AUGUST 24, 2018

UNIVERSITY HEALTH SERVICES AND THE COUNSELING AND THE MENTAL HEALTH CENTER

WELCOME INCOMING GRADUATE STUDENTS
University Health Services and the Counseling and Mental Health Center
## Top 10 Health-related Academic Impediments for UT Austin Graduate Students

2017 National College Health Assessment

<table>
<thead>
<tr>
<th>Health Impediment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>21.9%</td>
</tr>
<tr>
<td>Allergies</td>
<td>16.2%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>12.6%</td>
</tr>
<tr>
<td>Internet Use/Computer Games</td>
<td>10.1%</td>
</tr>
<tr>
<td>Depression</td>
<td>9.8%</td>
</tr>
<tr>
<td>Work</td>
<td>9.6%</td>
</tr>
<tr>
<td>Cold/Flu/Sore Throat</td>
<td>4.1%</td>
</tr>
</tbody>
</table>
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
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
Just like your family doctor...and more

- General Medicine
- Urgent Care Services
- Allergy Shots and Immunizations
- Sports Medicine
- Women’s Health

- In-house Lab
- In-house X-ray/ultrasound
- Physical Therapy
- Nutrition Services
- Public health and prevention initiatives
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
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 or 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.

• Billing/Insurance Office for questions: 512-475-8394
UHS and Insurance

• Go to “MyUHS Patient Portal” at www.healthyhorns.utexas.edu to complete insurance information, health history, and sign required documents.
Optional Student Health Insurance

• Underwritten by BlueCross/BlueShield
• 2018-2019 academic year cost = $2,504
  (Fall only = $954)
• 10/1/18 enrollment deadline for fall 2018
• All covered services at UHS paid at 100%. Deductible is waived
• www.ahpcare.com/UTSystem
Grad school can be stressful.

• Self-care tips
  – Social connections
  – Mindfulness
  – Gratitude
We’ll help you figure it out...
Issues Our Students Seek Help For:

- Anxiety-related: 74%
- Stress: 70%
- Depression-related: 62%
- Academic Concerns: 37%
- Relationship Concerns: 27%
- Romantic Relationships: 25%
- Family Concerns: 20%
- Eating Disorders: 15%
- Health Concerns: 11%
- Other: 7%
- Alcohol and Drug-related: 6%
- Gender Identity and Sexual Orientation: 5%
- Violence: 3%

NOTE: More than one presenting issue 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
CMHC Charges

- **FREE** CMHC services:
  - Unlimited groups and classes
  - Case management
  - Triage appointments
  - MindBody Labs and Thrive at UT
  - Individual counseling appointments

- Psychiatric appointment - $10

- CMHC does not accept insurance.
In Texas, we're all in this together.
Relax, take care of yourself, and good luck!