

WARHAWKS  
SOAR

STUDENT ORIENTATION,  
ADVISING, AND REGISTRATION

# University Health & Counseling Services



Welcome!  
The session will  
begin shortly.



University of Wisconsin  
Whitewater

# Mission

Building the foundation for life-long learning and wellness by providing high quality physical and mental health care, outreach, and consultation for our diverse campus community.



University of Wisconsin  
Whitewater

# Integrated Care



# Accessing Our Services

## Ambrose Health Center (UHCS)

Address: 710 Starin Road

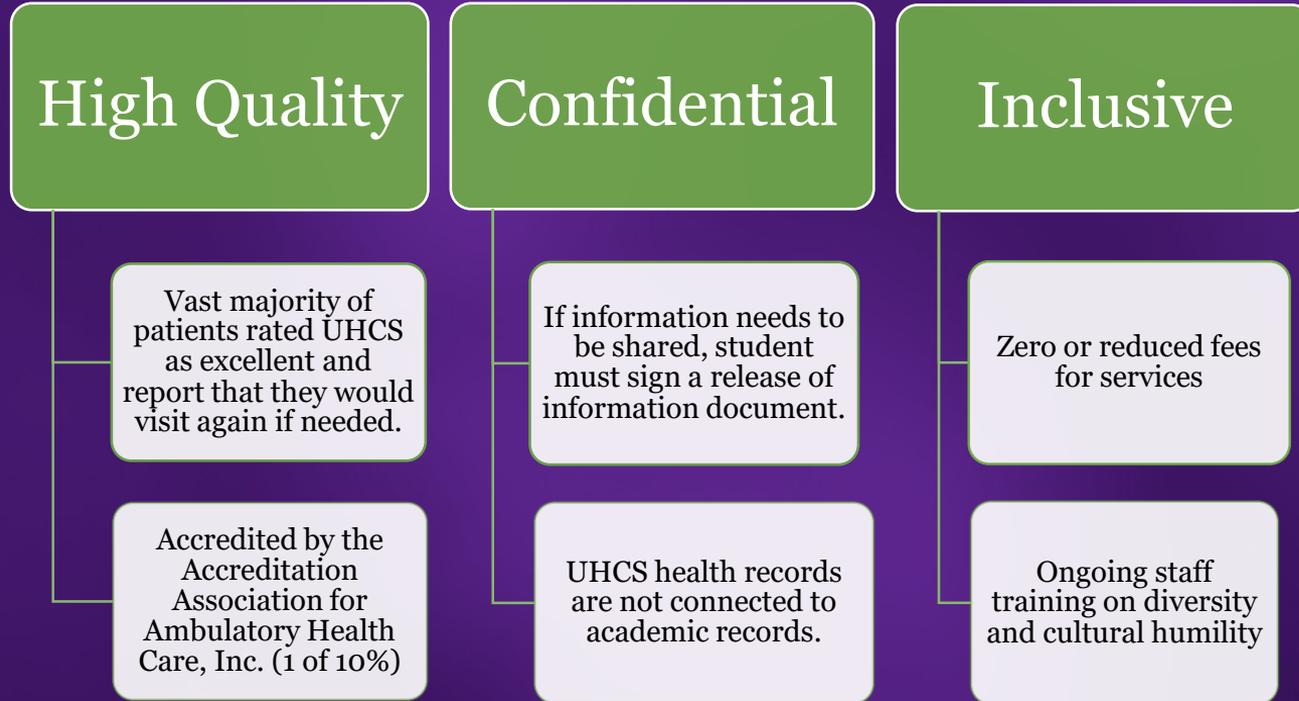
### Hours:

- Monday – Friday 8:00am-4:30pm
- Open all year (except legal holidays)

Website: [www.uww.edu/uwcs](http://www.uww.edu/uwcs)

