Health and Wellbeing at the University of Virginia

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Organizations

Search Organizations

Categories
- Academic/Professional
- Club Sport
- Contracted Independent Organization (CIO)
- Ethnic/Cultural
- Honor Society
- Law School
- Performing/Visual Arts
- Political/Advocacy
- Public Service
- Publications/Media
- Religious/Spiritual
- Social/Hobby

Register an Organization

Sports Business Society at U.Va
SBS @ U.Va, Are you interested in how the world of sports meets the world of academia, and how analytics shape professional sports? If you are even the least bit curious, come meet and discuss these topics with other curious Hoos just...

3D Printing Club at The University of Virginia
3D Printing Club at The University of Virginia exists to promote the rapidly growing and evolving technology of 3D printing.

4S: Students Supporting Soldier pPsychology
Our aim is to provide a community-oriented environment for students wishing to support the mental health of military personnel.

A Cappellate Opinions
While we will all be going pro in law, we like singing.

AIESEC at University of Virginia
With tens of thousands of opportunities in our global network, we enable you to discover and activate your potential. Transform yourself with life changing experiences abroad that will redefine the way you see yourself, and of the world.

AKAdeMiX Dance Crew at the University of Virginia
AKAdeMiX is a hip-hop dance crew that started in the Spring of 2010 in hopes to combine styles and personalities of hip hop dancing. Our mission is to expose UVA to dance and to represent the University at intercollegiate performances and...

990 total
Paraprofessionals Supporting Wellbeing

Peer Leaders
The Safety Net

• Peers
• Faculty Mentorship/Advising
• Office of the Dean of Students
• Student Health
• Student Health After-Hours Number
• UVA Health System
• 911
  • University Police Department (UPD)
  • Charlottesville Police Department (CPD)
Location
400 Brandon Ave.
www.virginia.edu/studenthealth

2017 Parents Handbook
p. 35-41

Department of Student Health
• Counseling and Psychological Services
• General Medicine
• Gynecology
• Health Promotion
• Student Disability Access Center
Mission

The Department of Student Health promotes the health and wellbeing of all students at the University of Virginia to support their pursuit of academic and personal success.

Goals

• Provide primary health care, counseling and mental health services, and disability access services that are high quality, integrated, and affordable.
• Assure accessible and inclusive evaluation, treatment, education, and outreach.
• Promote positive choices and attitudes while empowering students to embrace lifelong healthy practices.
• Mentor and train at the undergraduate, graduate, professional, and community levels.
• Assure Student Health staff and faculty excellence by supporting professional development.
• Define and disseminate best practices in college health through leadership and robust research.
• Identify and advocate for college health issues locally, regionally, and nationally.
Counseling and Psychological Services

- Psychological and psychiatric assessment
- Referral and care management
- Individual, couples, and group psychotherapy
- Psychiatric medication services
- In-person emergency services
- Afterhours on-call crisis consultation
General Medicine

- Acute and chronic medical illness care
- Preventative Health Services
- Same day observation
- Procedures
- Coordination of Referrals
- Disease Surveillance
Gynecology

- Well-woman visits
- Birth control
- Menstrual and other gyn health concerns
- Gyn screening tests
Health Promotion
Gordie Center for Substance Abuse Prevention

- Data Collection
- Prevention Interventions
- Health Consulting
- Outreach Presentations
- Patient Education
- Special Events
Student Disability Access Center

• Comprehensive services for students with disabilities
• Accommodations to ensure equal access to University programs and services
• Consultations and screening services for LD/ADHD
Pharmacy

- Contracted with UVA Medical Center
- On-site
- Transfer prescriptions
- Care collaboration
- Insurance billing
Laboratory

- Contracted with UVA Medical Center
- On-site labs
- Courier to core lab
- Insurance billing
Annual Flu Shot

- Fall 2017
- On grounds clinic event
- Student Health
Specialty Teams

- International Travel Health Education and Clinic
- Allergy Clinic
- Eating Disorder Treatment Team
- Substance Use Disorders Team
Services covered by Tuition/Fees

- Professional visits
  - MD, NP, RN, RD, PhD, MSW
- Psychological assessment/evaluation
- Counseling
  - One-on-one
  - Group
  - Couples
- Psychiatric treatment
- Consultation/evaluation for academic difficulties
- Comprehensive disability access services
- Family planning
- Same-day observation
- Travel clinic
- Management of chronic disease
- Allergy immunotherapy visits
- Outpatient eating disorder management
- 24 hr triage, on-call
- Health promotion programs
- Monitoring health and disease trends
- Consultation to parents/families/friends
- Coordination of referral services and hospital transfers

* Certain services do incur additional costs, such as lab, pharmacy, vaccines, and medical supplies. Labs and prescriptions are billed to the student's insurance, while other costs are billed to the student's account. A list of fees is available on the Student Health website.
Partners in Health

Health and wellbeing issues are addressed through many avenues, including University and community medical clinics, counseling services, health promotion (including peer health education programs), faculty, and YOU…

We believe that most parents communicate their values about appropriate behavior while being a student at UVA. *Talk to your student now. Talk to them frequently.*
Confidentiality & Consent

- 18 year olds are “adults” in Virginia
  - Protected by privacy and confidentiality statutes
  - May consent to any treatment

- For 18 year olds (and minors for certain conditions) we need a student’s written or verbal permission to speak with a parent.

Student Health cannot allow parents blanket access to their student’s health information.
Insurance Requirements

Health insurance is required by the University.

Covers labs, pharmacy, and visits to specialty providers.

If needed, Aetna Student Health is the University-sponsored health insurance plan.
Insurance – Do the Math

It may be more cost effective to switch to the Aetna Student Insurance Plan (i.e., cost differential between employer and college plan).

- Do you have a high deductible, copayments, or co-insurance?
- Does your plan cover travel coverage (i.e., medical evacuation)?
- Does your network have a large number of national providers for travel or summer job/internship in another state?

Insurance comparison tool: www.virginia.edu/studenthealth/insurance
REMINDERS:
Upcoming Deadlines

• **August 31st**
  Pre-Entrance Health Form due
  ($100 late fee)

• **September 18th**
  Hard Waiver Application due
Hard Waiver and Health Insurance Questions

http://www.virginia.edu/studenthealth/
Things to Do Now...

• Visit Student Health
• Talk with your student about asking for resources and help, as well as being proactive about wellbeing (sleep, nutrition, physical activity, fun, etc.)
• Go to tomorrow’s Resource Fair

If appropriate:
• Visit the Student Disability Access Center if your student needs accommodations
• Visit CAPS, General Medicine, or Gynecology if your student has a pre-existing condition
• Download allergy forms to transfer care
Questions?

“Without health there is no happiness. An attention to health, then, should take the place of every other object.”

~ Thomas Jefferson, Founder, 1826