Rutgers Student
Health Services
Camden Campus

2013-2014
Brochure

RUSHS Website: http://healthservices.camden.rutgers.edu
Welcome to Rutgers Student Health Services. Rutgers Student Health Services offers a full range of medical, counseling and psychological, and health outreach, promotion, and education services to Rutgers students. Rutgers Health Services cares for the whole student body, mind, and spirit.

Rutgers Student Health Services is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). All of our services are rendered confidentially without regard to gender, race, sexual orientation, culture, religious beliefs, disabilities, diagnosis, or marital, military or veteran status.

Making an appointment
- You can call the Student Health Center directly or make an appointment in person at the reception desk.
- There are limited same-day appointments so call early. If you need to cancel an appointment, call the Health Center as soon as possible.

What to bring to your appointment
- Your RU ID.
- Your health insurance card
- A list of medications you take including prescription, over-the-counter, herbal products, supplements, birth control, and vitamins with dosage and instructions.
- Any questions you may have.

Hours of Operation

<table>
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<tr>
<th>Academic Year</th>
<th>Summer / Winter Break</th>
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<td>Mon-Thurs: 9:00 a.m. – 5:30 p.m.</td>
<td>Mon – Fri: 8:30 a.m. – 4:30 p.m.</td>
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<td>Fri: 8:30 a.m. – 4:30 p.m.</td>
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Medical Services

Rutgers Student Health Services – Camden provides primary care for our students of all ages. Our Philosophy believes that excellent health and academic performance can be enhanced by a balance of proper nutrition, exercise, and evidence based health care. Our mandate is to educate our patients while providing patient care to support healthy lifestyle and personal choices. Therefore we provide individual and outreach teaching sessions for our patients. Subjects may include sexual health, nutrition, diabetes, and much more. Medical Services is staffed with Board Certified Physicians with additional certification in Travel Medicine, Board Certified Nurse Practitioners with specialties in Family Practice and Women’s Health, Registered Nurses, and Support Staff.

Student Health provides the following services, among many others:
- Adult Medicine
- Asthma Management
- Routine and Preventative Medicine
- Travel Consultation
- Diabetic & Hypertensive Management
- Nutrition Counseling
- General, Athletic, and Nursing Physicals
- Sexual Health – STI evaluation and testing, HIV testing
- Exercise & Obesity Counseling
- Women’s Health
- Men’s Health
- Minor Injuries - Evaluation and Treatment
- Comprehensive Referral Program to outside providers when necessary
- Immunization Management Program – Flu and other vaccines available
- Tuberculosis screening & Cholesterol management
- Pulmonary Function Testing
- EKG Testing
- Comprehensive Laboratory Testing
- Gynecology:
  - Pap Testing
  - Well Woman GYN Exam
  - Acute GYN Problems & UTI
  - Family Planning & Contraception

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- Sexually Transmitted Infection - Evaluation & Testing
- Minor Procedures
- Wart Removal
- Minor Laceration repair

In order to comply with HIPPA Laws and ensure patient privacy we use a secure electronic medical records system. This system improves the quality of documentation, checks for medication interactions, and helps to maintain the quality and integrity of medical records.

### Psychological Services

Psychological Services at Rutgers University, Camden Campus coordinates the psychological, psychiatric and substance abuse services at the Student Health Center. These services are designed to support students in managing and growing from the emotional, behavioral, social, spiritual and other life issues that often arise in the course of their academic pursuits and overall university experience. Crisis intervention, psychotherapy, drug and alcohol counseling, LD /ADD assessments, psychiatric services, educational workshops and consultation are available to the university community.

Psychological Services is staffed by doctoral level psychologists, a certified drug and alcohol counselor, a consulting psychiatrist and selected pre-doctoral interns. Our primary purpose is to help the university community in efforts to enhance personal growth and well-being, successfully manage life challenges and improve academic satisfaction.

### Personal Counseling

At some point in their academic experience most students face issues related to becoming more independent, developing one’s identity, managing interpersonal relationships, juggling family/financial/academic priorities, clarifying values and developing a sense of confidence and competence. Some students find that the stresses of academic life contribute to feelings of depression, anxiety, insecurity, loneliness and difficulty managing daily life.

Stress can trigger changes in substance use, eating behavior, sleep and mood that can most often be successfully addressed with input from a caring and objective professional. Counseling and psychotherapy are available to assist students with a wide variety of issues that challenge their ability to cope or undermine growth in their academic and/or personal lives. No issue is too great or too small; we can address concerns before they become serious problems.

