Guide to Health Care at SUNY Geneseo

Prepared especially for new students

Welcome !

Health & Counseling promotes students' optimal health, well-being and development by providing high quality, integrated and holistic health services. Staffed by caring professionals, Health and Counseling offers primary health care, psychological counseling, sexual health services and wellness education to SUNY Geneseo students. As part of our mission we empower students to be active partners in their own health care, provide education and resources to foster healthy decision making and support students in the pursuit of their academic and life goals. This flyer provides an overview of our services, as well as some important health information for you to consider. We encourage parents and students to discuss together the information in this publication.

Do you know…

… what medical services are available for students?

Health Services provides primary care for acute and episodic illnesses and monitoring of chronic illnesses, as well as disease prevention and health promotion services. We do not replace your home health care provider but work in conjunction with her or him.

… what to do if you get sick?

Call Health Services to make an appointment with a clinician (physician or nurse practitioner). Usually appointments are available within 24 hours or less.

Students who arrive at Health Services without an appointment will be given the opportunity to speak with a registered nurse. The nurse and student will then review the options for care. *Acute needs will be given priority.*

… what counseling and psychological services are available?

Counseling Services offers individual counseling and psychotherapy, as well as group counseling, to Geneseo students. Brief counseling (up to 10 sessions) focuses on helping students identify strategies which maximize effective coping and promote positive change. A consulting psychiatrist works with the Counseling and Health Services staff to assist those students whose treatment includes the use of medication. Off-campus referrals are available for students who may need more specialized care.

… what the health fee covers?

All students are assessed a mandatory health fee at registration. The health fee covers visits with health care providers, wellness programs and operational expenses. A voluntary fee covers most medications stocked at Health Services, influenza vaccine, in-house laboratory work, and supplies such as dressings, ace bandages, etc. It also covers sports, study abroad and other school related physicals.

… about your health insurance?

All students are advised to have health insurance. You should call your health insurance carrier to make sure that your insurance provides "out of area" coverage if you are not from this area. Those who do not have insurance may purchase the Student Health Insurance Plan; call Health Services for more information. Remember to bring your insurance card, and basic information about what your insurance plan covers, to school with you.

Hours of Operation

Health Services & Counseling *Services*

Monday & Thursday

8:00 a.m. – 7:00 p.m.

Tuesday, Wednesday & Friday

8:00 a.m. – 5:00 p.m.

area code (585)

Health Services
245-5736

Counseling Services
245-5716

Health Promotion
245-5747

Other Health Information You May Need to Know

⇨ **Allergy Injections**
may be continued at Health Services; however, we do not initiate desensitization or do allergy testing. To be eligible for injections, we must have on file complete records from your allergist as well as a signed copy of our Allergy Policy Agreement. Come see us and we'll give you the necessary form!

⇨ **Emergency Services**
are provided by one of the local hospitals, most often Strong Memorial (Rochester) or Noyes (Dansville). Emergency transportation is provided by the Geneseo Village Ambulance. SUNY Geneseo First Response, a student group comprised of Certified First Responders and EMTs, responds to the scene of health emergencies on campus but does not transport.

⇨ **Health Promotion**
services are provided by our Coordinator of Health Promotion, HealthGuards (volunteer peer educators), student assistants and interns. We provide health information and promote healthy attitudes and behaviors for the campus community. You are encouraged to become a HealthGuard peer educator.

⇨ **Registered Nurse Telephone Advice Service**
is available whenever Health and Counseling is closed. Call Health Services at 245-5736; you will automatically be transferred to the RN advice line.

⇨ **The Student Health Advisory Committee** (SHAC)
is a group of students, faculty, and staff appointed by the President to advise Health and Counseling administration and to represent students' concerns.

⇨ **Required Immunizations**
All students are required to be vaccinated against Measles, Mumps, Rubella, Polio and Tetanus.

In addition, the American College Health Association highly recommends vaccination against Hepatitis B and Bacterial Meningitis, especially for students living on campus.

Patient Confidentiality
All services offered at Health and Counseling are confidential in accordance with legal and ethical standards of practice. No information about students' visits is released unless the student has completed and signed a "release of information" form.

Livingston County Reproductive Health Center
offers affordable and confidential annual gynecological exams and contraception. To make an appointment to be seen at Lauderdale call:

243-7540

Our Web Site

http://health.geneseo.edu

Accredited by
Accreditation Association for Ambulatory Health Care, Inc.

College Self Care Kit

One great way to prepare for school is to pack a self-care kit. Consider including the following items:

- ☐ Acetaminophen or Ibuprofen
- ☐ Antacid tablets or liquid
- ☐ Antibiotic cream
- ☐ Antihistamine
- ☐ Band-Aids
- ☐ Cold medicine (decongestant, cough medicine: drops, throat lozenges)
- ☐ Hydrocortisone cream
- ☐ Hydrogen peroxide
- ☐ Prescription medicines
- ☐ Sunscreen
- ☐ Thermometer
- ☐ Tissues

Self-Care Center

Designed to help students treat the common cold, headaches and wounds, the Self-Care Center is quick and easy to use, and provides students with useful health information.

Other Important Numbers

Dean of Students	245-5706
Disability Services	245-5112
Financial Aid	245-5731
Multicultural Affairs	245-5620
Orientation	245-5852
Registrar	245-5566
Residence Life	245-5726
Student Accounts	245-5621
Student Employment	245-5734
Univ. Police Emergencies	245-5222
University Police	245-5651

This publication was prepared for you by the Lauderdale Center for Student Health and Counseling, Division of Student and Campus Life, SUNY Geneseo

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