Student Health Services
UNIVERSITY OF SOUTH CAROLINA

Guide to Services and Programs
Welcome to Student Health Services!

Academic success is the goal of every college student, but sometimes it can be a challenge. A new town, friends and lifestyle, combined with classes, can create a stressful environment for your body, as well as your mind. Student Health Services assures that your work at the University of South Carolina is supported by many caring and skilled people who understand the connection between good health and academic performance.

We believe in a Healthy Carolina, which means we support an overall healthy community at USC. We provide a holistic, patient-centered approach to health and wellness through comprehensive primary health care, disease prevention, wellness programs, Counseling & Psychiatry and Sexual Assault and Violence Intervention & Prevention services.

Take advantage of all of the programs, services and events Student Health Services offers while you’re a USC student. We’re more than a place for you to go when you’re sick.

We’re here to not only help you build a solid foundation of health while you are in college but also to help you begin a life-long journey of health and wellness.

Learn more about all we offer by visiting www.sa.sc.edu/shs.

Good luck as you begin your new life as a Gamecock!

Yours in health,

[Signature]

Deborah Beck
Executive Director,
Student Health Services
University of South Carolina

A Note for Parents

While your student may be away from home, the influence you have over their ability to succeed is stronger than ever. At Student Health Services, we know academic success is tied to health and wellness. Our mission is to enhance student success by providing a full continuum of integrated, high-quality health care, wellness services and prevention education. We invite you to learn more about the services and programs we provide and encourage your student to use them. See more tips for parents on page 5.
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Hours, Appointments & Confidentiality

Hours
8 a.m. - 5 p.m. M-F fall/spring
8:30 a.m. - 4:30 p.m. M-F summer/breaks
2-8 p.m. Sundays fall/spring for General Medicine, Women's Care, counseling (which meets in Thomson on Sundays), Laboratory and Radiology
8 a.m. - 2 p.m. M-F fall/spring & 8:30 a.m. - 2 p.m. M-F summer/breaks for Physical Therapy

Appointments
Visit www.sc.edu/myhealthspace for General Medicine, Sports Medicine, Women's Care and Allergy, Immunization and Travel Clinic
803-777-3175 for General Medicine, Sports Medicine, Physical Therapy, Laboratory, Radiology and nutrition consultations
803-777-8920 for Women's Care
803-777-9511 for Allergy, Immunization and Travel Clinic
803-777-1835 for sexual health consultations
803-576-9393 for exercise consultations, physical fitness assessments and tobacco treatment
803-777-1833 for psychiatric services
803-777-5223 for counseling services
803-777-8248 for Sexual Assault and Violence Intervention & Prevention

Confidentiality
All Student Health Services visits are confidential. Mental and physical health care records are completely separate from all other university records. Student Health Services staff confer with one another and other health care providers as needed to provide integrated care. In the event of treatment at a hospital, we will share relevant information for continuity of care. Otherwise, Student Health Services will not release information without a patient’s written permission, except as authorized or required by law, or in our judgment as necessary to protect the patient or others from a serious threat to health or safety.
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Parents and families, your students will likely enjoy their newfound sense of freedom during their college years, but they will still rely on you for advice. Student Health Services provides your student tools to help stay healthy. Here are some tips for you to help support them:

- Discuss their overall health and safety - make sure they are eating well, exercising and sleeping enough.
- Encourage them to see a health care provider at the first sign of illness or injury.
- Contact our Counseling & Psychiatry department if you are concerned about your student or one of their friends. They can help you figure out how to help them or get them connected to the right resource on campus.
- Remind them they can fill prescriptions at the Thomson Student Health Center Pharmacy.
- If they need 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.
- Give your student your current health insurance information before his or her first appointment (or even better, when you’re on campus for orientation). See page 10 for more billing information.
- Remind them our counselors and psychiatrists can help them deal with stress, anxiety or other mental health issues.
Tips for Students

Students, college will be a time of transition for you, and sometimes you may struggle with balancing all of your new responsibilities. Student Health Services is here for you. Here are some tips to help ensure a healthy college experience:

