STUDENT HEALTH SERVICES
YOUR ON CAMPUS DOCTOR'S OFFICE

www.potsdam.edu/shs
THE BASICS

WHAT: WORKS LIKE YOUR DOCTOR'S OFFICE AT HOME

WHERE: FIRST FLOOR VAN HOUSEN HALL

HOW: 315-267-2377 OR SCHEDULE AN APPOINTMENT THROUGH BEARPAWS

WHEN: OFFICE HOURS ARE MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

& IT'S FREE!
FACT OR FICTION?

WHAT YOU HEAR: THE TRUTH:

66.7% OF US COLLEGE STUDENTS DRANK ALCOHOL IN THE PAST 30 DAYS
AND 19.3% OF US COLLEGE STUDENTS DON'T DRINK AT ALL

“EVERYBODY DRINKS”

85.9% OF US COLLEGE STUDENTS HAVE NEVER TRIED
20% OF US COLLEGE STUDENTS HAVE NEVER TRIED

42.9% OF US COLLEGE STUDENTS HAD ONE PARTNER IN THE PAST YEAR AND 32.1% OF US COLLEGE STUDENTS ARE NOT SEXUALLY ACTIVE

47.8% OF US COLLEGE STUDENTS DO “EVERYBODY SMOKES”

“EVERYBODY VAPES”

“EVERYBODY IS HAVING SEX”

“NOBODY USES A CONDOM”

NATIONAL COLLEGE HEALTH ASSESSMENT II

• A NATIONALLY RECOGNIZED RESEARCH SURVEY THAT COLLECTS PRECISE DATA ABOUT AMERICAN STUDENTS' HEALTH HABITS, BEHAVIORS AND PERCEPTIONS.

• SUNY POTSDAM PARTICIPATED IN THIS SURVEY IN NOVEMBER 2017 AND WE WOULD LIKE TO SHARE SOME OF THE RESULTS WITH YOU TODAY.

(NCHAI II, 2017)
WHO WORKS AT STUDENT HEALTH?

- Nurse Practitioners
- Psychiatric Nurse Practitioner
- Dietitian
- Health Educator
- RN
- LPNS
- Laboratory Technician
- Secretary
- Medical Assistant
WHAT WE DO

• REPRODUCTIVE HEALTH → BIRTH CONTROL (PILLS, IUDS, ETC.), PREGNANCY TESTING, STI TESTING & LOW COST EMERGENCY CONTRACEPTION.

• EVALUATION, TREATMENT, & FOLLOW-UP OF ACUTE & CHRONIC ILLNESSES

• PHYSICALS FOR TRAVELING ABROAD, SPORTS, & EMPLOYMENT

• ALLERGY SHOTS (CONTACT RN @ 315-267-2376)

• ONSITE LABORATORY TESTING FOR BLOOD DRAWS +
  • FREE TESTING FOR STREP THROAT, MONONUCLEOSIS, URINE ANALYSIS, AND BLOOD SUGAR.

YOUR PRIVACY IS PROTECTED
MORE OF WHAT WE DO

• WE OFFER FREE FLU SHOTS
  • EVERY YEAR STUDENTS MISS UP TO A WEEK OF CLASSES BECAUSE OF THE FLU
  • BEST WAYS TO AVOID THE FLU? GET VACCINATED & WASH YOUR HANDS!

• CONFIDENTIALITY IS IMPORTANT
  • IF YOU ARE 18 OR OVER, WE DO NOT DISCUSS YOUR HEALTH CARE WITH ANYONE WITHOUT YOUR PERMISSION
WHAT WE NEED FROM YOU

• COMPLETE ALL HEALTH REQUIREMENTS INCLUDING:
  • PROOF OF MEASLES, MUMPS, & RUBELLA VACCINES
  • FILL OUT THE THREE HEALTH FORMS ON BEARPAWS

GO TO: BEARPAWS → NEW STUDENT SERVICES → STUDENT HEALTH SERVICES PORTAL

*if you have your immunization records with you, please give them to me at the end of this presentation*
WHAT IF YOU DON’T COMPLETE THESE TASKS?

YOU WILL NOT BE TAKING CLASSES ON OUR CAMPUS - IT’S NYS LAW
HEALTH INSURANCE

ALL FULL TIME STUDENTS MUST HAVE HEALTH INSURANCE:

YOU CAN:

1. PROVE YOU HAVE HEALTH INSURANCE AND OPT OUT OF OUR INSURANCE
   OR

2. PURCHASE OUR INSURANCE, WHICH INCLUDES DENTAL
IMPORTANT THINGS TO REMEMBER:

1. IF YOU DO NOT **OPT OUT** OF OUR INSURANCE, YOU WILL AUTOMATICALLY BE CHARGED FOR OUR INSURANCE ON YOUR BILL, EVEN IF YOU DON’T NEED IT.

