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
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

- Physicians
- Registered Nurse
- Nurse Practitioners
- Laboratory Scientist
- Physical Therapist
- Health Director
- Medical Assistants
- Medical Program Assistant
- Executive Director
- Business Manager
- Medical Program Assistant/EMR
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

- Psychologists
- AODA Counselor
- Case Manager/Counselor
- LPC’s/LCSW’s
- Doctoral & Master Interns
- Executive Director
- Business Manager
- Medical Program Assistant/EMR
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 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
Wellness Services

Making the healthiest choice, the easiest choice.

Wellness Coordinator

Wellness Peer Educators

Wellness Educator

Executive Director

Business Manager

Medical Program Assistant/EMR
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Massage Therapy*

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

*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