- Make sure you fill out the Health History Form at www.sc.edu/myhealthspace before your first appointment to minimize your wait time when you see one of our providers.
- Provide current health insurance information upon arriving for your first appointment (or even better, when you’re on campus for orientation). See page 10 for more billing information.
- See a provider at the first sign of illness or injury; don’t let a cough or other ailment get worse so it’s difficult for you to go to class.
- Visit with a counselor or psychiatrist before small issues affect your academic performance. Make an appointment with a counselor or psychiatrist immediately if you are experiencing depression, severe anxiety or suicidal thoughts. If it is an emergency, dial 911.
- Transfer your existing prescriptions to the Thomson Student Health Center Pharmacy.
- Get the flu vaccine; the health center begins administering the vaccine in early October.
- If you need to go to a hospital or urgent care center after the Thomson Student Health Center is closed, go to one of these nearby facilities: www.sa.sc.edu/shs/afterhours.
- All forms of tobacco use are prohibited on all USC leased, owned and controlled property and in vehicles parked on USC property. If you or someone you know needs help quitting tobacco, Campus Wellness offers tobacco cessation programs. For more information, visit www.sc.edu/tobaccofreeusc.
Medical Home Accreditation

Student Health Services is fully accredited through the Accreditation Association for Ambulatory Health Care (AAAHC) and has been recognized for its outstanding programs, services and quality improvement initiatives.

Recent awards include:
- American College Health Association (ACHA) Best Practice Award for Healthy Carolina, 2014
- Jed Campus Seal for Mental Health, 2014
- Jed and Clinton Health Matters Campus Program, 2014
- Bicycle Friendly Campus Bronze Medal, 2013
- Center of Excellence - Working Well™, 2014
- American Heart Association, Fit Friendly Worksite - Gold Award, 2013
- Gold Star Award for Tobacco-Free, Working Well™, 2014
- NASPA Excellence Award for Healthy Carolina Bronze Level, 2014
- BlueCross BlueShield LiveLifeBlue Workplace Wellness Award, 2015

Our Health Care Delivery Method consists of an integrated evidenced-based care team delivery model (Patient Centered Medical Home Model). Components include the following:
- Quality & safety
- Accessible and affordable
- Interdisciplinary
- Health promotion and disease prevention
- Excellence in patient satisfaction
- Advanced technology
- Technology

Student Health Services uses other technology, including a secure patient portal (where students can schedule appointments, communicate one-on-one with care team members and discuss test results, etc.). We also use phone apps and Facebook and Twitter pages to engage patients in their care and promote services and healthy behaviors.

In addition to recently being re-accredited for three years by the Accreditation Association for Ambulatory Health Care (AAAHC), Student Health Services also earned the patient-centered Medical Home accreditation.

The AAAHC Medical Home accreditation is the highest achievement for primary care; it centers on a comprehensive review of our entire organization. The peer review process assures our patients receive high-quality, holistic care.

To facilitate the Medical Home model, Student Health Services has a comprehensive and integrated electronic health record (EHR) system that is secure, readily available and shared among the care team members. The entire care team can easily document treatment plans, outcomes, lab reports, etc.

The new health care facility, which will break ground in 2015, will provide the rich environment and facility to sustain and grow this health care delivery model. Learn more about our new health center on page 20.
A big part of the Medical Home Model is the use of care teams within the organization.

At USC, when a student visits the Thomson Student Health Center, they are assigned a primary care provider, who is part of a care team, composed of other physicians and nurse practitioners.

These providers work with nurses, counselors, case managers, social workers, nutritionists, wellness professionals, pharmacists, advocates and other allied health and support staff to ensure each student is cared for in a comprehensive manner. We rely on our campus and community partners for referrals to specialty clinics.

The care team system allows for patient involvement and participation in their assessment and treatment. It also improves safety and quality and reduces health care costs.

For students, this means when they visit their primary care provider, the physician or nurse practitioner will not only address the issue that brought them to the office but will also inquire about their mental health and any other issues that may be bothering them.

By inquiring about the overall patient’s health status, the provider can recommend other resources the student may need such as mental health or wellness consultations.

Do you know which care team you belong to? Do you know who your primary care provider is?
Visit www.sc.edu/myhealthspace or call 803-777-3175 to find out!
Costs, Fees, Payment & Insurance Information

Student Health Fee
The student health fee, which is paid through tuition each semester, covers the costs for some but not all services at Student Health Services.