2. IF YOU CHOOSE TO **OPT OUT** OF OUR HEALTH INSURANCE, YOU MUCH REMEMBER TO DO IT **EVERY** SEMESTER
NEED HELP FIGURING IT ALL OUT?

GO TO OUR WEBSITE: WWW.POTSDAM.EDU/SHS

IT GIVES YOU STEP BY STEP INSTRUCTIONS FOR THE HEALTH REQUIREMENTS & OTHER GREAT INFORMATION!
• DO YOU ALREADY HAVE AN ACTIVE MEDICAID PLAN?

• DID YOU OR WILL YOU LOSE YOUR INSURANCE THROUGH YOUR PARENTS?

• DO YOU SUPPORT YOURSELF WITHOUT THE ASSISTANCE OF YOUR PARENT(S)?

• UNSURE IF YOU HAVE INSURANCE?

• UNSURE OF YOUR HEALTH INSURANCE OPTIONS?

• IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOU SHOULD TALK TO A NAVIGATOR. 
THE HEALTH INITIATIVE HAS 3 CERTIFIED NYSDOH NAVIGATORS AVAILABLE TO EDUCATE AND ASSIST YOU WITH YOUR INSURANCE OPTIONS
Do you already have an active Medicaid plan?

Did you or will you lose your insurance through your parent(s)?

Do you support yourself without the assistance of your parent(s)?

Unsure of your health insurance options?

If you answered YES to any of these questions, you should talk to a Navigator. The Health Initiative has 3 certified NYSOH Navigators available to educate and assist you with your insurance options.

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<th>CONTACT</th>
<th>HEALTH INITIATIVE</th>
<th>STUDENT HEALTH SERVICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHONE:</td>
<td>(315) 261-4760</td>
<td>(315) 267-2377</td>
</tr>
<tr>
<td>EMAIL:</td>
<td><a href="mailto:Navigators@gethealthyslc.org">Navigators@gethealthyslc.org</a></td>
<td><a href="mailto:shs@potsdam.edu">shs@potsdam.edu</a></td>
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HEALTH INSURANCE NAVIGATORS

• ST LAWRENCE COUNTY HEALTH INITIATIVE
  • WILL ASSIST YOU AND YOUR FAMILY WITH PURCHASING AFFORDABLE HEALTH INSURANCE

• KERRY @ 315-261-4760 EXTENSION 237  
  OR

• KERRY@GETHEALTHYSLC.ORG

• AVAILABLE TO MEET WITH DURING THE WEEK ON CAMPUS @SHS
MAKING AN APPOINTMENT

• WE HAVE ON-LINE SCHEDULING 24/7
  • TO MAKE AN APPOINTMENT ONLINE FOLLOW THESE STEPS:
    BEARPAWS ➔ NEW STUDENT SERVICES ➔ STUDENT HEALTH SERVICES PORTAL ➔ NEW APPOINTMENT

• OR YOU CAN CALL 315-267-2377

• OR STOP IN TO OUR OFFICE TO SET UP AN APPOINTMENT

ALL OF YOUR APPOINTMENTS ARE COVERED BY YOUR STUDENT HEALTH FEE WHICH IS NOT THE SAME AS USING YOUR HEALTH INSURANCE. STILL, BRING YOUR INSURANCE INFORMATION WITH YOU!
WHAT CAN YOU DO IF SHS ISN’T OPEN?

URGENT CARE
HOURS: 8AM-8PM
49 LAWRENCE AVE., POTSDAM
1.4 MILES FROM CAMPUS
PHONE: 315-261-5525

CANTON-POTSDAM HOSPITAL
EMERGENCY ROOM
LOCATED AT 50 LEROY ST
1.3 MILES FROM CAMPUS
PHONE: 315-265-3300

* don’t forget to take your insurance information with you*
LOCAL PHARMACIES

- **KINNEY DRUGS** → 48 MAPLE ST., POTSDAM - 1.3 MILES FROM CAMPUS - PHONE: 315-262-0529
- **KINNEY DRUGS (2)** → 200 MARKET ST, POTSDAM - 1.8 MILES FROM CAMPUS - PHONE: 315-265-2770
- **WALGREENS** → 173 MARKET ST, POTSDAM - 2 MILES FROM CAMPUS - PHONE: 316-265-6192
- **WALMART** → 7494 US-11, POTSDAM - 3.3 MILES FROM CAMPUS - PHONE: 315-268-6917

*don't forget to take your insurance information with you* & **YOU CAN TAKE THE BEAR BUS!!!**
THANK YOU FOR YOUR ATTENTION!

ANY QUESTIONS?