Student Health Service Resources for Student Leaders
Congratulations PALs, RAs, and iMentors

We hope the information in this presentation will help you to:

• answer some of the questions other students may ask you about Student Health Service

• become more aware of our services, pertinent insurance information, hours and after hours options for health care, and the many helpful links that are available through the Student Health Service webpage at http://oxford.emory.edu/life-at-oxford/student-health/

• Encourage students to be proactive about any health concerns they have and never hesitate to make an appointment at student health.

If you ever have any questions, concerns or problems and think we can help, please do not hesitate to call (770-784-8376) or visit.

Student Health Service is located in East Village, Murdy Hall.

Good luck to you in your position of responsibility as a RA, PAL or iMENTOR!

Pamela Cassara, MSN, FNP-BC
Director, Student Health Service
LOCATION & HOURS

SHS Hours of Operation:
9:00 a.m. to 12:00 p.m. Monday through Friday
1:00 p.m. to 5:00 p.m. Monday through Friday

To best accommodate your class schedule, call early for an appointment.

Closed:
Labor Day, Thanksgiving Break, Winter Break, MLK Day,
Spring Break, and Summer Break

Location:
Student Health Service is located in the East Village, Murdy Hall

Mailing Address:
Oxford College Student Health Service
600 Haygood Street, Murdy Hall
Oxford, GA 30054

Phone/Fax
Phone: 770-784-8376
Fax: 770-784-8473
OUR PHILOSOPHY OF CARE

The Oxford College Student Health Service (SHS) healthcare providers and staff understand how important it is for both students and their families to know they have access to high quality healthcare services away from home. As an Oxford College student, you will enjoy access to a full service primary care clinic with providers that will address all your health concerns. With an emphasis on education, our nationally certified nurse practitioners support students to achieve wellness during their critical first years of college.

Whatever your needs, SHS healthcare providers will give you excellent care in a totally confidential setting. We will not share any of your personal health information with anyone without your consent.

Chances are all your health issues can be managed right here at SHS by our nurse practitioners. Rest assured, when indicated, our medical advisor, Dr. W. Norris Little, Board Certified Internal Medicine Physician, is available to see you at his nearby office by appointment. We also provide referrals to other specialists in the area when needed for dermatology, orthopedics, etc. We have an in-house dispensary with over 30 commonly prescribed medications, so you might not even need to leave campus to get your prescription filled.

For emergency services 9-1-1 should be dialed. Our local hospital emergency room at Newton Medical is only minutes away.

While you're enrolled at Oxford, our staff will help you manage your healthcare to optimize your Oxford College experience. Please contact our office with any questions you may have about our services.

Telephone: 770.784.8376
Fax: 770.784.8473
pamela.cassara@emory.edu
The Student Health Service offers the following:

- Evaluation and treatment by a nurse practitioner for a full spectrum of primary health care concerns such as upper respiratory infections, dermatologic disorders, gastrointestinal disorders, urinary tract infections, and acute minor injuries.

- In house lab testing such as rapid strep and flu test, urinalysis, and TB skin tests.

- Outside laboratory tests such as throat, wound, and urine cultures, complete blood count (CBC), mononucleosis, STDs, metabolic profiles, thyroid and cholesterol screening, allergy testing, immunity titers, and many more.

- Gynecological health management including contraceptive therapy.

- Sports and travel physicals.

- Immunizations, including annual flu shots.

- Blood pressure monitoring.

- Wound care.

- Ear care includes treating infection, ear irrigation for excess wax or foreign objects.

- Eye care includes treating infection, basic exams for visual acuity and corneal injury.

- Prescription refills for routine medications.

- Referrals to specialists both locally and near main campus as needed.
SERVICE FEES

No fees are charged for evaluation and treatment of health problems by the providers.

Students are financially responsible for the following services where insurance may apply. Charges are posted on Bursar (OPUS) account. No payments are received in the office.

- Laboratory tests performed in the office such as rapid strep and flu testing
- Medications dispensed
- Medical supplies such as ace wraps and slings, large bandages
- Phlebotomy
- Sports and travel Physicals

There are no fees for students with Aetna Emory Student Insurance plan except for over the counter medications and sports or travel physicals.
AETNA EMORY STUDENT INFORMATION
COVERAGE DETAILS AND FEES
(only for students who purchased this insurance plan)

REFER TO THESE LINKS FOR ALL INFORMATION

2015-2016 Domestic Student Plan Design and Benefits Summary:
What this Plan Covers and What it Costs
https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf

2015-2016 International Student Plan Design and Benefits Summary:
What this Plan Covers and What it Costs
https://www.aetnastudenthealth.com/schools/emory/pdbsINT1516.pdf