Services covered through the student health fee:
- Office visits for the treatment of routine and chronic illness (excluding sports medicine and psychiatric services)
- Up to 10 individual visits at the Counseling and Human Development Center per academic year
- Unlimited group counseling
- Support groups and workshops
- Preventive screenings including blood pressure and body fat percentage measurement
- Individual exercise and fitness consultations
- Individual nutritional consultations with a registered dietitian

Services not covered through the student health fee:
While there are charges for some services, our charges are typically less than off-campus health care facilities. Fees are associated with the following:
- Radiology, laboratory services and EKGs
- Prescriptions and over-the-counter medication
- Physical therapy
- Physical exams
- Psychiatric services (requires copayment)
- Individual visits at the Counseling and Human Development 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 consultations
- Travel consults
- Minor surgical procedures and other procedures (IV therapy, breathing treatment, injection of medications, etc.)
- Services received at any other hospital or clinic
**Courtesy Filing**
Student Health Services will file health insurance claims. Students should bring insurance and prescription drug cards to campus. We will not file claims with Medicaid or Medicare. Please visit www.sa.sc.edu/shs/billing for more information about filing health insurance claims.

**Health Insurance**
Health insurance is not mandatory for non-international undergraduate students but recommended. A university-sponsored plan is available at www.studentinsurance.com.

International students, full-time graduate students (enrolled in nine or more credit hours) and graduate assistants must have and maintain health insurance as a condition of enrollment. These students are automatically enrolled in the university-sponsored plan. They must submit a hard waiver at the beginning of each fall and spring semester to waive this coverage. Students must provide proof of comparable coverage that complies with the Patient Protection and Affordable Care Act (PPACA). For more information, visit www.sa.sc.edu/shs/billing/insurance.
The Healthy Carolina initiative works to create a healthy campus environment that promotes the development and maintenance of a healthy body, mind and spirit through the collaborative development, promotion and assessment of policies, programs, services and initiatives that address all dimensions of wellness for the members of the USC campus community.

Healthy Dining
The “Healthy Choice” icon denotes a healthy, balanced food option in USC dining facilities and in vending machines. Icon use follows federal nutrition guidelines and serves as a visible brand for healthy eating.

On-Campus Produce Delivery
The USC community has the opportunity to purchase fresh, locally-grown produce direct from a Community Supported Agriculture (CSA) program and other local vendors.

It’s another way for the USC community to eat healthier!

Fit Walk Paths
Healthy Carolina has mapped out walking paths on campus to encourage students, faculty and staff to get out and get moving.

Healthy Carolina Wellness Community
Through a partnership with University Housing, our community gives students the opportunity to live in an environment that encourages the development of a healthy body, mind and spirit.

Healthy Carolina Farmers Market
The Healthy Carolina Farmers Market is an easy way for the campus community to obtain fresh, healthy, locally-grown foods and products.

The market is co-sponsored by Parking Services and the South Carolina Department of Agriculture. The market is open on select Tuesdays during the school year and is located on Greene Street in front of the Russell House.

Lactation Support Initiative
The Lactation Support Initiative provides support and resources for nursing mothers returning to work or class.

The program includes Learn at Lunch seminars, breastfeeding classes with a lactation specialist, a lending library and nursing mother’s lounges across campus.
Tobacco Free USC
USC’s campus is tobacco free. Learn more on page 28.

College Health Behavior Research
USC participates in the National College Health Assessment through the American College Health Association.
This survey assists health service providers, health educators, counselors and administrators in collecting data about the health of students.

Working Well Initiative
Working Well is an employee wellness initiative for the faculty and staff of USC. The aim of the initiative is to create a culture of wellness that will ultimately improve the work performance and work culture for the faculty and staff of the university.

Healthy Carolina Coalition of Councils
Healthy Carolina oversees a coalition of health councils that address health topics related to the National Prevention Strategy which include the Healthy Lifestyles, Substance Abuse, Mental Health, Sexual Health and Safety Councils governed by a Steering Council. For more information, visit www.sa.sc.edu/healthycarolina/coalition.
General Medicine offers primary and urgent health care provided by highly qualified and experienced board-certified physicians from various specialties (family medicine, pediatrics, general medicine, internal medicine and obstetrics and gynecology) and licensed nurse practitioners.

A diverse group of nurses and other allied health and support staff assist our physicians in providing excellent care.

Appointments are available for non-urgent care. Same-day and walk-in appointments are available for urgent care.

The health history form must be completed at www.sc.edu/myhealthspace before a student’s first appointment.

