Supporting the vision of a Healthy Carolina community
Our Vision is a …

A healthy campus environment in which to live, learn, work and play.

How is this Done?
• By promoting the development and maintenance of a healthy body, mind and spirit
• By addressing all dimensions of wellness for the members of the University of South Carolina campus community.
• Through collaborative development, promotion and assessment of policies, programs, services and initiatives
• Works with Student Health Services to encourage overall health and wellness
Healthy Environment

Lactation support rooms & presentations
Healthy Carolina Wellness Community
Healthy Carolina Coalition

Active Living

Fitwalk Paths
Stairwell Campaign
Bike Friendly
USC awarded the Bronze medal as a Bike Friendly University
Healthy Eating

Dining facilities with healthy choice icon

More than 60 vending machines with healthy choices

Community Gardens

CSA/On-campus produce delivery

Healthy Carolina Farmers Market

- Named a Top 10 Most Impressive College Farmers Markets in the U.S.
Health Communications

Tactics & tools we use

• Social norming
• Social media
• Newsletter

ReThink Your Drink
How many calories and grams of sugar are really in your beverages?

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Water</td>
<td>Cola</td>
<td>Sports Drink</td>
<td>Sweet Tea</td>
<td>Energy Drink</td>
</tr>
<tr>
<td>0 Calories</td>
<td>145 Calories</td>
<td>50 Calories</td>
<td>85 Calories</td>
<td>120 Calories</td>
</tr>
<tr>
<td>0g Sugar</td>
<td>40g Sugar</td>
<td>14g Sugar</td>
<td>23g Sugar</td>
<td>30g Sugar</td>
</tr>
</tbody>
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Calories and grams of sugar are calculated for 8 fluid ounces. Most drink bottles contain more than one serving.

Healthy Carolina
University of South Carolina

86% of Carolina students don’t smoke

We are Carolina. We take pride in our choices.
Mission
Enhances student success by providing a full continuum of integrated, high-quality health care, wellness services and prevention education

Vision
- Seeks to be a premier and nationally-recognized integrated health care system that anticipates and responds to the holistic health and wellness needs of the Carolina community
- Empower the community to be self-directed, well-informed consumers of health care
- Recognized nationally for its commitment to:
  - enhancing the health of the campus community
  - providing exceptional quality of care
  - delivering outstanding access and value
  - embracing evidence-based practices
  - providing exceptional medical and health education
  - supporting highly-skilled, knowledgeable and compassionate staff
Student Health Services

Hours of operation:
8 a.m. – 5 p.m. Monday-Friday
2-8 p.m. Sunday
Spring & Fall Semesters
8:30 a.m. – 4:30 p.m. M-F
Summer & Breaks

Fully accredited by:
• The Accreditation Association for Ambulatory Health Care
• Commission on Office Laboratory Accreditation
• American Psychological Association
Six departments offering programs and services that address:
- Campus-wide health behavior research and policy development
- Medical care
- Mental health care
- Prevention
- Wellness
- Safety

170+ staff including:
- Board-certified medical doctors
- Nurse practitioners
- Other medical support staff
- Psychologists & counselors
- Educators
- Advocates
Patient Centered Medical Home

• The Patient-Centered Medical Home (PCMH) is an approach to providing comprehensive primary care for our students.

• SHS is a health care setting that facilitates partnerships between individual patients, and their primary care physicians, and other team members (counselors, psychiatrists, nutritionists, etc) and when appropriate, the students' family.

Transforms the way we organize and deliver care: Goal is to maximize health outcomes
Student Health Services Community Care Teams (CCTs)

- Currently three Community Care Teams (CCTs) at USC
- Teams identified by color - red, blue and green
- Work as a single unit to implement and develop treatment plans
- Seeks to combine the skills of medical providers with:
  - Counselors
  - Case managers
  - Social workers
  - Registered dietitian nutritionists
  - Pharmacists
  - Wellness professionals
  - Advocates
  - Other support staff

- Goal to promote health, prevent disease and enhance student success
- Take an evidence-based holistic approach to empower and assist students in reaching their health-related goals
Medical Care

General Medicine
Laboratory
Radiology
Allergy, Immunization and Travel Clinic
Women’s Care
Sports Medicine & Physical Therapy
Pharmacy
Mental Health Care
Counseling & Psychiatry

Counseling services
- Group, individual and couples counseling
- Psychotherapy
- Community-based services
  - Community Consultation & Intervention
  - Suicide prevention programming
  - Outreach
  - Online mental health screening

Psychiatric services
- Consultation
- Psychotherapy
- Medication management
Campus Wellness

Nutrition
• Registered dietitian nutritionist consultations
• Grocery store tours
• Cooking demonstrations

Sexual Health Education & Outreach
• Drop-in consults
• Safer sex supplies

Tobacco Treatment

Stress Management Programming

Body Image Programming

Weight Management Programming

Physical Activity Assessments
Changing Carolina Peer Leaders

• Diverse group of USC student leaders that have a passion for holistic health education, wellness and advocacy
• Advised by staff from Sexual Assault and Violence Intervention & Prevention (SAVIP), Campus Wellness and Healthy Carolina offices
• Facilitate holistic health, wellness and advocacy presentations and campus-wide awareness campaigns and events
Sexual Assault and Violence Intervention & Prevention

Advocacy & Outreach

- 24/7 access to advocates
- Academic assistance
- Medical accompaniment
- Temporary alternative housing/relocation
- Legal advocacy
- Referral assistance to on-campus and community resources

Prevention

- Awareness through *Stand Up Carolina*
- Classroom and residence hall presentations
- Women’s self-defense classes
- Interpersonal violence awareness programs & events

