

## American College Health Association

### Vaccine Recommendations:

- Meningococcal: recommended for all first year students living in the residence halls and other college students under age 25 who wish to reduce their risk.
- Hepatitis B: recommended for all students who have not already received this series. A three shot series is given during a six month period.
- Tetanus: a booster is needed every ten years after the childhood primary series. If it has been ten years or longer since last doses of Td (tetanus, diphtheria), Tdap (Tetanus, diphtheria, and acellular pertussis) should replace a single dose of Td.
- Measles, Mumps, Rubella (MMR): two doses after first birthday and at least 28 days apart
- Varicella (Chickenpox): two shot series at least one month apart. Students may want to consider this vaccine if they have never had the chickenpox or have not been previously vaccinated.
- Influenza: recommended annually to avoid disruption to academic activities.
- Hepatitis A: two shot series given over six to twelve months. Students may want to consider receiving this vaccine at least one month before traveling to high risk countries.
- Polio: childhood primary series. Booster is needed for some foreign travel.
- Quadrivalent Human Papillomavirus Vaccine (HPV): recommended for all female college students up to 26 years old who have not received the vaccine (three doses over a six month period).

### Where to go for Vaccines

Pierce County Public Health Department, in collaboration with Student Health Services, offers most pertinent vaccinations free or at a reduced cost to UWRF students at regularly scheduled clinics (generally the first Tuesday of each month from 3:00-5:00 p.m.) at the Pierce County Public Health River Falls Office (same location as Pierce County Reproductive Health Services at 174 Riverwalk). Student Health Services sponsors on campus influenza shot clinics each fall. The River Falls Medical Clinic also offers vaccines, but students are responsible for the full cost (except tetanus and MMR, which are covered by Student Health Services). The River Falls Medical Clinic will submit claims to insurance. See our web page under "Immunizations."

## Tuberculosis (TB) Screening Recommendations

The Centers for Disease Control recommend TB screening for persons in certain high risk groups. For more information about TB and these recommendations, check the Student Health Services webpage under Immunizations. Student Health Services covers the cost of TB skin testing (Mantoux) for students at the River Falls Medical Clinic.

## Other Services and Information

### Taxi Service

The River Falls Taxi (425-7878) provides free transportation to and from the River Falls Medical Clinic and Pierce County Reproductive Health Services. A valid student ID must be presented each time.

### Health Insurance

Students are strongly encouraged to have health insurance. For more information about health insurance, please consult the Student Health Services web page under "Health Insurance." A University of Wisconsin System Student Health Insurance policy is available for students in need of health insurance to purchase at 1-866-293-6473 or <http://www.sas-mn.com/>. Students who are currently covered by health insurance should check with their carrier to see what arrangements need to be made for coverage to continue while at college. All students should carry health insurance and drug coverage cards with them.

### Emergency Medical Care

Emergency Medical Care is provided after clinic office hours at the River Falls Area Hospital (425-6155), which is adjacent to the River Falls Medical Clinic. This care is NOT covered by Student Health Services and so all charges for care are the student's responsibility. Students may call the River Falls Medical Clinic after clinic hours to talk to a provider (425-6701).

### Prescription Medications

Prescription medications are NOT covered by Student Health Services and there is not a pharmacy available at the River Falls Medical Clinic.

Pharmacies available in River Falls include:

- Econo Foods Pharmacy\* (425-8494)
- Freeman Drug Inc\* (425-2255)
- Shopko Pharmacy (425-6272)
- Walgreens Pharmacy (426-4089)

\*within walking distance from campus

## Medical Excuses

UWRF Student Health Services does not provide excuses for absences from class. Students who have missed classes, exams, quizzes or assignments due to illness or injury need to notify their faculty and make arrangements for make-up work. Medical excuses will not be written by staff or providers at the River Falls Medical Clinic or by UWRF Student Health Services staff.

### Counseling Services for Students

On-campus confidential personal counseling is available for students free of charge at UWRF Counseling Services (425-3884). Referrals to the River Falls Medical Clinic for medications are also available for current students. Alcohol and other drug assessments are also available for currently enrolled UWRF students. A fee is charged for assessments requested as part of court or other sanctions.

### We Want Your Input!

Get involved in solving health issues on-campus by joining the Student Health Advisory Committee. Call Student Affairs at 425-4444 (ask for Student Senate) or Student Health Services (425-3293) for more information.



## Student Affairs



### University of Wisconsin-River Falls Student Health Services

211 Hagestad Hall  
410 South Third Street  
River Falls, WI 54022  
Website: [www.uwrf.edu/studenthealth](http://www.uwrf.edu/studenthealth)  
Phone: (715) 425-3293  
Fax: (715) 425-3573



## Student Health Services 2009-2010



[www.uwrf.edu/studenthealth](http://www.uwrf.edu/studenthealth)

Mission of Student Health Services:

To enhance students' health by collaboratively providing basic health services, access to information and resources, advocacy for campus health policies, and prevention focused programming so that students can successfully pursue their academic, personal, and professional endeavors.

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## Student Health Services

### What Does Student Health Services Do?

- Provides access to clinical health services for students.
- Monitors the health and mental health of students, the campus and the community.
- Identifies pertinent health concerns and issues.
- Addresses health issues through collaborative health programming, services and policies.
- Serves as a consultant and resource for health information and services.

### Who Does Student Health Services Serve?

Clinical services through Student Health Services are available for registered full-time and part-time UWRF students. Students are eligible during the academic, January, and summer terms as long as they are registered for the current term and have paid the required fees. Students are eligible between consecutive terms as long as they are registered for the next term and have paid the required fees. Part of segregated fees paid by students supports services.

