Dedicated To A Healthy Student Body

Family Orientation

UC Davis
Studen Health and Counseling Services
Quality, cost-sensitive care for all registered UC Davis Students, regardless of Insurance

Founded in 1909
Student Health and Counseling Services - Medical Services

Student Health and Wellness Center
Online Resources

shcs.ucdavis.edu

Service Information

Resources

Health Topics
Primary Care – By Appointment

Appointment Desk:
530-752-2349
or online via
shcs.ucdavis.edu/hem
every student is assigned a primary care provider

same day appointments

coordinated care
Secure Online Messaging

Discussing visit needs
Schedule/Cancel Appointments
Get Testing Results

Complete Medical Forms
Request Medication Refills
Confidentiality

All patient care information is confidential and cannot be released without a student’s written consent, except as required by law.
advice/triage nurse assesses your condition for no charge
SHCS Specialty Clinics

Endocrinology
Psychiatry
Orthopedics
Podiatry
Neurology
Sports Medicine
Laboratory & Radiology
Cost for Services

Medical Visits

- **Primary Care**: $15
- **Specialty Care**: $30
- **Urgent Care**: $30
- **Lab Tests**: $25
- **X-ray**: $50

Billed directly to student’s campus account.

Students enrolled in UC SHIP have no out of pocket costs for most services at SHCS.
Physical Therapy

By Referral
Optometry Clinic & Optical Shop

500+ Frames

SHIP, Eye Med, VSP, or Private Pay
Pharmacy

Often less expensive than a co-payment
Nutrition Services

eat well • live healthy

Cooking Classes

UCDAVIS
STUDENT HEALTH AND COUNSELING SERVICES
PREPARING FOR CAMPUS CARE
Before Arriving

Identify an emergency contact
Assemble a First Aid Kit

Update health Exams and immunizations
Assure Coordination of Care

Document

- Allergies
- Chronic Medical Conditions
- Current Medications
- Immunizations
UC Davis Health Requirements

- Meningococcal Conjugate
- Chicken Pox
- Measles, Mumps and Rubella (MMR)
- Tetanus, Diphtheria

And Pertussis (TdAP)

Tuberculosis Risk Screening

HealthMessage
shcs.ucdavis.edu/hem/
Health Promotion Services
Health Education and Promotion

Physical Activity Map
Check out the Physical Activity Map for campus and community parks, gyms, pools, clubs, routes, trails, classes and much more to help you stay healthy and active!

Fruit and Veggie Map
Interested in increasing your daily servings of yummy fruits and vegetables? Visit our Fruit and Vegetable Map on the Davis Wiki and find the grocery stores, farmer’s markets and vegetable stands close to you.

H2O Station Map
Water is important because it plays a vital role in keeping you healthy. At UC Davis, it’s easy to stay hydrated! Check out one of the many H2O stations around campus.

Nap Map
There are lots of places to nap on the UC Davis campus. Here at Health Education and Promotion, we’ve done the research for you! Here are the best places to nap on campus, as chosen by YOU!

Sexual Health Resources Map
The Sexual Health Resources Map is your go-to source for safer sex products and HIV/STI testing services when The Love Lab is not available.

Follow us on Social Media! @UCDSHCS

maps.shcs.ucdavis.edu
UC DAVIDS
STUDENT HEALTH AND COUNSELING SERVICES
Mental Health and Well-Being

www.eachaggiematters.ucdavis.edu
Physical Wellness
5 Healthy Aggie Hacks

PACK A SNACK!

Mondays: Eggs
Tuesdays: Oatmeal
Wednesdays: Quinoa
Thursdays: Smoothies
Fridays: Smoothies
Saturdays: Trail Mix
Sundays: Smoothies

Boost your mood with nutritious food.
For snack ideas, visit: shs.ucdavis.edu/one-balanced-kitchen

Helmet Hair
Don’t Care!

