Student Health Center
To provide, promote and support services that integrate individual health, education for health, prevention of disease, clinical treatment for illness and public health responsibilities consistent with the educational mission of the University.
Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance:

<table>
<thead>
<tr>
<th>Factor</th>
<th>2017</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>41.3%</td>
<td>32.7%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>34.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>27.6%</td>
<td>23.6%</td>
</tr>
<tr>
<td>Depression</td>
<td>19.8%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Work</td>
<td>19.3%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Cold/ Flu/ Sore Throat</td>
<td>18.4%</td>
<td>17.1%</td>
</tr>
<tr>
<td>Internet Use/ Computer Games</td>
<td>13.7%</td>
<td>13.6%</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>12.1%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Concern for a Friend/ Family Member</td>
<td>11.1%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Participation in Extracurricular Activities</td>
<td>10.9%</td>
<td>11.0%</td>
</tr>
</tbody>
</table>

Source: National College Health Assessment, LSU, Spring Semester
Quality of Care

- Fully accredited, since 1989, by the Accreditation Association for Ambulatory Health Care (AAAHC)
- Consistently receives high ratings on the Student Satisfaction Survey

### Student Satisfaction Survey, Academic Year 2016-17
(784 respondents)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>96%</td>
<td>The Student Health Center is a vital part of the campus community.</td>
</tr>
<tr>
<td>93%</td>
<td>My overall needs and expectations were met during this visit.</td>
</tr>
<tr>
<td>94%</td>
<td>My overall experience in the Medical Clinics was positive.</td>
</tr>
<tr>
<td>96%</td>
<td>My overall experience in Mental Health Service was positive.</td>
</tr>
<tr>
<td>93%</td>
<td>My overall experience in Wellness and Health Promotion was positive.</td>
</tr>
<tr>
<td>92%</td>
<td>The health and wellness services on campus support my efforts to remain and succeed at LSU.</td>
</tr>
</tbody>
</table>
Access to Care

- Evaluated and improved the appointment matrix and triage systems in the Medical Clinic and Mental Health Service
- Enhanced unit website
- Examined space utilization in post-fire renovation to provide for the addition of two exam rooms
- Enhancing use of electronic clinic management system, including electronic health records and the online patient portal
- Expanded Mental Health Service staff, based on needs identified by campus and national data trends
Eligibility for Care

- Full-time students and students who are taking 6 hours or more during the summer term pay the Student Health Fee as part of their tuition and fees.
  - Summer 2018: $95, Fall 2018: $175

- Part-time students and non-student spouses who elect to pay the fee.
Affordability of Care

- Visits to a primary care clinician, specialist, mental health clinician and registered dietitian are included in the Student Health Fee.
- Fees for procedures and ancillary services, including laboratory and diagnostic imaging are low cost.

For more information about the cost of common services, visit the Insurance & Fees section of our website, www.lsu.edu/shc.
Health Insurance

- University-sponsored Student Accident and Sickness Insurance Plan with United Healthcare
  - Provides healthcare coverage at affordable rates
    - Basic Plan - $2,154 (annual rate, 2017/2018)
  - Considers the Student Health Center a “first choice” facility

- Regardless of insurance coverage, the Student Health Center staff will file courtesy claims, if a student has their information on file. However, the rate of reimbursement depends on the company and should be researched prior to service provision.

Celeste Carney, Insurance Coordinator, 225-578-3304
Insurance questions, assistance with enrollment and claims submittal
Hours of Operation

**Fall & Spring Semesters**
Monday – Friday, 8:00 AM – 5:00 PM
Saturday, 9:00 AM – 12:30 PM*

*Medical Clinic and Pharmacy only
*Hours shift to Sunday, 1:30 PM – 5:00 PM on home football game days

**Summer Term**
Monday – Friday, 8:00 AM – 4:15 PM

*Information regarding care available after hours is posted at each entrance of the Student Health Center and on our website.*
Scope of Services

Medical Clinics
- Primary care
- Specialty care
- Women’s Clinic
- Laboratory
- Diagnostic imaging
- Physical rehabilitation

Mental Health Service
- Individual counseling
- Group counseling
- Anxiety/ depression management seminars
- Psychopharmacology
- Eating Disorders Treatment Team

Wellness & Health Promotion
- Wellness coaching
- Nutrition counseling
- Group programming
- Classes
- Outreach events
- Volunteer opportunities