Services

- Assessment and treatment of illness and injuries
- Surgical services such as laceration repair, toenail excision or drainage of abscesses*
- Physical exams*
- Consultations for health concerns
- Sexually transmitted infection/disease screening, evaluation and treatment*
- Preventive education and screenings*
- Referrals to community specialty physicians (cardiology, neurology, etc.)
- Vaccines (flu, HPV, etc.)*

Students are responsible for payment of all community provider charges.

* Indicates charges not covered through the student health fee. Charges and services are subject to change.
911 Response & After-Hours Care
For any medical emergency, students should dial 911. If calling from a cell phone, callers must state they are on the USC campus in order to be transferred to campus police emergency dispatch. After hours, urgent and emergency medical care is available off campus. Students are responsible for payment of charges for ambulances, other transportation or medical care provided by local hospital emergency rooms or other off-campus health care providers. For more information about after-hours medical facilities or nearby hospitals, visit www.sa.sc.edu/shs/afterhours.

Doctor’s Care has three urgent care clinics near campus and are open after hours and weekends:
• 977 Knox Abbot Dr., Cayce, SC 29033 (2.6 miles from campus), 803-794-0476
• 511 Beltline Blvd., Columbia, SC 29205 (3.2 miles), 803-782-4051
• 4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

For medical emergencies, students can visit a hospital emergency room:
• Palmetto Health Baptist, Taylor & Marion streets, Columbia, SC 29220 (.9 miles)
• Providence Hospital, 2435 Forest Dr., Columbia, SC 29204 (2 miles)
• Palmetto Health Richland, 5 Richland Medical Park Dr., Columbia, SC 29203 (2.75 miles)
Women’s Care is staffed by highly qualified and experienced board-certified gynecologists and licensed women’s health nurse practitioners. A diverse group of nurses and other allied health and support staff assist our physicians in providing excellent care.

Appointments are available for non-urgent care. Same-day and walk-in appointments are available for urgent care.

The health history form must be completed at www.sc.edu/myhealthspace before a student’s first appointment.

**Services**

- Well woman visits
- Pap tests and pelvic exams*
- Birth control consultations and prescriptions*
- Breast examinations and breast cancer risk assessment
- Family planning
- Diagnosis/treatment of urinary tract infections and urinary problems
- Evaluation of abnormal menstrual cycles and vaginal bleeding
- Colposcopy*
- Pregnancy testing and counseling*
- Sexually transmitted infection/disease screening, evaluation and treatment*
- Evaluation and treatment of Premenstrual syndrome (PMS)
- Evaluation and treatment of eating disorders (in conjunction with a multidisciplinary team)
- Nexplanon placement and management*
- Intrauterine device (IUD) placement and management*
- Referrals for mammograms and breast and pelvic ultrasounds and other medical services
- Vaccines*

* Indicates charges not covered through the student health fee. Charges and services are subject to change.

**Recommended Care for College-Age Women**

The American College of Obstetrics and Gynecology recommends women engage in periodic health care guidance through routine well woman visits beginning in adolescence and cervical cancer screening beginning at age 21.
The Pharmacy provides professional, confidential and economical prescription services* and over-the-counter medical products at competitive prices. The pharmacy fills prescriptions written by health care providers off campus as well as those written by our providers.

**Payment**
Prescriptions are to be paid for when filled. In addition to payment from insurance companies, the campus pharmacy accepts cash, check, Visa, MasterCard, American Express, Discover and the Carolina Card.

**Insurance**
The pharmacy processes most prescription insurance claims. Some insurance cards provide only medical coverage and may require a separate card for pharmacy coverage. Students should check with their insurance company and bring in a current insurance or prescription card.

**Refills**
Use MyRxSpace ([www.sc.edu/myrxspace](http://www.sc.edu/myrxspace)) to place refill orders online, download the PocketRx app for your smartphone or call 803-777-4890. Students can order refills at any time. If prescription refills are ordered during normal business hours, students can pick up refills within two hours. If students order after hours, refills can be picked up the next business day.

**Transferring Prescriptions**
The pharmacy can fill prescriptions written by doctors outside the health center from any state. Students may bring in the original prescription or have their physician telephone or fax it to the pharmacy. The pharmacy will be happy to call an outside pharmacy to transfer any remaining refills students have on a prescription. Students can call 803-777-4890 and provide their prescription number and phone number of their pharmacy to transfer prescriptions.