Hydrate to Feel Great

Step up to the plate.
Make half your plate fruits and veggies.

“I move my body to make me feel energized and give my brain a break.”

Active Aggies
30 minutes of movement, the best part of your day.
Help a friend in an Emergency

One touch Dialing to transportation Resources

Information for Party Goers and Party Throwers

The Safe Party Initiative
The Safe Party Initiative is a collaborative effort between the City of Davis and the University of California, Davis and is endorsed by the Davis Alcohol and Other Drug Advisory Group. This initiative is supported by the Prevention Research Center, with funding from the National Institutes for Alcohol Abuse and Alcoholism (NIAAA).

Whether you're a "party thrower" or a "party goer," we have tips on reducing the risk of drinking and driving. Policies can reduce the number of alcohol-related incidents on campus and in the City of Davis.

Top Safe Party Tips
According to 2013 ACHA-NCHA Data.

4 Signs of Alcohol Poisoning

Transportation Numbers
Here are some options for transportation to help you and/or your guests get home safely after a party. Please note that all hours of operation and costs are subject to change without notice. Save these numbers in your phone.

ASUCD Tipsy Taxi
Thurs - Sat, 10:00 PM - 2:00 AM
Cost: $3 per person
Feeling Social?

Like or follow UCDSHCS to keep up with:
- Public Health Alerts
- Healthy Tips
- Events

facebook.com/UCDSHCS
twitter.com/UCDSHCS
shcs.ucdavis.edu/blog
@UCDSHCS
Hours of Operation

MON, TUES, THURS, FRI
8:00AM - 5:30PM

WED
9:00AM - 5:30PM

Closed on University Holidays
What to do when we are closed

For an urgent matter that is not an emergency

Advice Lines are available 24/7
For medical and mental health

Sutter Urgent Care Davis
Davis Urgent Care
What about Emergencies

Emergency care is not provided at SHCS

Call 9-1-1 for help or go to the nearest hospital emergency room
Nearest Hospital Emergency Room

Sutter Davis Hospital

COVELL BLVD AT HIGHWAY 113
2000 SUTTER PLACE, DAVIS, CA
2 MILES NORTH OF CAMPUS
(530) 756-6440
Student Health and Counseling Services – Counseling Services

North Hall
Individual Counseling

By Appointment

No Charge
Group Counseling

Career Exploration Groups*
Stress and Wellness Groups
Identity and Growth Support Groups
And more
TRANSITIONING TO UC DAVIS

It’s a New Beginning
Transitioning as a Family

Your transition will likely be different from your student’s departure.

Mixed feelings at your student’s departure.
Pressures Students May Feel From You

Finances
Academic performance
Choice of Major
How often to visit from home
What help they provide the family
When Your Student May Want Help

- Changes in Academic Performance
- Unusual Behavior
- Changes in Relationships
UC Davis Community and Support

Maintain Existing Support Systems and Build New Support in Davis

500+ Student Clubs and Organizations

csi.ucdavis.edu

76 Fraternities and Sororities

144 Cultural Clubs

Intramural Sports

Inner-tube Water Polo

Club Sports

Bowling
Campus Resources

STUDENT COMMUNITY CENTER
LGBTQIARC
CROSS CULTURAL CENTER
STUDENT RECRUITMENT RETENTION CENTER
AB540 AND UNDOCUMENTED STUDENT CENTER

Internship and Career Center

Transfer Re-entry and Veterans Center

Women’s Resources and Research Center

Educational Opportunity Program
All registered UC students must carry health insurance.
What is UC SHIP

Meets the University of California Health Requirements

Meets and Exceeds Current ACA Requirements

Covers the 10 Essential Health Benefits

Includes Preventive Care Benefits
All registered students are automatically enrolled in UC SHIP and the UC SHIP fee is charged to every student account each quarter.
If you already have health insurance coverage:

- Submit a waiver application online.
- Fall Quarter Deadline – September 10, 2017
- Valid for current academic year

http://shcs.ucdavis.edu/insurance/waiver
UC SHIP Waiver Criteria

Does your plan cover the following?