Student Health Center
Medical Clinics
Medical Services

- **Primary Care**
- **Specialty Care**
  - Allergy and Immunizations
  - Dermatology
  - Ear, Nose, and Throat
  - Orthopedics
- **Ancillary Services**
  - Laboratory
  - Diagnostic Imaging
  - Physical Rehabilitation

Student Health Center
Immunizations

REQUIRED
Meningitis (*Menveo*)
MMR (*Measles/Mumps/Rubella*)
Td (*Tetanus/Diphtheria*)
TB (*Tuberculosis test*) *

RECOMMENDED
Flu (*administered in October*)
Gardasil (*males and females*)
Hepatitis A and B

OTHERS AVAILABLE
Allergy Shots
Rabies
Tdap
Typhoid
Varicella (*Chicken Pox*)

* Required – based on screening results

Injection Clinic Hours:
Mon – Thu: 8:30 – 11:00 AM and 1:00 – 3:30 PM
Fri: 8:30 – 11:00 AM

Student Health Center
To submit immunization forms or to check compliance status, visit the Patient Portal.
Tiger Health Tool Kit

- Multivitamins
- Alcohol-based hand sanitizer gel
- Antibacterial soap
- Disinfectant spray
- Surface disinfectant
- Tissue
- First Aid Kit
  - Thermometer
  - Fever reducer/ pain reliever – acetaminophen, ibuprofen
  - Anti-diarrheal tablets
  - Triple antibiotic ointment
  - Burn relief cream
  - Sterile dressings
  - Assortment of adhesive bandages
Counseling Services

Consultation
Crisis intervention
Individual therapy
Group therapy
Emotional Wisdom seminars
Relationship seminars

- alcohol/drug abuse
- anxiety/stress
- depression
- disordered eating
- family and relationship issues
- self-esteem
- sexual violence
Wellness Services

• Campus outreach events
• Wellness coaching and referral
• Group presentations
• Social media campaigns
• Self-defense course for women
• The Lighthouse Program
• Tiger BITes Training
• Street Squad
• Volunteer opportunities
Online Health Education

• Increases the “reach” of health education programming
• Available 24/7
• Allows students to explore personal concerns without fear of embarrassment
• Preferred mode to seek health information
• A national trend
MyStudentBody (MSB)

To learn more, visit www.lsu.edu/mystudentbody.

Students can access using their myLSU username and password.

Parents can create a username and password and use the code TIGERPARENT.
The MyStudentBody (MSB) Essentials Course is a required comprehensive prevention education course for incoming students. It covers the three most significant behavioral risks new college students face: alcohol, illicit and prescription drugs, and sexual violence.

- Easily defined group
- First semester (actually, the first six weeks) is a crucial time in the academic career of a new student
- Many of the disciplinary incidents involve first-year students
- Many students come to LSU with established high risk behaviors
- An important element in student education, as required by Federal mandates, including Title IX and the Campus SaVE Act
10. Practice good safety skills – travel in groups, take well-lit pathways, lock doors and windows, protect personal info online.

9. You don’t have to gain weight your first year in college. Eat healthy and stay active!

8. It’s normal to feel a little stressed, sad, or lonely at times when making the transition to college.

7. You deserve to be in a healthy relationship, built on mutual respect and trust.

6. If you choose to drink, employ risk reduction strategies- eat prior, alternate beverages, do not accept drinks from strangers, arrange for a safe ride home.
Top 10 Health Tips

5. If you choose to be sexually active, get consent and practice safer sex, every time.

4. We’re tobacco free! Policy prohibits use of tobacco and e-cigarettes on campus. Free cessation services are available.

3. If you are a survivor of sexual violence there are support resources to ensure your recovery and success.

2. If a friend needs help, it’s better to say something than to be a bystander.

1. *There are a lot of professionals here at LSU who want to help you have the best possible college experience!*
Parents as Partners

Be clear about expectations.
- Attending class
- Drinking
- Financial responsibility
- Study time vs. social time

Keep open lines of communication.
- How are you doing?
- Do you like your classes?
- Are you feeling overwhelmed?
- What can we do to help?

Familiarize yourself with University resources.
Thank you!

Julie J. Hupperich, MS, LDN, RD
Student Health Center
225/ 578-5718
jhupp@lsu.edu

VISIT US. FOLLOW US.
WWW.LSU.EDU/SHC