For more resources, visit www.sc.edu/stopsexualassault.
A Holistic Approach to Health Supported by a New Facility

- Construction to begin September 2015 and completed December 2016
- 65,000 new square feet + 40,000 current square feet at Thomson Student Health Center = 105,000 square feet of service area
- Will bring Student Health Services’ departments together into one geographic location to support holistic approach to health and wellness
- New services include an eye clinic to treat minor eye injuries and provide glasses and contact lenses; expanded physical therapy services including a complete rehab gym; expanded pharmacy services including more prescriptions and over-the-counter drugs; expanded sports medicine services and triple the exam space so we can see more patients
- LEED-certified facility will make sound use of rainwater, natural lighting and more to minimize impact on the environment
Student Health Fee*

$169 per semester for full-time students

Includes:

- General Medicine Center & Women’s Care unlimited office visits (Sports Medicine, Physical Therapy and psychiatric services may be subject to an additional fee)
- Up to 10 individual visits at the counseling center per academic year
- Unlimited group counseling
- Support groups and workshops
- Preventive screenings
- Exercise and fitness consultations
- Nutritional consultations with a registered dietitian nutritionist
- Prevention and advocacy services

*The student health fee is not insurance; it is mandatory.
When insurance kicks in
(Not covered in student health fee)

- Radiology, laboratory services and EKGs
- Prescriptions and over-the-counter medication
- Physical therapy (may require copayment/additional fee)
- Physical exams
- Psychiatric services (may require copayment/additional fee)
- Individual visits at the counseling center over the initial 10
- Metabolic rate testing
- Flu shots, allergy shots and other vaccines
- Medical supplies used during the administration of services (bandages, sutures, etc.)
- Sports medicine services (may require copayment/additional fee)
- Travel consults
- Minor surgical procedures and other procedures (IV therapy, breathing treatment, injection of medications, etc.)
- Services received at any other hospital or clinic
- Emergency transport to any other hospital or clinic
Health Insurance

• Student Health Services is only in-network with the university-sponsored Student Health Insurance Plan through AIG. This plan is available to all students, including undergraduates, and is recommended if your student does not have health insurance, and must be added on Self Service Carolina as an optional fee. Visit www.studentinsurance.com for information.

• Student Health Services is not in-network with any other plan, but we file claims as a courtesy. Students must present their insurance card at their first visit so that it can be scanned into their record for future use.

• Out-of-network claims are subject to out-of-network deductibles. Deductibles must be met before claims are paid by insurance.
Health Insurance continued

- Students must always give permission for Student Health Services to file claims for them.
- Some services require pre-certification—especially physical therapy services. Students should check with their plan prior to scheduling services.
- All claims are filed electronically, if possible, for faster processing. Once claims are filed, subscribers get an Explanation Of Benefits detailing what insurance has paid. This usually takes 4-6 weeks to arrive. Students will be billed for any balance owed.
- If you have questions about what your insurance will cover, please call our business office 803-777-3174. You can call before your student has any lab tests or procedures performed.
A Holistic Approach to Health:

Jonathan, 19

- A second year pre-pharmacy student from Kershaw, SC
- Tried to quit smoking several times on his own
- Frequent bronchitis/sinusitis; has severe sore throat
- Would like to become more physically active but is limited due to his tobacco addiction
A Holistic Approach to Health: Jonathan continued

General Medicine Center

• Treat bronchitis/sinusitis/sore throat; provider orders strep culture test (Cost: $23 before insurance; visit with provider included in student health fee)

• Give prescription for generic Z-pak antibiotic for bronchitis (Cost at Thomson Student Health Center Pharmacy: $24 before insurance)
  • For most insurance plans, prescription card co-pays are typically applied the same at the Thomson Student Health Center Pharmacy as other retail pharmacies.
    (So, for example, a $9 generic co-pay will still be $9).

• Provide patient information about effects of smoking on physical health
A Holistic Approach to Health: Jonathan continued

Counseling & Psychiatry
• Work with counselor to develop treatment recommendations for his addiction (included in student health fee for up to 10 individual visits)

Campus Wellness
• Fitness assessment (included in student health fee)
• Provide patient information about nicotine replacement therapy (included in student health fee)
• Tobacco treatment programming (included in student health fee)

Total Cost Before Insurance: $47, including prescription
How You Can Support Your Student’s Health

• Make sure they’ve filled out the Health History Form at www.sc.edu/myhealthspace before their first visit
• Transfer existing prescriptions to our Thomson Student Health Center Pharmacy
• Encourage them to come to the Thomson Student Health Center to see a provider at the first sign of illness or injury
• Encourage them to meet with a counseling center member before small issues affect their academic performance
  • Community Consultation & Intervention
• Talk to your students about their mental health often, including if they’re experiencing depression, anxiety and suicidal thoughts
• If your student needs to go to a hospital or urgent care center after the Thomson Student Health Center is closed, they can go to one of these nearby facilities: www.sa.sc.edu/shs/afterhours
How You Can Support Your Student’s Health

• Remind your student to get the flu vaccine. They are available early October each year for $15
• Keep the Student Health Services Guide to Services on your desk or bookmarked on your computer www.sa.sc.edu/shs for the next four years. Your student will call you when they’re sick, stressed or homesick and ask you what they should do!
• Discuss their overall health and safety – the best way to achieve academic success is to stay healthy!
• Let them know your expectations – that you want them to do their best, not be perfect, so they don’t feel too much pressure
Questions?

Student Health Services

www.sa.sc.edu/shs 803-777-3175

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