Les Lawrence, MD
Executive Director

Kevin Readdean, MSEd
Associate Director
Medical Staff
- 2 Physicians
- 2 Physician Assistants
- 1 Nurse Practitioner
- 4 Registered Nurses
- 1 Medical Assistant
- 1 Head Athletic Trainer
- 4 Athletic Trainers

Disability Services Staff
- 1 Director of Disability Services

Counseling Staff
- 1 Psychiatrist
- 3 Psychologists
- 3 Social Workers

Health Promotion Staff
- 2 Health Educators

Administrative Staff
- 1 Associate Director
- 1 Operations Manager
- 1 Insurance Specialist
- 3 Clerical
Location

Academy Hall
Student Life Services Center

Counseling and Disability Services – 4000 Level
Medical and Health Promotion Services – 3000 Level
Sports Medicine – East Campus Athletic Village
Hours of Service

- Medical and Disability Services
  Monday – Friday 8:30 am - 5:00 pm
  Saturday (medical only) 10:00 am - 3:00 pm

- Counseling Services
  Monday – Friday 8:30 am - 5:00 pm

- After Hours Emergency
  911 or 518-276-6611

- 24-hour Nurse Line
  1-866-315-8756

The nurse and front staff are very friendly and welcoming. The nurses always listen to your issues and ask pertinent questions.
Medical Services

- Colds, viral sinusitis, viral bronchitis
- STD’s, rashes, fatigue
- Mononucleosis, influenza, gastroenteritis
- Sprains or strains or other injuries
- Management of chronic conditions
- Gynecological care
- Allergy shots, immunizations
- Accredited lab

Overall, the staff and care I have received at the health center has been timely, attentive, and great.
This was my first time going to the counseling center... It really helps to keep me down on earth.
# Health Promotion Services

## Programs

- Alcohol & Other Drugs
- Mental Health
- Nutrition/Fitness
- Safer Sex/Sexuality
- Smoking & Tobacco
- Stress
- Violence Issues
- Wellness

## Initiatives

- InStallment
- Alcohol and Other Drug Advisory Committee
- Sexual Misconduct Prevention and Education
- *Follow us* @RPIhealth
- Join our RPI Student Health Center facebook page

The Student Health Center also coordinates the campus Safe Zone program (LGBTQ awareness) and the LGBTQ Mentoring Network.
Disability Services

- Support services and referral information for students with disabilities
- Assists with gaining equal access to academic programs, extracurricular activities, and physical facilities
- Assesses eligibility for services for those who register and provide the required documentation
- Meet Jaqualyn tomorrow – resources fair or DSS information session
- http://studenthealth.rpi.edu/disabilityservices
Appointment Availability 2016-2017

- Medical Appointments
  - 95% of students were able to make an appointment for the same or next day.
  - 2% of students chose an appointment time greater than 24 hours from time of call.

- Counseling Appointments
  - 86% of calls for new appointments were seen within a week.

Very fast and able to accommodate me within the day. Everyone was friendly, as usual. The doctor knew what he was talking about and was able to provide me with information I needed and beyond.
How much does all this cost?

Health Center Fee is $309/semester ($618/yr.)

- Covers all visits to the Student Health Center including medical, counseling and health education
- No co-pay or charge to your insurance plan
- Does NOT cover prescriptions, referrals to specialists, hospitalization or emergency room visits

Overall it was a very pleasant experience; I was struck by the friendliness, professionalism, and overall usefulness of the staff.
Typical Health Center Appointments

**Viral Illness**
- Recommend over the counter remedies and self-care
- Student should have supply of medications in their residence hall

**Bacterial Illness**
- Provider will write a prescription
- Student fills prescription at one of five local pharmacies (need health insurance)

**Referral to Specialist**
- Staff will assist with appointment scheduling
- Student attends off campus appointment (need health insurance)

**Injury**
- Minor: splint, crutches supplied (charge to student account)
- Major: sent to hospital for x-ray (need health insurance)

No co-pay or charge to insurance for health center visits!
Confidentiality

- Federal and State Laws (including HIPAA)
- Institute Policy
- Health Center Policy
- Medical Ethics

Prohibit us from talking to anyone about a student’s health without that student’s written permission.

I felt heard and understood and not rushed, and the doctor's diagnosis and treatment were spot-on.
Health Center Requirements

Immunizations
- Paper form, completed by physicians office
- We provide needed immunizations

Physical Exam
- Varsity Athletes only
- Recommend athlete has physical now for fall & spring sports

On-line Portal Forms
- Password protected site
- Also used for scheduling and secure messages

Health Insurance
- Waive or Enroll deadline 9/15
- Annual process deadline 9/15

On-line Education Programs
- AlcoholEdu
- Haven
Immunizations

Rensselaer Student Health Center Pre-entrance Immunization Form 2017-2018
Student Information Section – Completed by Student:

<table>
<thead>
<tr>
<th>Last/family Name</th>
<th>First Name</th>
<th>Middle Initial</th>
<th>Gender</th>
<th>Date of Birth (mm/dd/yyyy)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Student Cell Phone #</th>
<th>Student Email (for contacting about this form)</th>
<th>RIN# (Rensselaer ID#)</th>
</tr>
</thead>
</table>

Must be completed by a healthcare professional, in its entirety, in English, prior to Registration.