Aetna Emory Doc Find to search for participating Providers, Specialists and Hospitals (must have visit at student health prior to visiting a specialist, but this is not needed to go to Urgent Care/ Emergency Room)
http://www.aetna.com/docfind/jsp/rdIndex.jsp?site_id=emorycore&langpref=en

THESE LINKS CAN ALSO BE ACCESSED ON OXFORD STUDENT HEALTH WEBPAGE under Aetna Emory Benefits Summary/Doc Find
http://oxford.emory.edu/life-at-oxford/student-health/

For extensive information on the plan:
https://www.aetnastudenthealth.com/ and put in Emory
OTHER SERVICES

Vending Machines
All residence life halls and the Student Health Service lobby have vending machines stocked with Benadryl, Tylenol, Ibuprofen, Neosporin, Sudafed, Hydrocortisone Cream, and First Aid supplies for minor cuts for only a quarter.

OTC medications and supplies
SHS stocks OTC meds and supplies such as as Flonase, Claritin, Nasal Saline, antifungal creams, and digital thermometers for students to purchase with or without an office visit.

Medical Equipment
Students can check out crutches, wheelchairs, and nebulizer machines for asthma.

Appointment Verification
Student Health Service staff provides appointment verification notes after an office visit. The student is responsible for notifying professors regarding absences in accordance with the professors attendance policy.

If special circumstances exist and an extended physical illness or injury necessitates further documentation for The Office of Academic Services, students who have been evaluated by Student Health for the illness or injury in question can request the Director of Student Health Service to prepare documentation once a release to do so has been signed.
FIRST AID KIT INFORMATION
Avoid taking any medication you have ever had an allergic or adverse reaction to.

**Meds**
Pain reliever: ibuprofen (ADVIL, MOTRIN), acetaminophen (TYLENOL)
Antiseptic skin cleanser: (hydrogen peroxide or Betadine)
Antibiotic cream or ointment (Neosporin)
Antihistamine for itching, stings, seasonal allergies (Benadryl, Allegra, Zyrtec, Claritin)
Hydrocortisone cream for skin rashes, itching (Cortaid)
Antacid tablets or liquid for upset stomach (Tums, Mylanta, Zantac)
Decongestant (Sudafed)
Cough expectorant (plain Robitussin, plain Mucinex)
Cough expectorant with cough suppressant (Robitussin DM, Mucinex DM)

**Supplies**
**Oral or digital thermometer**
Band-aids in assorted sizes
Gauze pads (4 x 4s)
Gauze - 3 inch roll
Paper tape
Scissors
Tweezers
ACE bandage for sprains (3 inch for ankle/wrist, 4 inch for knee)
Ice bag for sprains, bee/wasp stings (zip lock bags work very well)
Sunscreen
Many health problems that occur throughout life are minor and self-limiting rather than life threatening. Most of these ailments cause annoying symptoms. Treatment is often aimed at relieving the uncomfortable symptoms and is referred to as symptomatic relief. Many nonprescription, over-the-counter (OTC) drugs or medications are available without a doctor's prescription. These drugs can be used safely by most people as long as label instructions are closely and accurately followed.

Prescription medicines are prescribed by various health care providers (e.g., physicians, nurse practitioners, dentists, etc.) for individuals who have health problems requiring specific medical evaluation and supervision.

**DO**
- Take all medication as directed on the label
- If an antibiotic is prescribed, take the total number of capsules or tablets prescribed. An incomplete course of antibiotics may only suppress and not kill the organisms, or other resistant organisms may emerge.
- Take single ingredient medicines whenever possible. These drugs allow more selectivity in treating symptoms. Single ingredient medicines are drugs such as ibuprofen and acetaminophen. Multiple ingredient medicines are drugs such as Vicks Nyquil and Robitussin CF.
- Read thoroughly all product information about the medicine.
- Observe all warnings about side effects and interactions with other drugs or food.
- Become familiar with the ingredients in each medicine taken. Taking more than one medicine containing the same ingredient increases the possibility of overdose.
- Know, by name, any or all medicines taken.
- Store all medicines in a cool, dry place.
- Consult a health care provider if any unusual side effect is experienced. Body chemistry varies from person to person. Therefore, the same medicine may affect people differently, even exerting an adverse effect on some individuals.

**DO NOT**
- Do not take any of the medications suggested in the First-Aid Kit if allergic to them. Allergies to medicines are not outgrown.
- Do not take medicines or drugs unnecessarily. As stated previously, many medicines or drugs relieve symptoms but do not cure the problem. Therefore, if the symptoms are tolerable, avoid medicine.
- Do not take medication prescribed for others. Medicine prescribed for another person may not be appropriate.
- Do not take outdated medicines. They may be ineffective and even harmful.
- Do not take prescription medicine left over from a previous illness. It may not be the appropriate medicine for the present problem.
Health Insurance Requirement & Online Waiver Process

Every Student, Every Year!