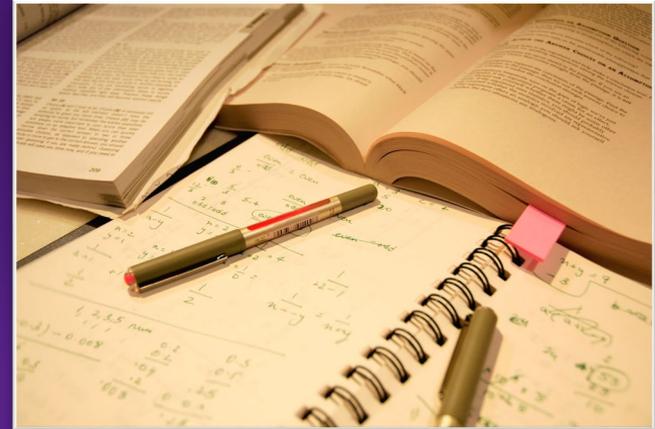


# UHCS Pillars of Care



# Wellness Issues That Most Affect Academic Performance

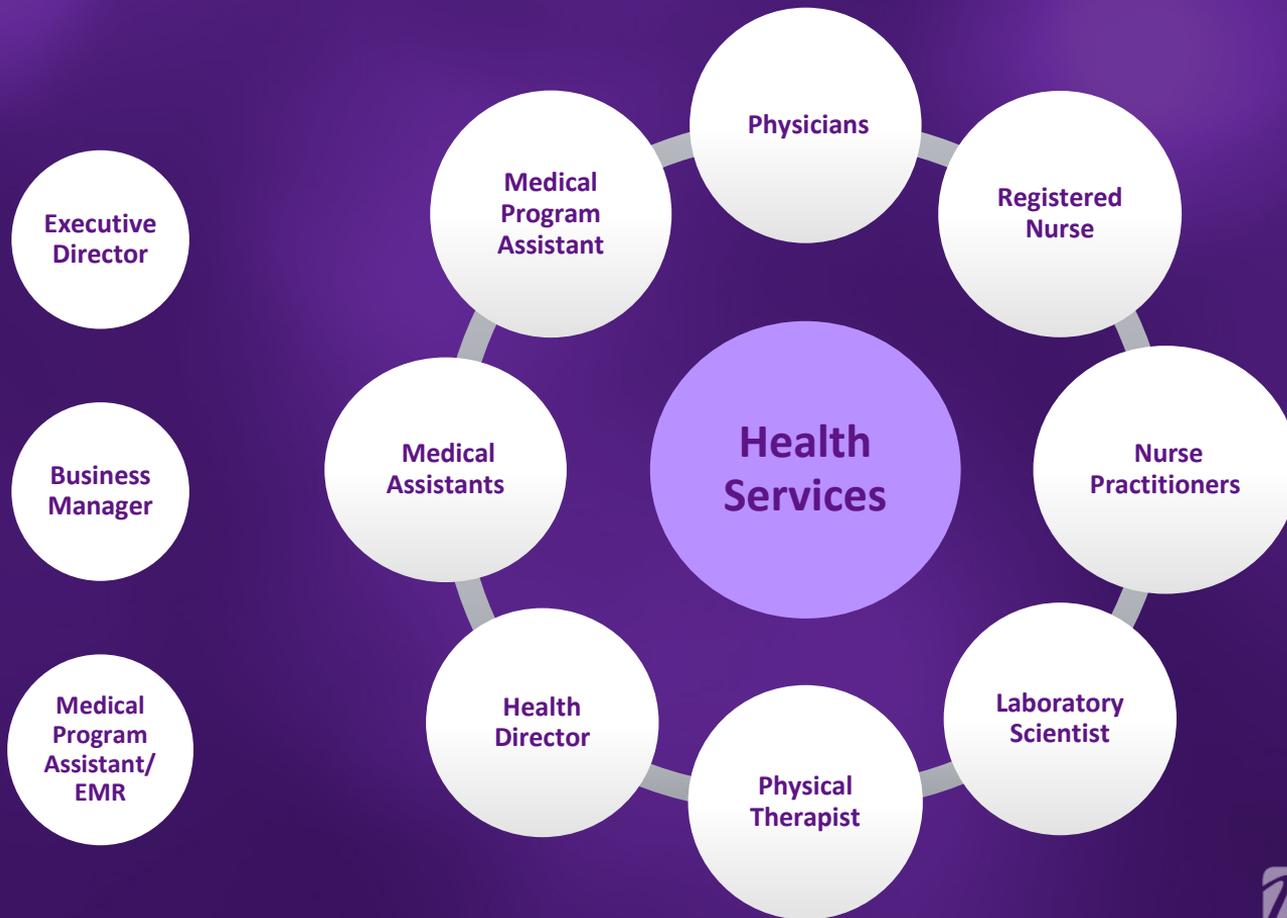
- Stress
  - 81% felt mentally exhausted
- Anxiety
  - 59% felt overwhelming anxiety
- Depression
  - 33% felt so depressed it was difficult to function
- Sleep Difficulties
  - 32% experienced trouble sleeping
- Cold/Flu/Sore Throat
- Concern for a Friend or Family Member
- Internet Use/Computer Games
- Relationship & Roommate Difficulties
- Attention Deficit/Hyperactivity Disorders



*(2018 UW-W National College Health Assessment-280 respondents)*



University of Wisconsin  
**Whitewater**



# Health Services\*

- Exams and treatment for illnesses and minor injuries
- Allergy injections
- Immunizations (incl. flu shots)
- Lab tests
- Pelvic exams and pap tests
- Testing for sexually transmitted infections
- Contraceptives
- Physical therapy for students with disabilities
- Physicals (incl. travel)
- Medications
- Psychiatry



*\*may vary due to COVID-19*

# Medications

Some are available on-site if prescribed by a UHCS provider.