1. Required Immunizations:

**MMR (combined measles, mumps, rubella):** NYS Health Department Law
   - **TWO** doses required after 1st birthday and at least 28 days apart and after 01/01/1968

| Dose #1:__/__/__ | Dose #2:__/__/__ |

**MEASLES (if MMR not given):** One of the following is required—NYS Health Department Law
   - **TWO** doses required after 1st birthday and at least 28 days apart and after 01/01/1968
   - OR Titer (blood test, serology) confirming immunity: ATTACH LAB RESULTS

| Dose #1:__/__/__ | Dose #2:__/__/__ | Titer Date:__/__/__ | Result:__ |

**MUMPS (if MMR not given):** One of the following is required—Rensselaer Requirement
   - **TWO** doses required after 1st birthday and after 01/01/1968
   - OR Titer (blood test, serology) confirming immunity: ATTACH LAB RESULTS

| Dose #1:__/__/__ | Dose #2:__/__/__ | Titer Date:__/__/__ | Result:__ |

*PLEASE SUBMIT DATES IN MM/DD/YYYY FORMAT*

Include a copy of your insurance card
This does not constitute the waiver
Everyone in the health center seemed very friendly and willing to help. More professional than I expected. It was like being in a regular doctor's office.
Student Health Insurance Plan Requirement

- All students must have health insurance that will work locally.
  - Family Insurance
  - Insurance purchased through Rensselaer
  - A combination of the two

My experiences at the campus healthcare facility have always been equal to or better than my health care experiences outside of campus.
Student Health Insurance Plan

- Annual premium of $1284/year ($642/semester) includes:
  - No deductibles – in network
  - 10% coinsurance – in network
  - Nationwide set of providers – college, home, traveling
  - Year round coverage (Aug 1 to July 31), cobra option
  - Prescription plan ($10/$30/$50 co-pays)
  - No annual maximum
  - Pediatric dental and vision (to age 19)
  - Meets all ACA requirements

A nationally and locally top-rated health insurance plan
Should I waive the insurance plan?

- Ask “While at Rensselaer will my current plan include the following:”
  - Routine (not just urgent) care outside your geographic area
  - Specialist consultation outside your geographic area?
  - Will you need a referral or prior authorization for treatment by a specialist?
  - Routine laboratory, X-ray and other diagnostic tests outside your area
  - Prescription coverage
  - A nationwide network of providers

Other considerations:

- International Students
- Study Abroad
- Co-op Experience
- Annual requirement
- 2 courses
- 2 parts to each course
- 30 day intermission between parts 1 and 2

- Courses go live – July 30th
- Part 1 deadline – Aug 30th
- Part 2 deadline – Sept 30th
Healthcare Services for Students – Costs and Options

Student Health Center

- Mandatory Health Center Fee = $309/semester
- Not Waivable
- Covers on-campus services
  - Primary Care
  - Personal Counseling
  - Health Promotion Services
- Fees for some services billed to student account (immunizations, physical, etc.)

Health Insurance

- RPI Student Health Insurance offered by CDPHP
- Premium = $642/semester
- Off-campus services (see brochure for covered services and exclusions)
  - Pharmacy
  - Specialists
  - Emergency Room
  - X-Rays
  - Lab Work
  - Etc.
- Can be waived with proof of comparable coverage
  - Must have coverage for prescriptions, and routine/non-emergency care in the Troy area.
  - Waiver deadline is 9/15 to remove health insurance charge from E-bill [must be done each academic year].
  - Details at: studenthealth.rpi.edu

Dental Insurance

- RPI Dental Policy offered by Delta Dental
- Optional coverage for Undergraduates
- Voluntary Fee = $258/semester
- Dental services per policy coverages and exclusions
- Details at: studenthealth.rpi.edu

2017-2018
SELF-CARE SUPPLIES TO HAVE IN YOUR RESIDENCE HALL

OVER THE COUNTER MEDICATIONS:
- Fever reducer
- Pain reliever
- Cough/cold remedies Anti-diarrheal
- Allergy symptom reliever

SUPPLIES:
- Thermometer
- Band aids
- Gauze
- Antibiotic Ointment
- Tweezers
- Hydrocortisone cream

LIGHT DIET FOODS FOR STOMACH ILLNESS:
- Ginger ale
- Sports drink
- Crackers
- Soup

STUDENT HEALTH CENTER – ACADEMY HALL
Primary and Urgent Care Medical Services, Psychological Counseling, and Health Education

Hours: Monday through Friday from 8:30am to 5:00pm and Saturday and Sunday (medical only) from 10:00am to 1:30pm. To make a medical appointment, please call 276-6287. During breaks and between semesters the Health Center is open from 8:00am to 4:30pm Monday through Friday and closed on the weekends.

AFTER HOURS 24 HOUR STUDENT HEALTH HOTLINE
Call Toll Free 1-866-315-8756.

When the Student Health Center is closed Rensselaer students have the opportunity to speak directly with a registered nurse to discuss a current or a chronic health issue. The nurses can provide education and advice regarding treatments and self care strategies. To reach a registered nurse call toll free 1-866-315-8756.
Contact Us

healthcenter@rpi.edu
counseling@rpi.edu
healthed@rpi.edu
healthins@rpi.edu
healthrecords@rpi.edu
dss@rpi.edu

Health and Health Promotion: 518-276-6287
Counseling: 518-276-6479
Disability Services: 518-276-8197

http://studenthealth.rpi.edu

I've been to the health center multiple times, and every time it was amazing. Had a great experience (as good as it can get considering where I was!)