

WARHAWKS
SOAR

STUDENT ORIENTATION,
ADVISING, AND REGISTRATION

University Health & Counseling Services



Welcome!
The session will
begin shortly.



University of Wisconsin
Whitewater

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.



University of Wisconsin
Whitewater

Integrated Care



Accessing Our Services

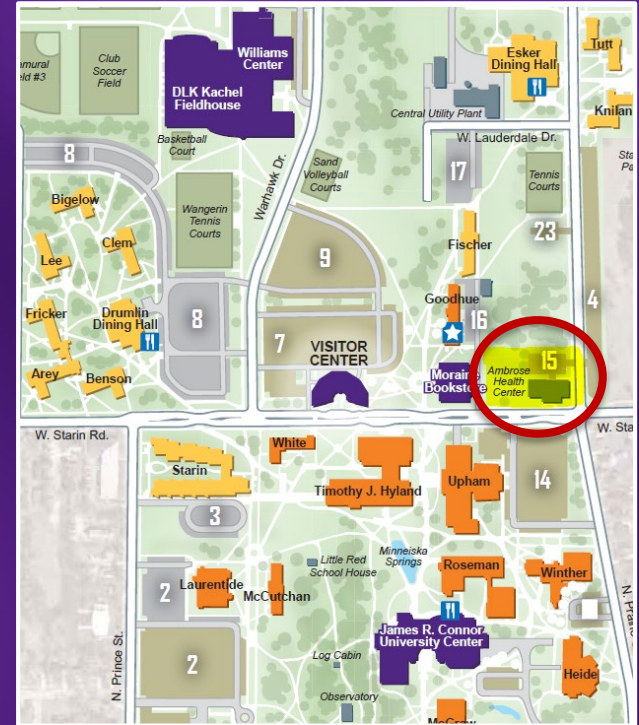
Ambrose Health Center (UHCS)

Address: 710 Starin Road

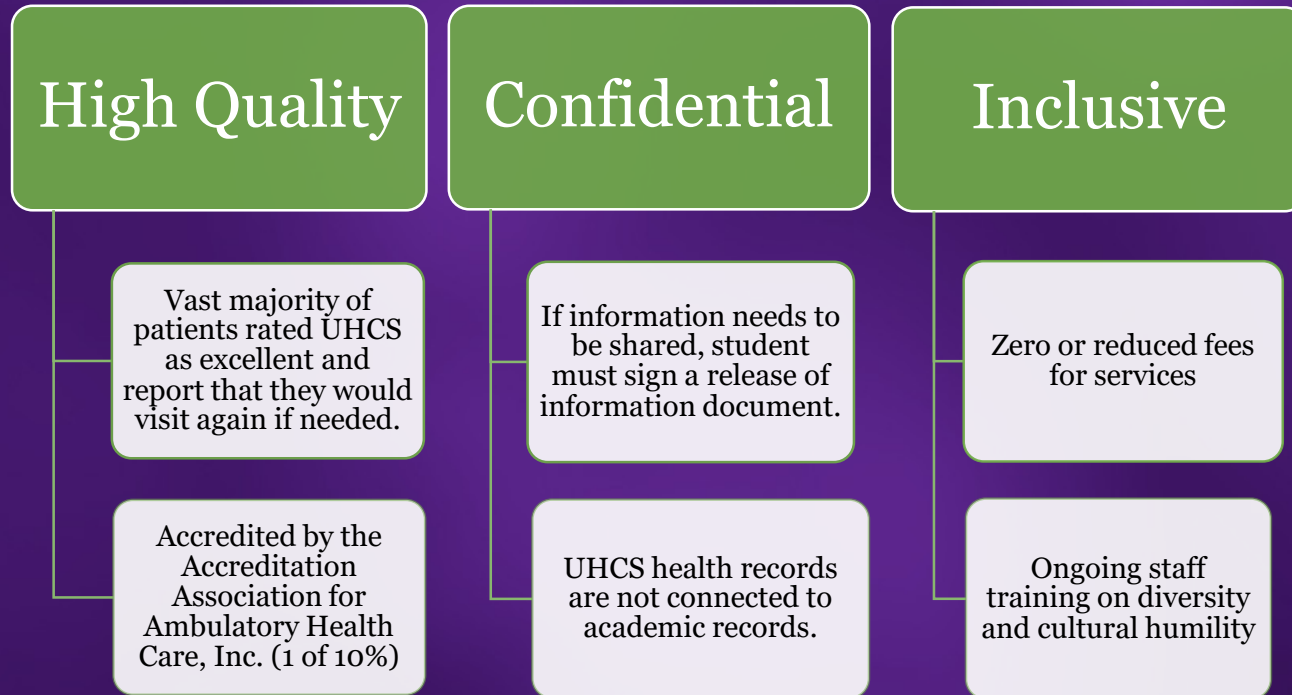
Hours:

