



SAN DIEGO STATE
UNIVERSITY

For
PARENTS
of SDSU
Students

Summary of
**STUDENT
HEALTH
SERVICES**
Benefits



Student Health Services adheres to all legal requirements for patient privacy.

shs.sdsu.edu

Who we are

Student Health Services (SHS) brings together a multidisciplinary team of qualified, professional staff specifically dedicated to working with students. Medical staff includes board-certified physicians and licensed nurse practitioners. The clinical support staff of registered and licensed vocational nurses, laboratory and X-ray technologists, medical assistants, pharmacists and other support staff complement general medical services.

Student Health Services undergoes voluntary accreditation by the Accreditation Association for Ambulatory Health Care, Inc. All of the departments within SHS must maintain compliance with the standards of care set by this organization. Additionally, the laboratory is accredited by COLA, and the pharmacy is licensed by the California Board of Pharmacy.

Our Mission Statement

SDSU Student Health Services strives to provide high-quality, convenient, student-focused medical care in a safe and welcoming environment, actively partnering with our patients to enable them to achieve and maintain healthy lives in support of their personal and academic success.

Our Core Values

- » Provide ethical, compassionate and culturally considerate care.
- » Respect our patients' rights, confidentiality and intelligence.
- » Assist students in finding resources both within and beyond the campus community.
- » Educate, encourage and empower students to take an active role in their health.

Our Addresses

Campus location

Calpulli Center
5700 Hardy Ave.
(Across from Extended
Studies Building)

Web address

shs.sdsu.edu

Mailing address

Student Health Services
San Diego State University
5500 Campanile Drive
San Diego, CA 92182-4701

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Clinic Hours

**8:30 a.m. – 4:30 p.m. Monday, Tuesday,
Thursday & Friday**

9:30 a.m. – 4:30 p.m. Wednesday

Telephone Numbers

Main

619-594-4325

After-Hours Nurse Advice Line

858-225-3105

Calpulli Center Clinics

Clinic/Office	Floor	Room #
Walk-in Clinic	1st	1401
Pharmacy	1st	1101
Radiology	1st	1201
Immunizations	2nd	2201
Laboratory	2nd	2401
Medicine East	2nd	2201
Medicine West	2nd	2100
Medical Records	4th	4201
Administration	4th	4201

Making an Appointment

Your student should call 619-594-4325 and follow the prompts for a future appointment, same-day appointment, routine medical concerns or to speak with a nurse about a more severe illness or injury.

If your student's need is not urgent, they can request an appointment via HealtheConnect (see page 11 for more information).

Any appointment that cannot be kept needs to be canceled 24 hours in advance or your student may be charged. A Red ID must be brought to all appointments.

It is the policy of SDSU Student Health Services to have a chaperone present during all sensitive exams.

After-Hours Care

SHS closes at 4:30 p.m., Monday through Friday and is closed on weekends and campus-observed holidays.

When SHS is closed, your student should call the After-Hours Nurse Advice Line for health-related questions and information [858-225-3105].

If care is needed after hours, please keep in mind that hospital emergency room services are expensive and vary substantially from one facility to another.

It is important for students to understand they are financially responsible for the cost of their entire health care, whether care is received at Student Health Services or an outside facility.

Urgent-care centers are recommended for non-emergency situations.

Emergency Care & Health Insurance

Student Health Services does not offer urgent or emergency care, advanced specialty care or over-night care. Students should become acquainted with the location of nearby medical facilities so they know where to go if medical attention is needed.

In case of urgent care, emergency room visits, hospitalization or specialty care needs, students are strongly encouraged to maintain or acquire health insurance coverage to assist with these costs. For Information on signing up for an affordable health-care plan or applying for Medi-Cal, Well-being & Health Promotion can help your student. Your student should be encouraged to visit healthpromotion.sdsu.edu or call 619-594-4133.

International Health Insurance – If you have an international student, please have your student visit the International Student Center's website and navigate to the health insurance page under the Health and Safety tab.

Basic Services

All students who enroll in San Diego State University pay a mandatory Student Health Services fee each semester. This fee is paid at the time of university registration and covers the costs of providing basic health services. The mandatory SHS fee includes the cost of staffing, supplies and administrative costs incurred by SHS.