**Over-the-Counter Products**
The pharmacy carries a variety of over-the-counter products, including pain relievers, cough medicines, nasal decongestants, stomach medications and hygiene products.

* Indicates charges not covered through the student health fee. Charges and services are subject to change.
Lab & Radiology
Thomson Student Health Center, second floor
1401 Devine St. Columbia, SC 29208
Appointments: www.sc.edu/myhealthspace or 803-777-3175

Laboratory
Our accredited laboratory accepts orders for lab tests* from both Student Health Services and off-campus health care providers.

Students may request, without a doctor’s order, glucose screening for diabetes, lipid profiles to assess cholesterol levels and testing for sexually-transmitted infections. Follow-up care for these screenings is provided by health care providers and Campus Wellness staff.

Services include a comprehensive array of testing*. Some examples include:

- Complete blood count
- Urinalysis
- Sexually transmitted infections (STIs)
- Pregnancy testing
- Rapid flu screening
- Rapid strep test
- Mono testing

- Hemoglobin A1c
- Complete and basic metabolic panels
- Sickle screening
- D-dimer
- Thyroid screening
- Lipid panels
- Pap smear testing

Radiology
In-house procedures* (X-rays) are provided by a registered diagnostic radiologic technologist and interpreted by a board-certified radiologist.

Electrocardiograms* (EKGs) are provided and interpreted by board-certified specialists. Procedures including contrast studies, CT scans and MRIs are referred off campus.

* Indicates charges not covered through the student health fee. Charges and services are subject to change.
Services

Allergy Immunotherapy (Allergy shots)*
Allergy immunotherapy is provided on a fee-for-service basis. The student’s physician must provide allergy serum, dosage schedule, instructions for administration and reaction orders before injections can be administered. Allergy extract can be stored in the immunization clinic.

Immunizations/Vaccines*

- Measles, mumps and rubella (MMR)
- Meningitis
- Influenza
- Tdap booster
- Tetanus booster
- Hepatitis B
- HPV vaccine

Recommended Immunizations*

- Recent tetanus diphtheria and pertussis (Tdap) booster
- Two doses Varicella vaccines (chicken pox), either by previous infection or vaccination
- Three doses of the Hepatitis B vaccines
- HPV vaccine (Gardasil) for both male and female students

Required Immunizations
Student immunization records do not automatically transfer from high school or other colleges. All immunizations must be up-to-date before students can register for classes. All students are required to have proof of:

- Two MMR (Measles, Mumps and Rubella).
- All students 20 years of age and younger are required to show proof of the meningitis vaccine within the last five years or sign a waiver. Students living in residence halls are strongly encouraged to consider the meningitis vaccines for all strains.
- Students must be screened for tuberculosis or provide documentation of a tuberculosis test within the past year.

Travel Clinic*
This clinic provides international travelers with information about the countries they are planning to visit, evaluates health risks and provides necessary immunizations* for a fee. Students anticipating travel should make appointments 10 to 12 weeks before leaving.

* Indicates charges not covered through the student health fee. Charges and services are subject to change.
Sports Medicine
Our sports medicine physicians are board-certified in sports medicine and family medicine. We offer the evaluation, management and prevention of musculoskeletal injuries including:

- Bracing (knee, wrist, ankle, etc.)
- Fracture management
- Concussion management
- Casting and splinting
- Sports physicals
- Joint and soft tissue injections
- Exercise prescription and advice
- Rehabilitative exercise instruction
- Return-to-play recommendations
- Lifestyle improvement
- Performance enhancement
- Injury prevention

Physical Therapy
Physical therapy assists students in the recovery process necessary after surgery, an injury or any type of musculoskeletal issue requiring rehabilitation. Physical therapists evaluate the patient and set up a clinical program to meet their needs. Services include:

- Back programs
- Neck rehab
- Shoulder programs
- Knee (ACL, PCL) rehab
- Biomechanical ankle platform system
- Gait training
- Cryotherapy
- Proprioception (balance) training
- Moist heat
- Phonophoresis/Iontophoresis
- Home exercise programs
- Deep tissue massage
- Manual therapy
- Ultrasound

Additional copays and fees may be incurred for these services. Charges and services are subject to change.
Did you know?
Student Health Services is building a new health center.

