:
• Monday – Friday  8:00am-4:30pm
• Open all year (except legal holidays)

Website: [www.uww.edu/uhcs](http://www.uww.edu/uhcs)
UHCS Pillars of Care

High Quality
- 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. (1 of 10%)

Confidential
- If information needs to be shared, student must sign a release of information document.
- UHCS health records are not connected to academic records.

Inclusive
- Zero or reduced fees for services
- Ongoing staff training on diversity and cultural humility
Wellness Issues That Most Affect Academic Performance

- Stress
  - 81% felt mentally exhausted
- Anxiety
  - 59% felt overwhelming anxiety
- Depression
  - 33% felt so depressed it was difficult to function
- Sleep Difficulties
  - 32% experienced trouble sleeping
- Cold/Flu/Sore Throat
- Concern for a Friend or Family Member
- Internet Use/Computer Games
- Relationship & Roommate Difficulties
- Attention Deficit/Hyperactivity Disorders

(2018 UW-W National College Health Assessment-280 respondents)
Health Services*

- Exams and treatment for illnesses and minor injuries
- Allergy injections
- Immunizations (incl. flu shots)
- Lab tests
- Pelvic exams and pap tests
- Testing for sexually transmitted infections
- Contraceptives
- Physical therapy for students with disabilities
- Physicals (incl. travel)
- Medications
- Psychiatry

*may vary due to COVID-19
Medications

Some are available on-site if prescribed by a UHCS provider.

Local Pharmacies*
- Walgreens
- McCullough's
- Walmart

*will need private insurance card
Health Insurance

• We do not bill to insurance companies and students are not required to have health insurance.

• We can provide a receipt so that a student can submit a claim for reimbursement from their private health insurance.

• We recommend students carry a copy of their insurance card and know what it covers.

Do you need health care coverage?

Apply for BadgerCare 4 ways:

- Paper: www.dhs.wisconsin.gov/forwardhealth
- Online: access.wisconsin.gov
- Phone: Call your local county human services dept
- In Person: Call UHCS to make an appt: 262-472-1300

Learn more at:
www.dhs.wisconsin.gov/forwardhealth
Health Care Fees

• Whitewater campus: No charge to see a provider

• Rock County campus: $20 charge/visit
  • no charge after 5 visits

• $30 one-time summer fee if not enrolled in summer class
  • covers health & counseling services

• Fees for procedures, meds, labs, no-shows

• Psychiatry: $20 initial visit; $10 follow up

• Payments can be made with: cash, check, Purple Points
  • Ask to have it billed to student account
Types of Health Appointments*

20 – 40 – 60 minute time slots

- Well exam
- Procedure
  - i.e. sutures, wound care, ear irrigation, wart removal
- Sick visits
  - Including day room for monitoring
- Time-sensitive / same day
  - i.e. injury, fevers
  - UHCS is not urgent care or ER

*may vary due to COVID-19
Emergencies

- Fort HealthCare – Fort Atkinson (10 miles)
- Aurora Medical Center – Elkhorn (15 miles)
- St. Mary’s – Janesville (21 miles)
- Urgent Care: Mercy Clinic- Whitewater (.5 mile)
COVID-19 Precautions: Health

- Limited testing available on-site
  - billed to private insurance
- Daily screening of staff and patients
- Telehealth video appointments
- Online paperwork
- Face coverings required
- In-person visits as determined by staff; appt required
  - Cleaning rooms and surfaces after every appt
- Front door & front clinic for well visits; back door and back clinic for sick visits
- Patient safety ambassadors
- Contact tracing
Scheduling Health Services

A. Phone: 262-472-1300
B. Online (health only) *unavailable during COVID-19

Enrolled for Fall 2020? You can be seen starting August 1st.
Counseling Services*

- Individual & Group
  - Stress
  - Anxiety
  - Depression
  - Grief & Loss
  - Relationships
  - Sexual Assault/Abuse
  - Eating Disorders
  - Alcohol or Other Drug Abuse
  - Emergency Events

- Crisis Intervention (same-day appts)
- Part-time Psychiatrist

*may vary due to COVID-19
Counseling Fees

• No charge for counseling while enrolled in classes
  • $30 one-time summer fee if not enrolled in summer class (covers health & counseling services)

• Limit of 14 sessions/year
  • Strong community partnerships for referrals

• Enrolled for Fall 2020? You can be seen starting August 1<sup>st</sup>.

• Appts can be made by phone only: 262-472-1305
COVID-19 Precautions: Counseling

• Daily screening of staff
• Screening of all clients
• Online paperwork
• Face coverings required
• Individual and group counseling via teletherapy (preferred)
• Waiting rooms and in-person sessions are 6 feet apart
• Rooms and surfaces cleaned after every appt
## Priority Programs

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<th>Mental Health</th>
<th>Sexual Health</th>
<th>Healthy Relationships</th>
<th>Alcohol &amp; Drugs</th>
<th>Body Image</th>
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<td>• Mental Health Matters</td>
<td>• Sex Bingo</td>
<td>• Sexual Assault Prevention</td>
<td>• Staying Healthy Jeopardy</td>
<td>• No Wrong Way to Have a Body</td>
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<td>• Managing Test Anxiety</td>
<td>• Safe Spring Social</td>
<td>• ‘Bout Sexual Consent</td>
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<td>• QPR Suicide Prevention Training</td>
<td>• Get Tested Month</td>
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<tr>
<td>• Mental Health Awareness Month</td>
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<td>• Sexual Assault Awareness</td>
<td>• Warhawks Step Up</td>
<td>Week</td>
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**University of Wisconsin Whitewater**
Wellness Initiatives

**Warhawks Drink Responsibly**

**IF YOU CHOOSE TO DRINK:**
- Set drink limit before going out
- Pace drinks to 1 or less per hour
- Alternate water & alcohol
- Designate a sober driver
- Eat before and during
- Stick with friends

**CALL 911**
if a peer has irregular breathing, pale/cool skin, is unresponsive and/or is vomiting while passed out.

**Wellness Fair**

October 15th | 12-3pm | UC Hamilton Room

- **Giveaways:** succulents, smoothies, snacks, local restaurant freebies, drinks, condoms and more!
- **Activities:** therapy dogs, chair massages, mental health screenings, OVF stress ball, paint a succulent pot, $10 flu shots, bag toss, games, etc.
- **Cooking demonstration:** Provided by Chef Mike of Dining Services at 12:30pm.

Win a $50 Amazon gift card!
Massage Therapy*

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

*CASH OR CHECK ONLY

*not available Fall 2020
Involvement Opportunities

• Follow us on Social Media: @UWWUHCS

• Student Employment: Handshake
  • Front Desk Assistants
  • Wellness Peer Educators

• Internships
  • Master & Doctoral Counseling Interns
  • Direct Care Interns

• Student Wellness Orgs
  • Active Minds
  • Student Health Advisory Committee
  • Coalition Against Sexual & Interpersonal Violence
  • Communicating Health in Practice
Care Kits

- Thermometer
- Bandages
- Neosporin
- Fever/pain medication
- Throat lozenges/broth/tea
- Tissue
- Facial coverings
- Hand sanitizer (70% alcohol)
- Disinfectant wipes
- Aromatic (coffee beans/lavender/spices)
Contact Information

Health: 262-472-1300
Counseling: 262-472-1305
uhcs@uww.edu