Office Visits for General Medical Services

Examples: Care for respiratory infections, intestinal upsets, urinary tract problems, headaches, sexual health, mental health, and acute injuries (the health service fee also covers access to the after-hours nurse advice line).

NOTE: The mandated Student Health Services fee does not apply to students of SDSU World Campus, institutes, workshops or other special programs. These participants pay for their health services by other means.

For any services not covered under the Basic Health Services fee, acceptable forms of payment include:

- » Cash
- » Check
- » Credit Card

Ancillary Services

Ancillary services are provided in support of basic services. ***Charges may apply for these services.***

Laboratory

In-house lab tests such as blood counts, urinalysis, throat cultures and pregnancy tests are performed without charge. (Charges apply for laboratory tests sent to an outside lab for evaluation.)

Medical Records

SHS electronic health records contain Protected Health Information (PHI) related to a person's health care. Medical Record Release forms are processed within three to five business days from the date of receipt.

Radiology

Chest X-rays and examinations for fractures are performed by this department at no cost to the student. Digital X-ray imaging is provided with same-day reports provided by board-certified radiologists.

Augmented Services

Augmented services are provided by Student Health Services for your student's convenience. They are not considered basic care and are not covered by the health fee. These additional services are made available to SDSU students for a fee which covers Student Health Services' cost to provide them. The benefit of augmented services is the enhancement of the scope of care that students can economically receive within SHS.

Charges will apply.

Pharmacy Services

The Pharmacy at SHS has a wide variety of both prescription and over-the-counter medications available for SDSU students at reduced cost. Students may fill prescriptions (limited to formulary items) from SHS medical providers, as well as from their off-campus providers. Special orders are possible as well. Eligible students may be provided with low- or no-cost prescriptions through prescription assistance programs.

Injections (Shots)

A wide variety of elective immunizations (e.g., human papillomavirus or HPV, immunizations required for travel outside the U.S.), **required** immunizations (measles, mumps and rubella [MMR], hepatitis B, tetanus and meningococcal vaccinations) and allergy injections are available in the SHS Immunization Room.

Physical Examinations

Physicals for employment, insurance, SCUBA certification, school transfers and credential programs are offered.

Specialty Services

- » General Orthopedics
- » Osteopathic Manipulative Treatment

Travel Clinic

Provides up-to-date health information and immunizations for students traveling abroad.

Off-Campus Services

When students need to see specialists or obtain medical services not offered on campus, they can meet with a Community Resource Specialist (CRS) located in Well-being & Health Promotion. The CRS will help them locate off-campus providers who will accept the student's health-care plan. If the student does not yet have health care, the CRS can assist the student with obtaining health care. Students are often referred to the CRS by their SHS provider. They can also make an appointment with the CRS by calling 619-594-4133.

Immunization Requirements

The California State University and San Diego State University are committed to the protection of the health and wellness of all students. The CSU and SDSU require all entering students to comply with the following required immunizations and screening requirements. **Students are strongly encouraged to complete their required immunizations and provide proof of all immunizations prior to new student orientation this summer.**

Failure to provide proof of required immunizations and screenings by the 10th day of the fall semester will result in an immunization hold being placed on the student's registration.

Required immunizations and screening:

1. Measles, Mumps and Rubella (MMR):

Two (2) doses with first dose on or after first birthday; OR positive titer (laboratory evidence of immunity to disease).

2. Varicella (Chickenpox): Two (2) doses with first dose on or after first birthday; OR positive titer. History of contracting the disease does not meet compliance.

3. Tetanus, Diphtheria and Pertussis (Tdap): One (1) dose after age 7.

4. Meningococcal Conjugate (Serogroups A, C, Y, & W-135): at least one dose at age 16 or beyond for students up to age 23.

5. Meningococcal B (Meningitis B): Students age 16 – 23. Complete series, may be two or three doses.

6. Hepatitis B (Hep B): Students age 18 and younger should complete series. Based on type of vaccine, the series is either two or three doses (CA Health & Safety Code, Sec. 120390.5).

7. Tuberculosis (TB) Screening/Risk

Assessment: All incoming students must complete a tuberculosis risk questionnaire. This questionnaire can be found at **www.shs.sdsu.edu/immunizations.asp**.