Construction to Begin for New Student Health Center

Construction for the new health center will begin in September 2015. Located directly beside the current Thomson Student Health Center, the new 65,000-square-foot health center will seek a LEED silver certification and feature many innovative options, including allowing students to check in with their smartphones. Construction for the new building is scheduled to be completed December 2016.

New services our building will offer include an eye clinic for minor eye injuries that will sell glasses and contact lenses; expanded physical therapy services including a complete rehab gym; expanded pharmacy services including more prescriptions and over-the-counter drugs for sale; expanded sports medicine services; and triple the exam space so we can see more patients.

Rendering of the approved design for the new health center
March 2015
Maintaining your mental health during this important time of your life is of the utmost importance in sustaining your academic performance and successes here at the University of South Carolina. Counseling & Psychiatry provides students a safe place to speak privately and confidentially with a trained counselor or psychiatrist about a variety of concerns. These may include stress, anxiety, loneliness, depression, relationship difficulties, questions about identity, eating concerns, substance use, sexuality, managing an existing mental health condition or any other issue.

Our multi-disciplinary team of professional mental health providers includes psychiatrists, psychologists, counselors, social workers and supervised trainees in psychology, counseling and social work.

**Counseling**

Currently-enrolled USC students who have paid the student health fee are eligible to receive most services for counseling at no additional charge. However, students who request more than 10 individual sessions per academic year may incur additional charges. Enrolled students who have not paid the student health fee are eligible to receive most services within Counseling & Psychiatry but are charged on a fee-for-service basis. Services include:

- Individualized evaluation and counseling
- Group counseling and couples counseling
- Crisis intervention services
- Referral services
- Community-based services
- Substance abuse consultations
- Consultation services for students, faculty, staff and parents who are concerned about a student

Counselors in the Byrnes building are available any time for crisis appointments during business hours. If you are not in crisis but want to be seen immediately, walk-in hours are also available 2-4 p.m. Monday-Friday and 2-4 p.m. Sunday.

**Emergency Care**

If you are experiencing a mental health emergency and need to speak with a behavioral health professional, call 911. A list of nearby emergency rooms is available at www.sa.sc.edu/shs/afterhours.
Psychiatry
Visits with a psychiatrist require additional charges. Services include:

- Psychiatric evaluation diagnosis and treatment recommendations
- Prescription and medication refills and management
- Substance abuse consultations
- Crisis intervention services
- Referral services

If you are currently seeing a counselor and want to consider medication in conjunction with your counseling, you may call 803-777-1833 to schedule an appointment with a psychiatrist. We encourage you to please discuss this with your counselor who can assist in the referral to the psychiatrist.

If you are only interested in medications, or are in need of transferring your current psychiatric prescriptions, please request an initial consultation with one of our psychiatrists.

Student Health Services has an in-house pharmacy located next to the psychiatry offices and can assist in the transfer of current medications from outside providers. If you are currently taking a controlled substance, please refer to the Student Health Services policy on the prescribing of controlled substances and our Attention-Deficit Hyperactivity Disorder (ADHD) policy. Please see the ADHD Policy for more information:
Campus Wellness offers convenient and accessible programs and services that support and encourage students, faculty and staff to strive for optimal health by incorporating healthy behaviors into daily living. We coordinate programs, services and events about stress management, nutrition, physical activity and exercise, sexual health education and weight management.

Services

- Body fat measurement
- Weight management
- Nutrition consultations
- Blood pressure checks
- Cholesterol and blood glucose screening*
- Sexually transmitted infection (STI) education
- Exercise consultations
- Tobacco cessation resources
- Grocery store tours
- Stress management
- Sexual health consultations
- Healthy cooking classes
- Eating disorder management

Exercise & Weight Management Programs

Fitness Assessments & Exercise Consultations

Campus Wellness offers students a comprehensive fitness assessment to provide an overall picture of physical health and fitness.

Gamecock SWAG (Student Wellness Achieving Goals)*

This is a 10-week behavioral change program for USC students designed to promote active living and healthy nutrition.

Changing Carolina 5K

Held each spring, this race sponsored by the Changing Carolina Peer Leaders provides students, faculty and staff with a goal to aim for while improving health.

Nutrition Services

Nutrition Consultations

Nutrition counseling is offered by registered dietitians. Nutrition counseling addresses needs and establishes eating plans that accommodate lifestyle and food preferences. Visit www.sc.edu/myhealthspace or call 803-777-3175 to schedule an appointment.

