

# Health and Counseling Services

University Health and Counseling provides outpatient clinical medical care and, separately, psychological counseling services to students enrolled in the university in accordance with policies set by the board of trustees of The California State University.

The university underwrites a significant portion of the costs of operating the UHC. Students, on a cost-sharing basis, contribute to the operation of the UHC by paying at the time of registration each semester a mandatory health fee which may only be used to support the student health program. Thereafter, the student pays nothing further for most services provided within the Health Center. The Health Center has prepared a brochure which gives greater detail regarding services available and charges, if any, for such services. The brochure is available at the UHC or at various locations on campus.

**Facilities.** The Health Center features well-equipped doctors' offices and examination rooms, laboratory and X-ray facilities, physical therapy, nurses' treatment rooms, a pharmacy, business office, and waiting rooms.

The staff is here to help you reach your educational objectives and to assist you in maintaining optimum health, both physically and mentally. The staff includes full-time physicians (including specialists in internal medicine, family practice, and gynecology), nurse practitioners, nurses, pharmacists, a physical therapist, nutritionist, clinical laboratory and X-ray technologists, and a medically knowledgeable and sensitive clerical staff. Part-time physician consultants in orthopedics, psychiatry, radiology, and dermatology are also available.

Counselors are professionals training in counseling, social work, psychology, and rehabilitation who

assist students in acquiring a wide range of skills in life management, career and life planning, and personal development and growth. Through counseling, students are provided the opportunity to discover more about themselves, where they want to go, and better ways of getting there. The above services are *not* related to academic or class counseling; academic counseling is not offered at the Health Center.

**Appointments and Consent to Treat.** You may make appointments in person or by telephone. If you are under the age of 18, we must have parental consent to treat you.

**Family Planning.** The Health Center provides a comprehensive family planning service that includes a complete examination, laboratory testing, pap test, counseling, and consultation.

**Pharmacy.** Prescriptions and non-prescription medicines are available for a modest fee.

**Physical Therapy.** This popular service generally is available by referral from a Health Center physician only. There may be some

charges for such services. Address specific questions to the Health Center staff.

**Immunizations.** The Health Center provides immunizations when clinically indicated. This includes administering allergy shots to students who have their own medication. Some charges are necessary if the mandatory health fee is not paid. Be sure to bring your immunization record with you to the Health Center.

**Summer Care.** You may be eligible for services in the specific summer session for which you are enrolled. There is a mandatory one-time fee for such services paid at the time of registration.

**Health Insurance.** You may purchase an insurance protection plan for emergency illness and accidental injury during hours that the Health Center is closed. Sponsored by the Associated Students, this program provides substantial coverage for hospital benefits, medical, surgical, and related services for any illness or accident. It is very important to have this type of coverage if you are no longer under your parents' insurance.

**Health Education Information.** If you are concerned with a health-related problem, you are encouraged to consult with the Health Center staff. They will either answer your questions or direct you to someone who can. A full-time health educator develops and coordinates the health education programs offered by Student Health Services. Health education literature is available in the Health Center and in the University Student Union. ■



David Nehring, R.P.T., supervises a whirlpool treatment for Stacy Rosemeyer's ankle.