



# STUDENT HEALTH SERVICES

YOUR ON CAMPUS DOCTOR'S OFFICE



[www.potsdam.edu/shs](http://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!***



# 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, 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](http://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

CONTACT	HEALTH INITIATIVE	STUDENT HEALTH SERVICES
PHONE:	(315) 261-4760	(315) 267-2377
EMAIL:	Navigators@getthehealthslc.org	shs@potSDam.edu



# 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!!!*



**TRACY HARCOURT**

NURSE PRACTITIONER

STUDENT HEALTH SERVICES DIRECTOR

(315) 267-2377

**PRESENTATION BY**

JULIA WATSON

THANK YOU FOR YOUR ATTENTION!

ANY QUESTIONS?