Grocery Store Tours

Grocery store tours are open to students, faculty and staff and are offered on a regular basis. Tours demonstrate how to navigate any grocery store, locate healthier food options and interpret nutrition labels.
Cooking Demonstrations
Cooking demonstrations are open to students, faculty and staff and are offered each semester. Participants learn how to cook healthy and affordable meals using local and ethnic ingredients.

Sexual Health Education
One-on-one education is available to students through the sexual health office on the third floor of the Thomson Student Health Center. Health educators are available for private conversations with students about behaviors, healthy relationships, contraception, sexually transmitted infection (STI) prevention and other issues surrounding sexuality.

Stress Management
Keep Calm
This program offers a wide variety of stress management events throughout the fall and spring semesters.

Mindfulness-Based Stress Management
Participants are introduced to the concepts of awareness and attention along with a variety of mindfulness meditation practices as a way of reducing stress and developing greater balance, control and fuller participation in life.

Carolina’s Tobacco Treatment Program
Carolina’s Tobacco Treatment Program is a comprehensive tobacco cessation program. Additional tobacco cessation information for students, faculty and staff may be found at www.sa.sc.edu/shs/cw/tobacco.

*Indicates charges not covered through the student health fee. Charges and services are subject to change.
Like all communities nationwide, USC experiences interpersonal violence, including sexual assault, harassment, stalking, rape, dating violence, domestic violence and hate crime.

Sexual Assault and Violence Intervention & Prevention (SAVIP) strives to eliminate acts of interpersonal violence at USC through advocacy, education and outreach.

**Stand Up Carolina** is an initiative out of the SAVIP office that fosters a campus-wide bystander accountability culture. The initiative educates the campus community about safe strategies to intervene in and prevent interpersonal violence.

**Services**
- 24/7 access to on-call sexual assault advocates
- Academic assistance
- Medical accompaniment to hospitals
- Safety planning
- Temporary alternative housing and permanent relocation
- Legal advocacy
- Referral assistance to other campus and community services
- Prevention & education

Students are welcome to walk into the SAVIP office during business hours if they need advocacy services, want to speak with someone about interpersonal violence or simply need more information. Students may call 803-777-8248 to make an appointment with our staff.

**Emergencies, After-Hours Needs & Advocacy Services**
Students should call 911 in the event of an emergency, including sexual assault, attempted sexual assault, interpersonal violence or after experiencing a hate crime.

*Painting T-shirts for the Clothesline Project, an annual sexual assault awareness event*
Students experiencing sexual violence should:

**Contact the police:** Call the USC Police Department at 803-777-4215 or 911. Reporting the assault is not the same as prosecuting. The decision to pursue legal action can be made later. USC police can help connect you with an advocate, take a report, transport you to the hospital and assist you with a court-issued restraining order/order of protection. Consider preserving evidence by avoiding showering or cleaning yourself or your clothing.

**Seek professional help:** Trained advocates, who are on call 24/7, can provide support, information, referrals and temporary housing. Contact Sexual Assault and Violence Intervention & Prevention at 803-777-8248 (after-hours, call 803-777-4215, and USC police will contact the advocate). *This is a confidential resource.*

**Get medical attention:** Getting medical attention immediately after an assault is important, whether or not you report the assault or file charges. Medical attention can detect, document and treat physical injury, sexually transmitted infections and pregnancy. Go to the Palmetto Richland Emergency Room at 5 Richland Medical Park Dr., Columbia, SC 29203. *This is a confidential resource.*

**Find emotional support:** Trained counselors and psychologists can help you during this difficult time. Call Counseling & Psychiatry at 803-777-5223. *This is a confidential resource.*

**Contact the USC Office of Student Conduct:** You can file a complaint (different from a police report) against an alleged assailant, conduct an investigation and arrange protective measures including no-contact orders and residence hall and class schedule changes. File a complaint here: www.sc.edu/stopsexualassault or call 803-777-4333.

**Report the incident to the campus Title IX coordinator:** File a report here: www.sa.sc.edu/shs/savip/asarf. Title IX is a federal law that prohibits discrimination on the basis of sex. Acts of sexual violence constitute sex discrimination prohibited by Title IX. If you have questions, call 803-777-3854.