All continuing, new, reentering or transfer, degree-seeking students and all international students must have health insurance. A link will be placed on students' OPUS accounts at www.opus.emory.edu, requiring them to complete the health insurance waiver process online during the waiver period.

Students will have unlimited access to the waiver site until it closes. They can update insurance information, cancel or submit a waiver, etc.

Students who have not completed the online waiver by the deadline will be charged and enrolled in the Aetna Student Health Insurance Policy. However, they will still have until the first day of classes to successfully complete the waiver process. Students whose coverage does not meet waiver criteria (high deductible plans, insufficient level of coverage, etc.) or those who have missed the waiver deadline can submit an appeal for reconsideration.

Questions about Emory Student Health Insurance Plan/Enrollment should be directed to Kimberly Taylor, Insurance Coordinator, ktaylo2@emory.edu, 404.727.7560.
INSTRUCTIONS FOR EMERGENCIES

Call 911

AND

Call Campus Police, 770-784-8377. They will help with the emergency and also will page the on-call Residence Life Coordinator (RLC).

(OR)

Go directly to:
Newton Medical Center Emergency Room
5126 Hospital Drive and Highway 278
Covington, Georgia
(770) 786-7053

AND

Call Campus Police 770-784-8377 from the Emergency Room and inform them of the emergency. Campus Police will page the on-call Residence Life Coordinator (RLC).
## Weekend/After Hours Options for Oxford/Emory Students

<table>
<thead>
<tr>
<th>Name of facility</th>
<th>Location</th>
<th>Hours</th>
<th>Services</th>
<th>Aetna Student Insurance Coverage</th>
<th>Aetna Student Insurance Visit Costs 2015-2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newton Medical Center Emergency Room and Fast Track</td>
<td>(678) 712-4551 5126 Hospital Dr. Covington, GA 30014</td>
<td>Always open 24/7</td>
<td>Full range of urgent care and emergency services</td>
<td>Yes Accepts Aetna in Emory Core</td>
<td>$75 copay Please refer to Aetna Brochure for co-insurance and deductibles <a href="https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf">https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf</a></td>
</tr>
<tr>
<td>Alliance Family Care LLC</td>
<td>(770) 255-0123 1775 Access Road, Covington, GA 30014</td>
<td>Mon, Tues &amp; Thurs hours 5pm to 7pm Wed, Fri 8:30am-5:30pm Sat Walk-Ins 9am to 2pm</td>
<td>No X-ray Suturing: Yes</td>
<td>Yes accepts Aetna (not in Emory Core)</td>
<td>$35 copay Please refer to Aetna Brochure for co-insurance and deductibles <a href="https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf">https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf</a></td>
</tr>
<tr>
<td>Dr. Abbasi</td>
<td>1-866-389-2727 4192 Salem Rd Covington, GA, 30016-4532 Inside CVS/pharmacy #8419 (next to McDonald's)</td>
<td>Mon – Fri 8:30am to 7:30pm Sat 9am to 5:30pm Sun 10am to 5:30pm</td>
<td>No suturing or X-ray Diagnose, treat and write prescriptions for common family illnesses Limited scope, no med refills, no asthma exacerbation treatment See website Minuteclinic.com</td>
<td>YES accepts Aetna (not in Emory Core)</td>
<td>$35 copay Please refer to Aetna Brochure for co-insurance and deductibles <a href="https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf">https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf</a></td>
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### Weekend/After Hours Options for Oxford/Emory Students

<table>
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<tr>
<th>Family Practice &amp; Urgent Care</th>
<th>Hardin-Marin, Eastlyn E., MD</th>
<th>678-625-5431</th>
<th>3812 Salem Rd, Covington, GA 30016</th>
<th>CALL AHEAD FOR ALL VISITS</th>
<th>No X-Ray Suturing Yes</th>
<th>YES accepts Aetna (not in Emory Core)</th>
<th>Please refer to Aetna Brochure for co-insurance and deductibles <a href="https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf">https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Concentra Urgent Care</td>
<td>1680 GA Hwy 138, SE, Suite E-F Conyers, GA 30013</td>
<td>770-760-0066</td>
<td>866-944-6046</td>
<td>Mon-Fri 7:30am to 6pm</td>
<td>Full range of urgent care services X-ray Yes Suturing Yes</td>
<td>YES accepts Aetna (not in Emory Core)</td>
<td>Please refer to Aetna Brochure for co-insurance and deductibles <a href="https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf">https://www.aetnastudenthealth.com/schools/emory/pdbsDOM1516.pdf</a></td>
</tr>
<tr>
<td>North Atlanta Urgent Care</td>
<td>2700 Clairmont Rd Atlanta, GA 30329</td>
<td>(404) 327-8744</td>
<td>4 miles from main campus</td>
<td>After SHS is closed</td>
<td>X-ray Yes Suturing Yes See website</td>
<td>YES accepts Aetna (not in Emory Core)</td>
<td>$35 copay</td>
</tr>
<tr>
<td>Emory University Student Health Service</td>
<td>To schedule appointments, students should call 404.727.7551 (press 1) 2nd floor 1525 Clifton Rd Atlanta, GA</td>
<td></td>
<td></td>
<td>Mon-Fri 8:00am-5:00pm(school hours) Mon-urgent care/walk in weekend hours Saturday 10:00am-1:00pm</td>
<td>Primary care services</td>
<td>YES accepts Aetna (not in Emory Core)</td>
<td>No visit charge for any student with valid Emory ID.</td>
</tr>
</tbody>
</table>

