Multidisciplinary Team

Medical Staff
- 3 Physicians
- 2 Physician Assistants
- 1 Nurse Practitioner
- 4 Registered Nurses
- 1 Medical Assistant
- 4 Athletic Trainers

Disability Services Staff
- 1 Director of Disability Services

Counseling Staff
- 1 Psychiatrist
- 3 Psychologists
- 3 Social Workers
- 1 Licensed Mental Health Counselor

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
Monday – Friday 8:30am - 5:00pm

• After Hours Emergency  911 or 518-276-6611
• 24-hour Nurse Line 1-866-315-8756
• Urgent Care Options
  – St. Peter’s Urgent Care (St. Mary's Hospital) - 1300 Massachusetts Avenue
  – Albany Med EmUrgentCare - 730 Hoosick Road
  – St. Peter’s Urgent Care - 79 Vandeburgh Ave, Troy
• Emergency Medical Care
  – Samaritan Hospital Emergency Department
    2215 Burdett Avenue, Troy, 24/7

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.
Counseling Services

- Personal psychological counseling
  - Adjustment
  - Time and stress management
  - Relationships
  - Anxiety and Depression
- Psychiatric assessments and medications
- Consultation
- Crisis Intervention

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
• Bystander Intervention Peer Educators
• Safe Zone program (LGBTQ awareness)
• LGBTQ Mentoring Network

Rensselaer Orientation
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 2017-2018

- **Medical Appointments**
  - 92% of students were able to make an appointment for the same or next day, or chose an appointment time for a later date.

- **Counseling Appointments**
  - 78% 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 $318/semester ($636/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!

Free Flu shots each fall.
Confidentiality

- Federal and State Laws
- 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 Pre-Entrance Requirements

On-Line Portal Forms

- Notice of Privacy Practices
- Patient Information and Medical History
- Tuberculosis Screening
- Health Insurance Waiver/Enrollment
  - Waive: ‘Document Upload’ a copy of your insurance card
- Dental Insurance Enrollment (optional)
- Immunization History
  - ‘Document Upload’ a copy of your Immunization Report
Welcome to the Student Health Portal

Welcome to the Rensselaer Student Health Center Portal. We hope you find this web portal to be a useful tool to help manage your healthcare. The portal can be used to schedule medical and GYN appointments, for secure messaging with your medical provider, submitting pre-entrance health information and to submit an enrollment/waiver form for RPI student health insurance plan.

The Student Health Center is a comprehensive, nationally accredited, physician-directed program providing confidential outpatient health care, mental health counseling, and health promotion services. Health care services include primary and urgent care, referrals to specialists, as well as gynecological and allergy clinics. Counseling services include individual counseling sessions and group workshops for personal and academic adjustment problems.
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 on eBill) 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 30\textsuperscript{th}
Part 1 deadline – Aug 30\textsuperscript{th}
Part 2 deadline – Sept 30\textsuperscript{th}
Health Center Fee
- $318/semester
- On-campus Services
- Not waivable

Health Insurance Fee
- $642/semester
- Off-campus Services
- Waivable
Self-care Supplies to Have in Your Residence Hall

Over the counter medications:
- Fever reducer
- Pain reliever
- Cough/cold remedies
- Anti-diarrheal
- Allergy symptom relief

Supplies:
- Thermometer
- Band-Aids
- Gauze
- Antibiotic ointment
- Tweezers
- Hydrocortisone cream

Light diet foods for stomach illnesses:
- Ginger ale
- Sports drink
- Crackers
- Soup

Student Health Services – Academy Hall
Primary & urgent care medical services, psychological counseling, health promotion & disability services
Monday through Friday 8:30am to 5:00pm (when classes are in session)
[M-F 8:00am-4:30pm breaks and summer]

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

Afterhours Nurse Advice Line: 1-866-515-8756
Website: studenthealth.rpi.edu
Health Portal: rpi.studenthealthportal.com
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!)