

# COLLEGE HEALTHCARE



Going off to college and living independently can be a challenge for your child as well as a concern to parents. Your child's health is an important part of a successful college experience.

The SUNYIT Health & Wellness Center is here to assist your child with his/her health needs. Located in the Campus Center, Room 217, the Health & Wellness Center is open Monday through Thursday 9 AM to 6 PM and Friday 9 AM to 5 PM. Services provided include: episodic sick/injury care, vaccinations, medical supplies, etc. The healthcare staff includes a part-time physician, nurse practitioners, registered nurses, a health educator and support staff. Your child will receive prompt, compassionate and confidential health care.

Please DO NOT confuse the health fee with the health insurance fee .....these are two separate fees.

- ❖ Health Fee - a mandatory fee that entitles all SUNYIT students, full and part-time, services provided at the Health & Wellness Center. This fee cannot be waived and is pro-rated for part-time students.
- ❖ Health Insurance Fee - the cost of a basic accident and injury health insurance policy designated by SUNYIT. **It is NOT a comprehensive healthcare policy as it has limited benefits but helps defray the high cost of healthcare.** This fee must be waived on-line each semester, **only IF** your child has another health insurance policy.

## SUMMER CHECKLIST:

### ✓ HEALTHCARE

- Make a check-up appointment with your child's primary care physician (PCP) and dentist.  
Note: Make sure a copy of the physical exam completed within the last 2 years and mandatory public health law requirements are provided to the Health & Wellness Center by **August 15<sup>th</sup>**.
- For your child's quick access, purchase for your child a first aid/self care kit that has basic health care supplies: band-aids, non-mercury thermometer, ice pack, hand sanitizer, sunscreen, etc. The Health & Wellness Center has these supplies but it is good to have these basic supplies for quick access.
- For your child's quick access, purchase commonly used medications: pain relief, fever reduction (i.e. Acetaminophen), anti-inflammatory (i.e. Ibuprofen), antacid tablets, anti-diarrhea, antihistamine, cough suppressant, decongestant and antibiotic ointment.
- If your child has a chronic, on-going medical condition (i.e. allergies, asthma, ADD/ADHD, diabetes, etc.):
  - Schedule a check-up appointment with your PCP/specialist at home and develop an away-from-home medical plan. **Make sure the SUNYIT Health & Wellness Center has a copy of this plan.**
  - Make sure your child has emergency medications and testing equipment (i.e. rescue inhalers, Epi-pen®, glucose meters, etc.) refilled **BEFORE** they arrive on campus. Remind them to carry their emergency medications and testing equipment with them at all times because the residence halls are a distance away from the classrooms.
  - Refill prescriptions at your home town pharmacy. If your child is not planning on having the prescription refilled at your home town pharmacy each month, request a prescription from your PCP to be filled at a pharmacy in the Utica area. If you have pharmacy coverage, ask the insurance company for a 3-month supply as well as participating pharmacies in the Utica area, if applicable.
  - If a specialist is required in the Utica area, ask your son/daughter's PCP for a referral. The Health & Wellness Center can assist you to identify local specialists, just give us a call.
  - Have your child become familiar with the Health & Wellness Center **BEFORE** a crisis occurs.

### ✓ HEALTH INSURANCE COVERAGE

- **INFORM YOUR CHILD OF HIS/HER HEALTH INSURANCE COVERAGE**  
Health insurance coverage is mandatory for full-time students at SUNYIT. Each student is automatically enrolled AND billed for SUNYIT's designated health UNLESS the student waives it **EACH SEMESTER BY THE FIRST DAY OF CLASS**. If your child has other health insurance (i.e. covered under a parents' policy), the student may waive the SUNYIT designated insurance on-line. Your child must use their PIN number (obtained during their initial registration) to waive the designated health insurance policy at <http://healthwaiver.sunyit.edu>. The statement "Your health insurance waiver has been successfully submitted" must be viewed before logging off the site.

- **If your child has health insurance coverage under your policy, make a copy (front & back) of the health insurance card and give it to your child.** Contact the health insurance company and verify your child's individual healthcare coverage "away from home" process and benefits: participating and non-participating providers, referrals, claim submission, co-pays and deductibles, etc. If you have a managed care policy (i.e. HMO, PPO, etc.), ask about a "guest ID card". Your child should know her/his individual health insurance coverage policy process BEFORE they arrive on campus. Remember, most services provided at the Health & Wellness Center are provided by the mandatory health fee, regardless of your child's health insurance coverage. Encourage them to utilize the Health & Wellness Center.
- If your child has pharmacy coverage under your policy, make a copy (front & back) of the prescription card, if different than the health insurance card and give it to your son/daughter. Contact the insurance company to learn the away-from-home process and to identify participating pharmacies in the Utica area, if applicable.

## ON CAMPUS TIPS

- ❖ If your child is sick or injured, please encourage them to come to the Health & Wellness Center for a medical assessment by the physician or nurse practitioner. The vast majority of services are covered by the mandatory health fee (not to be confused with health insurance fee), thus there is NO ADDITIONAL FEE for most services.

### Services Provided:

- Clinical Services:
    - Sick/Injury Care – medical evaluation, treatment and follow-up medical care
    - Vaccinations – MMR, Influenza, etc.
    - Womens' & Mens' Health – GYN examinations, birth control/contraceptives, etc.
    - In-house blood work/laboratory work, blood draws
    - Limited medications – prescription and over-the-counter
    - Medical Equipment/Supplies/Other – crutches, band-aids, cough drops, etc.
    - Referrals – to private practitioners, community agencies, etc.
  - Health Education:
    - Free, confidential HIV testing and counseling
    - Alcohol/substance abuse screening and counseling
    - Smoking Cessation Program – counseling, nicotine re-placement patches, etc.
    - Current health-related education literature/resources
    - Appropriate health guidance with necessary referral
    - Prevention focused programs
    - Peer education programs
    - Weight management programs
- ❖ Any fall, injury or accident that occurs on the SUNYIT campus, by either a student or visitor, MUST be reported as soon as possible to University Police (Kunsela Hall, Room B126, on campus 111, off campus 792.7105).

**SUNYIT Health and Wellness Center**  
**Campus Center, Room 217**  
**Phone: 315.792.7172**

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