### Psychiatric Services

These services include psychiatric evaluations and medication monitoring by a psychiatrist specializing in the treatment of young adults.

### How to Get Started

First make an appointment for an introductory interview with a Psychological Services provider either in person, at the Student Health Center, or by calling (856) 225-6005. After the initial meeting you and your counselor will make decisions as to a plan of action that would be most helpful to you. This may include short term psychotherapy, and/or an appointment with the consulting psychiatrist. Arrangements may also be made to help you find counseling in the community if that is indicated.

### Alcohol / Drug / Nicotine Assistance Services

Rutgers-Camden Alcohol / Drug / Nicotine Assistance Services provides counseling and education support for students who are concerned about their drinking, drug, or nicotine use; about a friend’s use/abuse; or about drug or alcohol misuse in their family. For eligible students all services are free and strictly confidential.

Support services include: individual alcohol / drug / nicotine counseling; counseling for students concerned about another’s present use of alcohol or drugs (family member, significant other, friend or peer); counseling for students who grew up with one or both parents misusing alcohol or drugs; student, staff, or faculty consultation; and student, staff, or faculty outreach. We also provide a two-meeting alcohol/drug/nicotine assessment, and three-meeting alcohol education series. Informational programs on alcohol/drugs or nicotine are also available by request.

### Health Promotion

The Rutgers-Camden Health Promotion program invites our students to:
Examine their personal behavior in order to enhance their personal health and the health of the community, and;
Analyze and challenge their peers, peer norms, and larger societal structures which affect their health and the health of the broader community.

We provide information, develop programs, and collaborate with allied departments on campus and organizations in the local community.

We offer a variety of opportunities for students to receive education, training, and otherwise participate in supporting the health and welfare of the Rutgers community. Further information can be found here.

Eligibility for Health Services

Full time students are eligible to be seen at the health center, even if you opted out of the insurance through Rutgers. All full time students pay a health fee as part of their tuition. The fee supports clinical and psychological services as well as some laboratory testing ordered at the Health Center. There are some items that are not covered by the fee and are the responsibility of the student, such as TB skin testing, allergy injections, travel immunizations, and medications.

Part time students do not have the fee included in their tuition bill but can be seen at the health center on a fee for service basis. Please contact the health center to discuss fees. Fees can be paid by using debit cards, check, cash and bursar bill.

Health Insurance - Hard Waiver

Rutgers University working with United Healthcare Insurance Company has designed an insurance plan to meet the needs of our students. The University requires all full-time undergraduate and graduate students as defined by the University (12 or more credits for Undergraduate, 9 or more credits for Graduate, or as defined by your department) to have health insurance, both to protect against unexpected high medical costs and provide access to quality care. The fee for this plan is included in the term bill. For students who already have a comprehensive insurance plan, the fee can be waived by providing insurance information online on the website of www.universityhealthplans.com.

The Student Insurance plan has a maximum benefit policy of $1,000,000 per insured person per policy year, and has a Prescription benefit.

For full details about the coverage provided by the Insurance Policy please refer to the Certificate of Coverage available on the Insurance Company’s site under Rutgers, The State University - www.universityhealthplans.com. A plan for part time students is also available.

There are deadlines for enrollment and waiver of the insurance plan. The health insurance plan contains exclusions, limitations and benefit maximum

Important Resources

NurseLine
When the Health Center is closed and you have questions in case of urgent illness, call the Rutgers Health Service After-Hours Nurse Line at 1-800-424-5090.

In an Emergency
Any time there is sudden, life-threatening, injury or illness.
If you are on campus, call 225-6009 (RU Police)
If you are off campus, call 911
For psychological emergencies, call 856-428-HELP(4537)
(Acute Psychiatric Services) Steininger Behavioral Care Services

Quality Assurance
Have concerns? Questions?
Suggestions? Compliments?
Contact us and let us know
RU SHS Director: (856) 225-6005

Immunization Questions:
vaccine@rci.rutgers.edu

Other Campus & Local Resources
RU Police Department (856) 225-6009
RU Office of Sexual Assault Services & Crime Victims Assistance (732) 932-1181
Rape Crisis Hotline Solace/Dove (856) 227-1234
SERV-Services Empowering Rape Victims (856) 964-SERV(7738)
Camden County Office of Victim Witness Advocacy (856) 225-8431
Cooper University Hospital (856) 342-2000
Our Lady of Lourdes Medical Center (856) 757-3500
Steininger Behavioral Care Service (856) 428-HELP(4537)