## Local Pharmacies\*

- Walgreens
- McCullough's
- Walmart



*\*will need private insurance card*

# Health Insurance

- We do not bill to insurance companies and students are not required to have health insurance.
- We can provide a receipt so that a student can submit a claim for reimbursement from their private health insurance.
- We recommend students carry a copy of their insurance card and know what it covers.

**Do you need  
health care  
coverage?**



**Apply for BadgerCare 4 ways:**



Paper: [www.dhs.wisconsin.gov/forwardhealth](http://www.dhs.wisconsin.gov/forwardhealth)



Online: [access.wisconsin.gov](http://access.wisconsin.gov)



Phone: Call your local county human services dept



In Person: Call UHCS to make an appt: 262-472-1300

Learn more at:

[www.dhs.wisconsin.gov/forwardhealth](http://www.dhs.wisconsin.gov/forwardhealth)



University of Wisconsin  
**Whitewater**

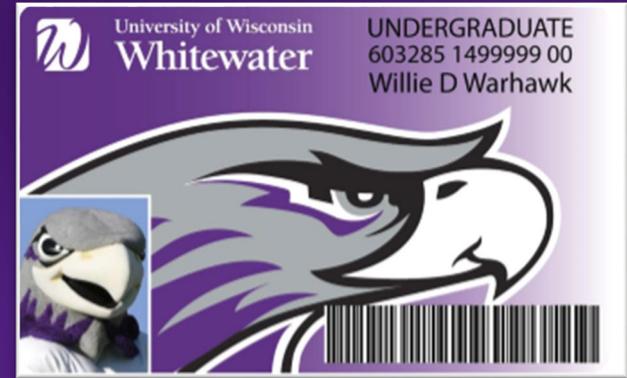
University Health and  
Counseling Services



University of Wisconsin  
**Whitewater**

# Health Care Fees

- Whitewater campus: No charge to see a provider
- Rock County campus: \$20 charge/visit
  - no charge after 5 visits
- \$30 one-time summer fee if not enrolled in summer class
  - covers health & counseling services
- Fees for procedures, meds, labs, no-shows
- Psychiatry: \$20 initial visit; \$10 follow up
- Payments can be made with: cash, check, Purple Points
  - Ask to have it billed to student account



Hawk Card

# Types of Health Appointments\*

*20 – 40 – 60 minute time slots*

- Well exam
- Procedure
  - i.e. sutures, wound care, ear irrigation, wart removal
- Sick visits
  - Including day room for monitoring
- Time-sensitive / same day
  - i.e. injury, fevers
  - UHCS is not urgent care or ER



*\*may vary due to COVID-19*

# Emergencies

- Fort HealthCare – Fort Atkinson (10 miles)
- Aurora Medical Center – Elkhorn (15 miles)
- St. Mary's – Janesville (21 miles)
- Urgent Care: Mercy Clinic- Whitewater (.5 mile)



# COVID-19 Precautions: Health

- Limited testing available on-site
  - billed to private insurance
- Daily screening of staff and patients
- Telehealth video appointments
- Online paperwork
- Face coverings required
- In-person visits as determined by staff; appt required
  - Cleaning rooms and surfaces after every appt
- Front door & front clinic for well visits; back door and back clinic for sick visits
- Patient safety ambassadors
- Contact tracing



# Scheduling Health Services

A. Phone: 262-472-1300

B. Online (health only) *\*unavailable during COVID-19*

The screenshot shows the University of Wisconsin Whitewater website. At the top, there is a navigation bar with links for UW-ROCK COUNTY RESTRUCTURING, ADMISSIONS, ACADEMICS, CALENDAR/EVENTS, ATHLETICS, CAMPUS INFO, and LIBRARY. Below this is a search bar and a secondary navigation bar with links for EMAIL, WINS, D2L, DIRECTORY, STUDENTS, FACULTY/STAFF, and ALUMNI. The main content area is titled "UNIVERSITY HEALTH AND COUNSELING SERVICES" and features a menu with links for WELLNESS INFORMATION, HEALTH SERVICES, COUNSELING SERVICES, PARENT INFORMATION, FORMS, and ABOUT US. A large photograph of a modern building with a brick pillar is displayed. Below the photo are four service tiles: "Request a UHCS Speaker/Presentation" with a person pointing at a screen icon; "Ready to schedule an appointment? Click here" with a clock icon and the phone number (262) 472-1300; "Emergency and Urgent Care Resources (24/7)" with a purple cross icon; and "My UHCS: Make Appointments, View Messages, Check Billing" with a purple cross icon and the text "MY UHCS appointments • messages • billing". The "My UHCS" tile is highlighted with a yellow border.

