University Health Services and the Counseling and Mental Health Center
First class care for first class students...
<table>
<thead>
<tr>
<th>Health Impediment</th>
<th>undergrad</th>
<th>graduate</th>
</tr>
</thead>
<tbody>
<tr>
<td>stress</td>
<td>33.9%</td>
<td>21.9%</td>
</tr>
<tr>
<td>allergies</td>
<td>22.9%</td>
<td>16.2%</td>
</tr>
<tr>
<td>sleep difficulties</td>
<td>23.8%</td>
<td>12.6%</td>
</tr>
<tr>
<td>internet use/computer games</td>
<td>15.6%</td>
<td>10.1%</td>
</tr>
<tr>
<td>depression</td>
<td>17.1%</td>
<td>9.8%</td>
</tr>
<tr>
<td>work</td>
<td>13.8%</td>
<td>9.6%</td>
</tr>
<tr>
<td>cold/flu/sore throat</td>
<td>14.9%</td>
<td>4.1%</td>
</tr>
<tr>
<td>homesick</td>
<td>4.4%</td>
<td>4.1%</td>
</tr>
<tr>
<td>ADHD</td>
<td>5.6%</td>
<td>4.0%</td>
</tr>
<tr>
<td>roommate difficulties</td>
<td>6.6%</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

Spring 2017 National College Health Assessment, UT Austin results
University Health Services

- 14 Board-Certified Physicians
- 41 Nursing Staff
- 3 Physician Assistants
- 7 Nurse Practitioners
- 4 Integrated Health Counselors
- 1 Registered Dietitian
- 4 Public Health Professionals
- 8 Laboratory and Radiology Techs
- 3 Physical Therapists
- 58 Administrative and Support Staff
- 26 Student Employees

Total Staff: 168
Patient Satisfaction Survey Results

- 99% felt satisfied with the privacy of their visit
- 99% were satisfied with the ease of scheduling an appointment
- 98% of UHS patients said that having access to healthcare on campus helped minimize disruptions to their academic performance
- 98% would recommend UHS to a friend
- 96% were satisfied with their overall experience
- 95% were satisfied with their UHS healthcare provider

University Health Services | healthyhorns.utexas.edu
Just like your family doctor...and more

- General Medicine
- Urgent Care Services
- Allergy Shots and Immunizations
- Sports Medicine
- Women’s Health
- Integrated Health
- In-house Lab
- In-house X-ray/ultrasound
- Physical Therapy
- Nutrition Services
- Public health and prevention initiatives

University Health Services | healthyhorns.utexas.edu
UHS hours of operation

- **Appointments***
  8am - 5pm, Monday – Friday
  - Schedule online or call 512-471-4955

- **UHS Nurse Advice Line (512/475-6877)** –
  When you’re ill or injured and need advice as to whether and how soon to get medical care or how to care for yourself at home.
UHS Urgent Care Services

- Not a fully equipped ER
- For emergencies, call 911

- Typical “urgent” conditions:
  - Allergic reactions
  - Wounds needing stitches
  - Wheezing/asthma
  - Eye injuries
  - Migraines
  - Sprains, strains, broken bones
  - Persistent vomiting or diarrhea

University Health Services | healthyhorns.utexas.edu
Charges

- $10 usual office visit charge.
- Higher for:
  - Women’s annual exams
  - Routine physicals
  - Initial travel nurse visits
  - Physical therapy
  - Dietitian visits
- Charges for tests, supplies, procedures, medications, PT modalities, etc.

- $25 missed appointment fee
- Discounted rates for uninsured students or those with Medicare/Medicaid
Payment

512-475-8394 • SSB 2.106

- Don’t have to pay at time of service unless you do not want UHS to file a claim with your insurance
- Charges posted to “What I Owe”
  (Balance posted after insurance reimbursement, if insured.)
UHS and Insurance

- In network with most insurance plans including UT Select and SHIP.
- If in-network, your insurance works at UHS just like anywhere else.

- Cashier/Insurance office for questions:
  - 512-475-8394
UHS and Insurance

- Go to “My UHS” at www.healthyhorns.utexas.edu to complete insurance information, health history, and sign required documents.
Optional Student Health Insurance

- Student Health Insurance is an optional plan.
- Annual cost $2,335 (8/15/17-8/14/18) (higher for spouse/dependent coverage)
- Allowable costs covered 100% at UHS.
- Must enroll by 10/1/17 for fall coverage.
- Go to www.ahpcare.com/UTSystem for details and to enroll.

University Health Services | healthyhorns.utexas.edu
Grad school can be stressful.

- Self-care tips
  - Social connections
  - Mindfulness
  - Growth mindset
We’ll help you figure it out…
Issues Our Students Seek Help For:

- Anxiety-related: 72%
- Stress: 68%
- Depression-related: 63%
- Academic: 36%
- Romantic Relationships: 27%
- Family: 20%
- Eating Disorders: 14%
- Health Concerns: 10%
- Alcohol and Drug-related: 7%
- Other: 6%
- Gender Identity and Sexual Orientation: 4%
- Violence: 3%

*NOTE: More than one presenting problem can be given.*
UT Counseling and Mental Health Center
http://www.cmhc.utexas.edu

- Group counseling
- Short-term individual counseling
- CMHC Crisis Line - 512-471-2255 (CALL)
- Psychiatric evaluation and medication, if indicated (MD or therapist referral needed)
- Psychologists, psychiatrists, social workers and licensed professional counselors
- Refer to community therapists when indicated
Prevention & Outreach

- Workshops
- Events
- Consultation/collaboration
- Post Trauma Support
More resources

- Thrive at UT
- MindBody Labs

"Sometimes what we call 'failure' is really just that necessary struggle called learning." — Unknown
CMHC Charges

- **FREE** CMHC services:
  - Unlimited groups and classes
  - Case management
  - Triage appointments
  - MindBody Labs and Thrive at UT
- Individual counseling appointment - $10
- Psychiatric appointment - $15
- CMHC does not accept insurance.
In Texas, we're all in this together.
Relax, take care of yourself, and good luck, Grad!