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

Website: www.uww.edu/uhcs



UHCS Pillars of Care

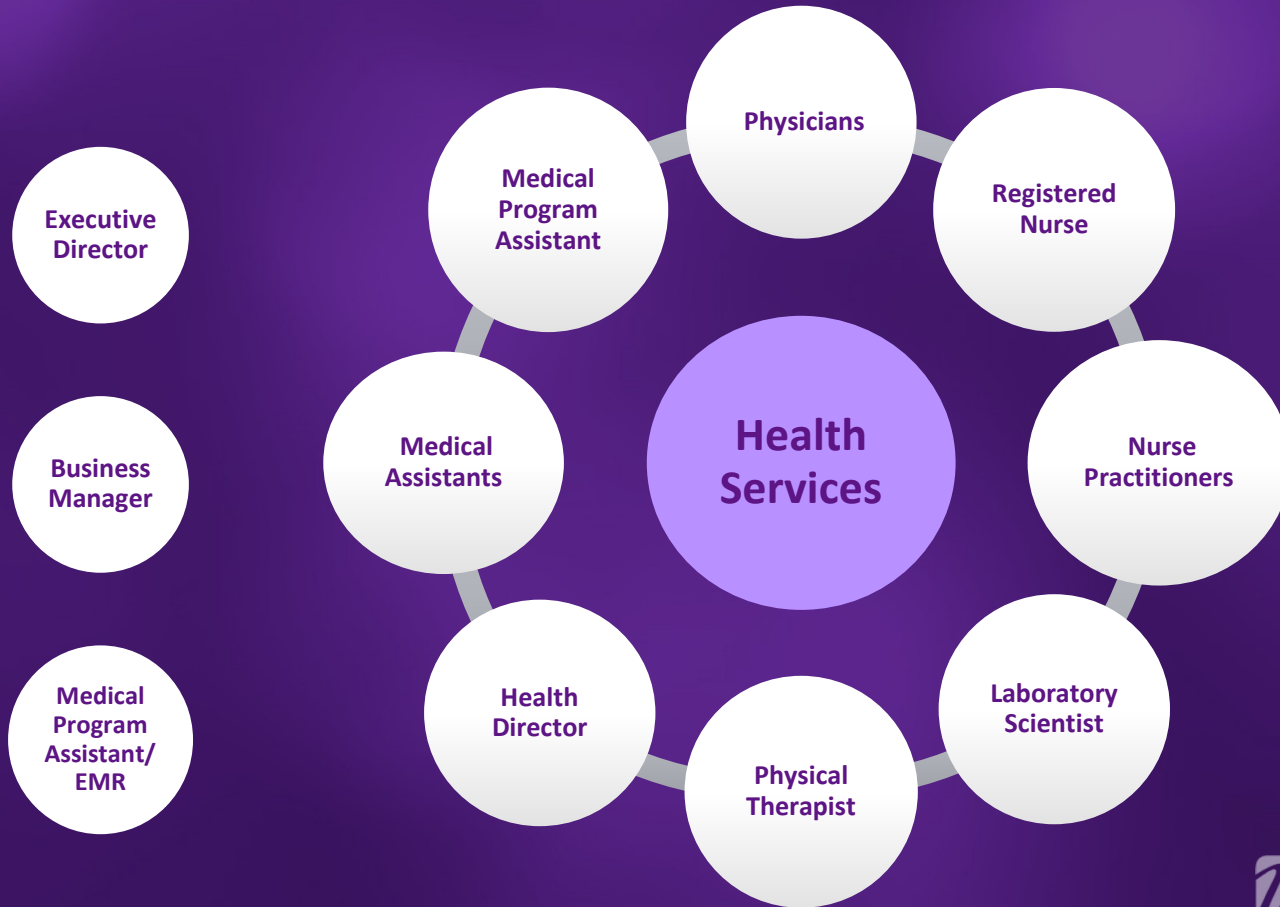


Wellness Issues That Most Affect Academic Performance

- 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*



University of Wisconsin
Whitewater

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



University of Wisconsin
Whitewater

University Health and
Counseling Services



University of Wisconsin
Whitewater

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



Hawk Card

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*

UNIVERSITY OF WISCONSIN
WHITEWATER

UW-ROCK COUNTY RESTRUCTURING | ADMISSIONS | ACADEMICS | CALENDAR/EVENTS | ATHLETICS | CAMPUS INFO | LIBRARY

EMAIL | WINS | D2L | DIRECTORY | STUDENTS | FACULTY/STAFF | ALUMNI | Search

UNIVERSITY HEALTH AND COUNSELING SERVICES

WELLNESS INFORMATION | HEALTH SERVICES | COUNSELING SERVICES | PARENT INFORMATION | FORMS | ABOUT US

Request a UHCS Speaker/Presentation >

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 >

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



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 1st.
- 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

Mental Health	Sexual Health	Healthy Relationships	Alcohol & Drugs	Body Image
<ul style="list-style-type: none">•Mental Health Matters•Managing Test Anxiety•QPR Suicide Prevention Training•Mental Health Awareness Month	<ul style="list-style-type: none">•Sex Bingo•Safe Spring Social•Get Tested Month	<ul style="list-style-type: none">•Sexual Assault Prevention Training•Let's Taco 'Bout Sexual Consent•Escalation•Sexual Assault Awareness Month	<ul style="list-style-type: none">•Staying Healthy Jeopardy•Weed Wise•Safe Party Hosting•Warhawks Step Up	<ul style="list-style-type: none">•No Wrong Way to Have a Body•Intuitive Eating•Eating Disorder Awareness Week



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, DIY 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!

University of Wisconsin
Whitewater Library Health and Counseling Services



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*



University of Wisconsin
Whitewater

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



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