Enrolled for Fall 2020?  
You can be seen  
starting August 1<sup>st</sup>.



# Counseling Services\*

- Individual & Group
  - Stress
  - Anxiety
  - Depression
  - Grief & Loss
  - Relationships
  - Sexual Assault/Abuse
  - Eating Disorders
  - Alcohol or Other Drug Abuse
  - Emergency Events
- Crisis Intervention (same-day appts)
- Part-time Psychiatrist



# Counseling Fees

- No charge for counseling while enrolled in classes
  - \$30 one-time summer fee if not enrolled in summer class (covers health & counseling services)
- Limit of 14 sessions/year
  - Strong community partnerships for referrals
- Enrolled for Fall 2020? You can be seen starting August 1<sup>st</sup>.
- Appts can be made by phone only: 262-472-1305



# COVID-19 Precautions: Counseling

- Daily screening of staff
- Screening of all clients
- Online paperwork
- Face coverings required
- Individual and group counseling via teletherapy (preferred)
- Waiting rooms and in-person sessions are 6 feet apart
- Rooms and surfaces cleaned after every appt





# Priority Programs

Mental Health	Sexual Health	Healthy Relationships	Alcohol & Drugs	Body Image
<ul style="list-style-type: none"><li>•Mental Health Matters</li><li>•Managing Test Anxiety</li><li>•QPR Suicide Prevention Training</li><li>•Mental Health Awareness Month</li></ul>	<ul style="list-style-type: none"><li>•Sex Bingo</li><li>•Safe Spring Social</li><li>•Get Tested Month</li></ul>	<ul style="list-style-type: none"><li>•Sexual Assault Prevention Training</li><li>•Let's Taco 'Bout Sexual Consent</li><li>•Escalation</li><li>•Sexual Assault Awareness Month</li></ul>	<ul style="list-style-type: none"><li>•Staying Healthy Jeopardy</li><li>•Weed Wise</li><li>•Safe Party Hosting</li><li>•Warhawks Step Up</li></ul>	<ul style="list-style-type: none"><li>•No Wrong Way to Have a Body</li><li>•Intuitive Eating</li><li>•Eating Disorder Awareness Week</li></ul>



# Wellness Initiatives

**Warhawks Drink Responsibly**

**IF YOU CHOOSE TO DRINK:**  
Set drink limit before going out  
Pace drinks to 1 or less per hour  
Alternate water & alcohol  
Designate a sober driver  
Eat before and during  
Stick with friends

**CALL 911**  
if a peer has irregular breathing, pale/cool skin, is unresponsive and/or is vomiting while passed out.



**Wellness Fair**

October 15th | 12-3pm | UC Hamilton Room

**Giveaways:** succulents, smoothies, snacks, local restaurant freebies, drinks, condoms and more!

**Activities:** therapy dogs, chair massages, mental health screenings, DIY stress ball, paint a succulent pot, \$10 flu shots, bag toss, games, etc.

**Cooking demonstration:** Provided by Chef Mike of Dining Services at 12:30pm.

*Win a \$50 Amazon gift card!*

University of Wisconsin  
**Whitewater** Library Health and Counseling Services



# Massage Therapy\*

- 15 minute chair massage: \$15
- 25 minute table massage: \$20
- 50 minute table massage: \$35
- 75 minute table massage: \$45



CASH OR CHECK ONLY

*\*not available Fall 2020*



University of Wisconsin  
**Whitewater**

# Involvement Opportunities

- Follow us on Social Media: [@UWWUHCS](#)



- Student Employment: Handshake
  - Front Desk Assistants
  - Wellness Peer Educators
- Internships
  - Master & Doctoral Counseling Interns
  - Direct Care Interns
- Student Wellness Orgs
  - Active Minds
  - Student Health Advisory Committee
  - Coalition Against Sexual & Interpersonal Violence
  - Communicating Health in Practice



University of Wisconsin  
**Whitewater**

# Care Kits

- Thermometer
- Bandages
- Neosporin
- Fever/pain medication
- Throat lozenges/broth/tea
- Tissue
- Facial coverings
- Hand sanitizer (70% alcohol)
- Disinfectant wipes
- Aromatic (coffee beans/lavender/spices)



# Contact Information

Health: 262-472-1300

Counseling: 262-472-1305

uhcs@uww.edu



University of Wisconsin  
Whitewater