911 should be called promptly in the event of a Medical Emergency.

Then call Campus Police at 770-784-8377 to escort Emergency Services to the location of Student in distress.
HEALTH LINKS

DRUGS & MEDICATIONS

Medical Dictionary
Nim.nih.gov/medlineplus/
MedicineNet

GENERAL HEALTH

Yahoo/Health
http://goaskalice.columbia.edu/
Web MD
Healthfinder

HEALTH RISK ASSESSMENTS

American Diabetes Association Diabetes Risk Test
R U Well - Health Education & Wellness

MENINGITIS

http://www.cdc.gov/meningitis/index.html

NUTRITION

American Dietetic Association
Food and Nutrition Information Center
Index of Food and Nutrition Internet Resources
FDA U.S. Food and Drug Administration
http://www.idealfit.com/fitness-library/help-fight-freshman-weight-gain

DISEASES AND CONDITIONS

www.cdc.gov/DiseasesConditions CDC
http://www.who.int World Health Organization

SEXUAL HEALTH

Planned Parenthood Federation of America
Ann Rose's Ultimate Birth Control Links Page
The National Women's Health Information Center
ashasexualhealth.org
Acha.org/topics/sexualhlth.cfm

TOBACCO

quitnet.meyouhealth.com/#!/net
Tobacco BBS
American Cancer Society
American Lung Association
IMPORTANT TELEPHONE NUMBERS
NEWTON COUNTY EMERGENCY MEDICAL SERVICE
On and off Campus 911

IMPORTANT – If you call 911 for an emergency on campus, always call the Oxford College Police (770-784-8377) who will meet the EMTs and direct/lead them to the exact location. OXFORD COLLEGE POLICE | (770) 784-8377

STUDENT HEALTH SERVICE | (770) 784-8376
Pamela Cassara, RN, MSN, FNP-BC, Director/Nurse Practitioner
Sherie Myers, RN, MSN, FNP-BC, Nurse Practitioner
Cynthia Stinson, RN, MSN, PHD, FNP-BC, Nurse Practitioner
Linda Sikes, Administrative Assistant
Astrid Mills, Medical Assistant
Stephanie Vaughn, Receptionist

COUNSELING CENTER | (770) 784-8394
Sandra A. Schein, Ph.D., Director, Licensed Psychologist
Amira Hernandez, Coordinator, Career Services
Roy Sanders, MD, Psychiatrist
Sharon Harp, LCSW
Susan Vanous, LCSW

NEWTON MEDICAL CENTER | (770) 786-7053
5126 Hospital Dr., N.E. (off Highway 278)
Covington, Georgia

NEWTON COUNTY HEALTH DEPT. | (770) 786-9086
8203 Hazelbrand Rd.
Covington, Georgia

AID ATLANTA | (404) 872-0600

THE NATIONAL STD HOTLINE ASHA | 1-800-227-8922

POISON CONTROL (GEORGIA POISON CENTER) | 1-800-222-1222

RAPE CRISIS CENTERS
Dekalb Medical Center, Decatur | (404)501-1000
Grady Hospital, Atlanta (404)616-4861
Georgia CRISIS Line 1-800-715-4225
Dekalb Rape Crisis Center (DAYLEAGUE) (404)377-1428

GAY/LESBIAN YOUTH HOTLINE 1-800-347-TEEN

OTHER HELP NUMBERS:
Oxford College Chaplain (Lyn Pace) | (770) 784-8392
Newton County Mental Health | (770) 787-3977
Ridgview Institute Access Center | (770) 434-4568 ext.3200
Riverwoods BHS/Mobile Assessment and 24hr. Crisis Line | (770) 991-8500
Peachford Hospital 24hr. Assessment Center | (770) 454-2302
Street map from Oxford College to:

- W. Norris Little, MD
  Medical Advisor

- Newton Medical Center

- Newton County Health Dept.