Incoming students who are at higher risk for TB infection, as determined by the screening questions, should undergo testing for TB infection within one year of SDSU entry.

The above are not admission requirements but are required of students as conditions of enrollment at San Diego State University.

Additionally, the following immunizations are

Strongly recommended:

- » **Hepatitis A (Hep A):** All students regardless of age.
- » **Hepatitis B (Hep B):** Students age 19 and older.
- » **Human Papillomavirus (HPV):** For women and men through age 45.
- » **Influenza (Flu):** Annually; All students regardless of age.
- » **Pneumococcal:** For all students \geq age 65 and for students with certain medical conditions (e.g., severe asthma, diabetes, chronic liver or kidney disease).
- » **Poliovirus (Polio):** Regardless of age, if the series was not completed as a child.

Some students may be further required to present documentation to other campus officials. Students subject to this additional screening include students enrolled in dietetics, medical technology, nursing, physical therapy, student teaching, or fieldwork involving preschool-age children and/or school-age children or taking place in a hospital or health-care setting. Programs involving international travel may require or recommend further immunizations in accordance with California Department of Public Health guidelines. Questions should be directed to the responsible faculty or staff member in charge of the activity.

Students must fulfill immunization requirements by submitting medical documentation as proof of immunization online through the secure HealtheConnect at **www.healthconnect.sdsu.edu**. Positive laboratory evidence of immunity may also be used to prove immunization status. For more information, call **619-594-4325**.

Meningococcal Vaccine: College freshmen, especially those who live in residence halls, are at a modestly increased risk for meningococcal disease, a potentially deadly infection. There are

TWO vaccines at Student Health Services that are effective in preventing the disease caused by meningococcal bacteria. The vaccine for meningococcal serogroups A, C, W & Y (Menactra) is **required** for all students up to age 23. A booster dose is recommended at age 16-18 for those who received their first vaccination at the age of 15 or younger.

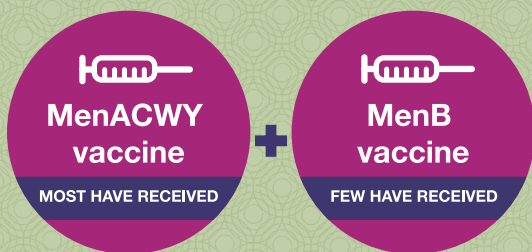
A different vaccine (Bexsero or Trumenba), effective against meningococcal serogroup B, is **required** for students age 16-23. The complete series may be two or three doses. Students are strongly encouraged to begin the series right away.

Vaccination reduces, but does not eliminate, the risk for meningococcal disease.

Most students who are up to date with their vaccinations have received their vaccination for MenACWY but not for MenB.

IMPORTANT!

Students will NOT be able to register for future classes until the requirements above have been satisfied.



SOURCE: MENINGITIS B ACTION PROJECT
MENINGITISBACTIONPROJECT.ORG

HealthConnect Online Services

HealthConnect is a convenient and secure e-messaging web portal that students can use to clear immunization holds (*student must enter immunization dates and upload documents for verification — see immunization requirements on pages 7 - 10*); students can also request prescription renewals, request an advance appointment, inquire about a nonurgent medical concern, request laboratory and X-ray results and store medical history online. Only students and our medical staff have access to private health-care information. To take advantage of this benefit, your student should create a user profile online (*must use student's formal name and the email address as listed on the student's WebPortal*). Parents will not have access to their student's private health-care information.

HealthConnect can be accessed from the SHS home page at shs.sdsu.edu.

Patient Advocacy: The Student Health Advisory Committee (SHAC)

SHAC provides ongoing advice to the Office of the Vice President for Student Affairs on Student Health Services, Counseling & Psychological Services and Well-being & Health Promotion regarding:

- » Those departments' scope of services, both basic and augmented.
- » Delivery of these services.
- » Funding of services.
- » Other critical issues related to these campus health and wellness services.

Through their participation in SHAC, students will improve upon leadership, communication and collaborative skills and gain exposure to the health and wellness fields that could assist students in their career choices, as well as impact the quality of student life. Call Well-being & Health Promotion at 619-594-4133 for more information for the meeting time and location.



Accredited by
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