### Where are the Clinical Services Provided?

Specific clinical services are provided for registered full-time and part-time UWRF students through contractual agreements with the River Falls Medical Clinic and Pierce County Reproductive Health Services.

### Student Health/Counseling Services Resource Area

Information on general and mental health issues is available on a walk-in basis at 211 Hagestad Hall and on our web page.

### Director of Student Health Services

Alice Reilly-Myklebust, RN, MSN, provides general oversight of Student Health and Counseling Services and works on services, policies, and programming for the optimal health and mental health of students. She can be reached at: 425-3293 or [alice.m.reillymyklebust@uwrf.edu](mailto:alice.m.reillymyklebust@uwrf.edu).

### Health Education Coordinator

Corey Phelps, provides campus-wide prevention-focused programming on issues such as alcohol, tobacco, sexual health, etc. He also speaks to classes, residence hall groups, and student groups and organizations on health-related topics; serves on several campus and community health related committees; and oversees certain prevention grants. Corey may be reached by telephone (425-3293) or e-mail ([corey.phelps@uwrf.edu](mailto:corey.phelps@uwrf.edu)) for questions or more information.

### Health Educator

Stacy Dekkers, BS, provides support and marketing for campus-wide health and wellness programming. Stacy also provides outreach activities that support wellness. She can be reached at 425-3293 or [stacy.dekkers@uwrf.edu](mailto:stacy.dekkers@uwrf.edu)

### Student Health Nurse

Lori Otto, RN, BA, provides nursing care, health information, counseling, outreach and advocacy for students at the River Falls Medical Clinic and education and information on-campus. She is available on-campus part-time and at the clinic. Contact Lori at 425-3293 or [laura.otto@uwrf.edu](mailto:laura.otto@uwrf.edu).

## River Falls Medical Clinic

The River Falls Medical Clinic provides a full range of medical services, including serving as a registered travel clinic. Although basic office visits are covered by Student Health Services, the cost of certain procedures or services performed during an office visit, such as wart removal or medication injections, are NOT covered by Student Health Services.

### What is covered by Student Health Services?

The services below are provided for current students at the River Falls Medical Clinic There may be additional testing done automatically if certain tests are positive. This testing is not covered by Student Health Services.

- Physician, physician assistant, and nurse practitioner basic office visits
- Basic psychiatrist visits
- Throat cultures
- Monospots (mononucleosis test)
- Urinalysis
- Pap smears
- Certain sexually transmitted disease testing
- HIV testing
- Urine pregnancy testing
- Allergy injections
- Tetanus, diphtheria, and pertussis vaccines (Td or Tdap) and measles, mumps and rubella (MMR) vaccines
- Tuberculosis skin testing (Mantoux)
- Emergency Contraception

\*Both male and female providers are available.

### Appointments

Appointments should be scheduled in advance by calling the River Falls Medical Clinic (715/425-6701).

### Clinic Location and Hours

River Falls Medical Clinic (715/425-6701)

1687 East Division Street, River Falls

Hours:

- Monday - Thursday 8:00am to 8:00pm
- Friday 8:00am to 5:00pm
- Saturday 8:00am to 12:00 noon
- Sunday 10:00 a.m. to 2: 00 p.m. (urgent care)
- Fax: 715/425-7075

### Who to Contact after Clinic Hours

After clinic hours, students can call the River Falls Medical Clinic (425-6701) and the answering service will put them in touch with a clinic provider.

### What to Bring

- Valid student ID (required)
  - Insurance card and information (if students are covered)\*
- \*If students do not wish for their insurance company to be billed they should notify the clinic registration staff.

## Pierce County Reproductive Health Services

### What is Covered by Student Health Services?

Student Health Services covers:

- Pap smears and exams
- Certain sexually transmitted disease testing and exams
- Genital wart treatment
- HIV testing
- Urine pregnancy testing and referral information
- Referrals for nutrition counseling
- Emergency contraception

Services provided at a reduced charge include:

- Birth control pills and certain other contraceptive options
- Depo-Provera injections
- Over the counter supplies (gels, condoms, & dental dams)

\*All reproductive health services are provided by female practitioners, but services are provided to both male and female clients.

### Family Planning Waiver Program

If eligible, female students may receive additional covered services through the Family Planning Waiver Program. Check with staff at Pierce County Reproductive Health Services or see the Student Health Services webpage under Health Insurance for more information.

### Clinic Location and Hours

Pierce County Reproductive Health Services

174 Riverwalk, River Falls

Call 715/425-8003 for current hours

### Appointments

Appointments should be scheduled in advance by calling 715/425-8003. Condoms and other non-prescription safer sex and birth control supplies can be obtained on a walk-in basis.

### What to Bring

- Valid student ID (required)
- Insurance card or information (if students are covered)

### Who is Financially Responsible for Services Not Covered?

Students are financially responsible for all services received at the River Falls Medical Clinic and Pierce County Reproductive Health Services that are not covered by Student Health Services. Students should familiarize themselves with which services are and are not covered.

## Immunizations

### University Requirements

Students should check their immunization histories, update needed vaccines, and carry their records with them. Wisconsin state law requires that all enrolled college students have education on meningococcal disease, hepatitis B, and the availability and effectiveness of vaccines. Universities must ensure that each student residing in on-campus housing affirms that he/she has received the immunization information, and if the student has been vaccinated, he/she must provide the date/s of the vaccination/s, but does not require these vaccinations.