• Access to non-emergency care within 175 miles of Davis
• Essential Health Benefits (preventive services, hospitalization, office visits, etc.)
• Have an annual out of pocket maximum less than $7,150 per individual
## Should I Waive UC SHIP Enrollment?

### Things to Consider

<table>
<thead>
<tr>
<th>Access to care in Davis</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefits</td>
<td>Financial aid coverage</td>
</tr>
</tbody>
</table>

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### UC Davis

**Student Health and Counseling Services**
UC SHIP Financial Information

$753/quarter, $2,259/year
Fall, winter, spring/summer
Charged to a student’s campus account after registering for classes each quarter

Cost may be covered by financial aid

Coverage Starts
9/25/2017
UC SHIP Medical Benefits

Anthem Blue Cross

Covers services not available at SHCS
Requires a referral from an SHCS provider in most cases

In an emergency, go immediately to the nearest urgent care facility or emergency room
For students enrolled in UC SHIP

UC SHIP ENROLLED STUDENTS HAVE ZERO OUT-OF-POCKET COSTS FOR ALL SERVICES AT SHCS EXCEPT PHARMACY AND OPTOMETRY SERVICES.
How UC SHIP Works

Student with UC SHIP

Advice Nurse Call
   No Charge

Primary Care Visit
   $0 Out of Pocket
   Urgent Care Visit - $0 Out of Pocket

Referral to Outside Provider
   SHCS helps schedule appointment.
   SHCS provides referral to an Anthem provider.

Student with other insurance

Advice Nurse Call
   No Charge

Primary Care Visit
   Student Account Charged
   $15 Primary Care Visit
   $30 Urgent Care Visit

Referral to Outside Provider
   Student works with his/her insurance carrier to schedule appointment.
   Manages own reimbursement.
## UC SHIP Medical Benefits - Services Outside SHCS

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual Deductible</td>
<td>$200 Medical</td>
</tr>
<tr>
<td>Primary Care Copay</td>
<td>$15</td>
</tr>
<tr>
<td>Specialty Care Copay</td>
<td>$15</td>
</tr>
<tr>
<td>Urgent Care Copay</td>
<td>$50</td>
</tr>
<tr>
<td>ER Room Copay</td>
<td>$150</td>
</tr>
<tr>
<td>Ambulance Services (Air and Ground)</td>
<td>Covered at 100%</td>
</tr>
<tr>
<td>Preferred Brand Prescription Copay</td>
<td>$25</td>
</tr>
<tr>
<td>Generic Prescription Copay</td>
<td>$5</td>
</tr>
<tr>
<td>Co-Insurance - Imaging Services, Lab Services, Hospitalization</td>
<td>20%</td>
</tr>
<tr>
<td>Annual Out of Pocket Maximum</td>
<td>$3,400</td>
</tr>
</tbody>
</table>

requires a referral from SHCS
UC SHIP Mobile App / ID Cards

UC SHIP Goes Mobile!

Get the new StudentHealth app

shcs.ucdavis.edu/insurance
UC SHIP Dental Benefits

Delta Dental PPO

Does not require a referral from SHCS

$1,000 Benefit maximum per year*

100% Coverage for exams/cleanings*

80% Coverage for extractions, fillings, root canals*

*If seen at a PPO Dentist

Not Available At SHCS
UC SHIP Vision Benefits

Anthem Blue View Vision

$25 COPAY FOR LENSES

$10 COPAY FOR EXAMS

$120/YEAR ALLOWANCE FOR FRAMES OR CONTACTS
Who is eligible for services at SHCS…

ALL REGISTERED UC DAVIS STUDENTS REGARDLESS OF INSURANCE
THANK YOU & WELCOME TO UC DAVIS!

shcs.ucdavis.edu