Dedicated To A Healthy Student Body

Family Orientation

UCDAVIS
STUDENT HEALTH AND COUNSELING SERVICES
TRANSITIONING TO UC DAVIS

It’s a New Beginning
Transitioning as a Family

Your transition will likely be different from your student.

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
Individual Counseling

By Appointment

No Charge
Group Counseling

CAREER EXPLORATION GROUPS*
YOU GOT THIS WORKSHOPS
IDENTITY AND GROWTH SUPPORT GROUPS
AND MORE
UC Davis Community and Support

Maintain Existing Support Systems and Build New Support in Davis

800+ STUDENT CLUBS AND ORGANIZATIONS

csi.ucdavis.edu

70 Fraternities and Sororities

100 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

**Transfer Re-entry and Veterans Center**

**Educational Opportunity Program**

**Internship and Career Center**

**Women’s Resources and Research Center**

**Student Academic Success Center**

Aggie Rise

Aggie Compass
Quality, cost-sensitive care for all registered UC Davis Students, regardless of Insurance

Founded in 1909
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
Secure Online Messaging

Discussing visit needs
Schedule/Cancel Appointments
Get Testing Results

Complete Medical Forms
Request Medication Refills

Primary Care

HealtheMessaging

UC Davis
Student Health and Counseling Services
Confidentiality

All patient care information is confidential and cannot be released without a student’s written consent, except as required by law.
SHCS Specialty Clinics

Endocrinology
Psychiatry
Orthopedics
Podiatry
Neurology
Sports Medicine
Laboratory & Radiology
Physical Therapy

By Referral
Optometry Clinic & Optical Shop

500+ Frames

UC SHIP, Eye Med, VSP, or Private Pay
Pharmacy

Often less expensive than a co-payment
Nutrition Services

eat well • live healthy

Cooking Classes

UC Davis
Student Health and Counseling Services
Medical Visits

- **Primary Care**: $15
- **Specialty Care**: $30
- **Acute 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 Wellness

5 Healthy Aggie Hacks

PACK A SNACK!

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

BOOST YOUR MOOD WITH NUTRITIOUS FOOD

For snack ideas, visit: shcs.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

FEEL BETTER

LEARN

SLEEP

30 MINUTES OF MOVEMENT. THE BEST PART OF YOUR DAY.
PREPARING FOR CAMPUS CARE
Before Arriving

Identify an emergency contact

Assemble a First Aid Kit

Update health exams and immunizations
UC Davis Health Requirements

- Meningococcal Conjugate
- Chicken Pox
- Measles, Mumps and Rubella (MMR)
- Tetanus, Diphtheria and Pertussis (TdAP)
- Tuberculosis Risk Screening

shcs.ucdavis.edu/hem/
Hours of Operation

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

WED
9:00AM - 5:00PM

Closed on University Holidays and Weekends
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
Health Insurance Requirement

All students are required to have health insurance coverage.
All students are automatically enrolled in UC SHIP.
UC SHIP Financial Information

$874/quarter, $2,622/year

Fall, winter, spring/summer

Coverage starts
9/23/2019
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 w/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>Annual Deductible</th>
<th>$200 Medical</th>
</tr>
</thead>
<tbody>
<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>$25</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 - 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 Waiver Application

September 10th, 2019

http://shcs.ucdavis.edu/insurance/waiver
Should I Waive UC SHIP Enrollment?

Things to Consider

Access to care in Davis

Cost

Financial aid coverage

Benefits
Who is eligible for services at SHCS…

ALL REGISTERED UC DAVIS STUDENTS REGARDLESS OF INSURANCE