For more information, visit www.sc.edu/stopsexualassault.

**Other Contacts**
- Sexual Trauma Services of the Midlands 803-771-7273
- National Domestic Violence Hotline 1-800-799-7233
- National Sexual Assault Hotline 1-800-656-4673
Student Health Services welcomes and encourages student involvement in health and wellness programs, services and initiatives. In addition to volunteer opportunities regarding all aspects of health and wellness, students can become Changing Carolina Peer Leaders or join the Health Services Advisory Committee. Many departments within Student Health Services also offer opportunities for undergraduate employment, graduate assistantships and internships.

**Changing Carolina Peer Leaders**
Changing Carolina is a diverse group of USC student leaders who combine their passion for healthy living with specialized training in leadership and young adult health and wellness issues to advocate for and create a healthy USC campus.

Through campaigns, peer-facilitated presentations and special events, Changing Carolina Peer Leaders are involved in a variety of health issues including physical activity and exercise, nutrition, body image and eating disorders, stress management, tobacco usage, sexual health, healthy relationships, mental health (anxiety, depression, conflict, etc.) and sexual assault and interpersonal violence prevention.

For more information, visit www.sa.sc.edu/shs/peerhealth.

**Health Services Advisory Committee**
This committee is comprised of student leaders from peer health organizations and Student Government. This group reviews policies and plans for Student Health Services and makes recommendations to the Associate Vice President for Student Affairs and Academic Support and the Executive Director of Student Health Services. Call 803-777-4199 for more information.

**Student employment, graduate assistantships & internships**
Students should contact the Student Health Services human resources coordinator at 803-777-3956 for more information.
To promote the health and well-being of all Gamecocks, our entire campus is tobacco-free.

The use of any product containing or derived from tobacco, including e-cigarettes, is prohibited on all university property.

Enforcement is EVERYONE’S responsibility. Resources are available for approaching violators.

Are you ready to quit? Tobacco treatment programs are available on campus and in the community.

Students: 803-576-9393
Faculty/staff: 803-777-6518

For information on the campus-wide policy, resources and treatment options: www.sc.edu/tobaccofreeusc
MyHealthSpace

A secure, online portal that simplifies access to services at Student Health Services. Make appointments online 24/7, communicate with health care providers by sending and receiving secure messages, complete and update your health history form, view and print immunization records and receive confidential lab and radiology results.

1) Go to www.sc.edu/myhealthspace and click on Log In Here

2) Log in with your username and password

3) Verify any information

4) Scan the QR code below on your phone to have quick access to the site
Refill your prescriptions on the go! Forget the hassle of calling the pharmacy and running back and forth to drop off and pick up your prescriptions. Download PocketRx. This free app is available for USC students, faculty and staff. Use it to order and refill prescriptions anytime, anywhere.

Time is valuable. Using the prescription number on your bottle or by scanning the barcode on the label, send your information through PocketRx, which will notify the USC pharmacy that you’re ready to have your prescription filled, and they will begin the processing the order. Once your order has been filled, you will receive a text message that it’s time to pick it up.

1) Find PocketRx at the app store on your smartphone or scan the QR code below

2) Search "South Carolina PocketRx" and download the app

3) Create your profile and pin

4) Add your prescriptions
Student Health Services

Visit MyHealthSpace at www.sc.edu/myhealthspace to make appointments online

General Medicine
www.sc.edu/myhealthspace (appointments)  
803-777-3175 (appointments & information)

Women’s Care
www.sc.edu/myhealthspace (appointments)  
803-777-8920 (appointments & information)

Counseling & Psychiatry

counseling services: 803-777-5223
psychiatric services: 803-777-1833

Campus Wellness
803-576-9393
nutrition services 803-777-3175 or
www.sc.edu/myhealthspace
sexual health 803-777-1835

Allergy, Immunization & Travel Clinic
www.sc.edu/myhealthspace (appointments)  
803-777-9511 (appointments & information)

Pharmacy
www.sc.edu/myrxspace (refills)
PocketRx app on your smartphone (refills)
803-777-4890 (refills & information)

Sexual Assault and Violence Intervention & Prevention
803-777-8248
call 911 or 803-777-4215 for emergencies or after hours

Healthy Carolina
803-777-1650

www.sa.sc.edu/shs
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Twitter @UofSCshs

University of South Carolina
Division of Student Affairs and Academic Support
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