

A large, multi-story brick building with many windows, likely a university building. The sun is shining brightly from behind the building, creating a lens flare effect. A large tree is on the left side of the frame. The sky is blue with some clouds.

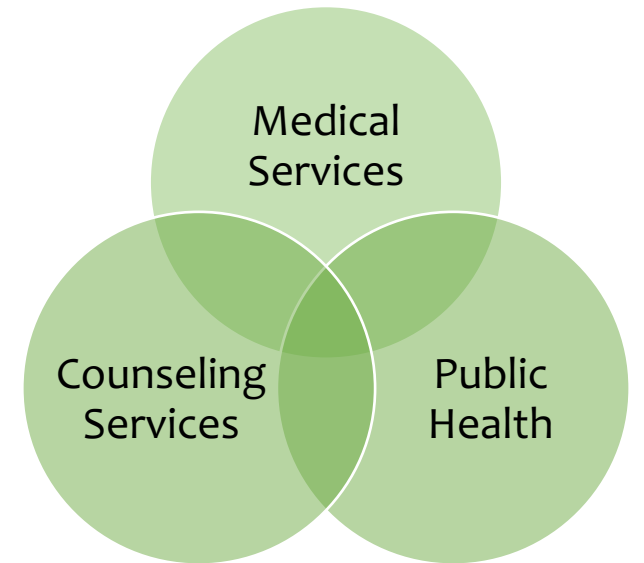
**University Health Services  
2024 International Student  
Orientation**





# *UHS*

## *Right on Campus*



# UHS—Right on Campus!

1590 East 13<sup>th</sup> Avenue  
(Corner of Agate & 13<sup>th</sup>)

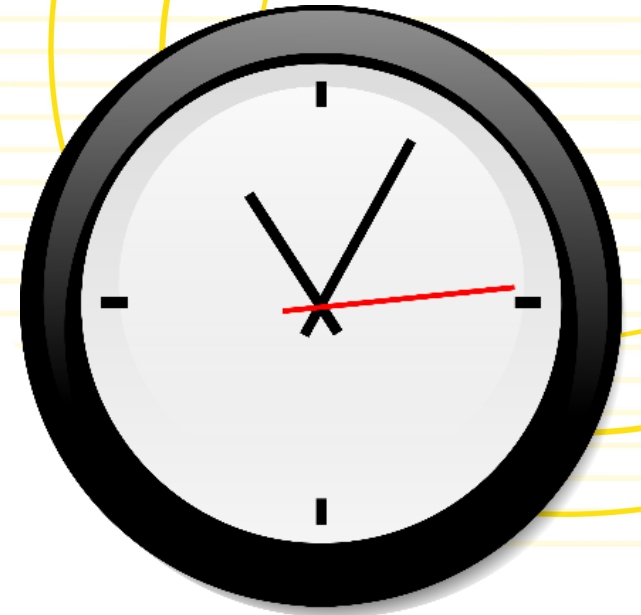
Monday – Friday: 9:00 am – 5:00 pm

**541-346-2770 Medical Services**

After Hours: Connects to Nurse Advice Line

**541-346-3227 Counseling Services**

After Hours: Connects to Crisis and Support Line



# The Role of University Health Services

The role of University Health Services is to reduce health- and mental health-related barriers to a student's academic success and personal development.

大学健康服务的作用就是消除与健康和心理健康相关的障碍，为学生取得学业成就和个人发展保驾护航。

대학건강서비스의 역할은 학생의 학업 성공과 자기 개발에 걸림돌이 되는 건강 및 정신 건강 관련 장벽을 줄이는 것입니다.

大学ヘルスサービスの役割は、学生の学業の成功と個人の成長に対する健康や精神衛生に関連する障壁を減少させることです。

يتمثل دور الخدمات الصحية الجامعية في تقليل العقبات المتعلقة بالصحة والعقلية التي تعوق النجاح الأكاديمي للطالب وتطوره الشخصي.



# UHS Medical Services

- Primary Care
- Psychiatry
- Sexual Health
- STI Screening Clinic
- Triage
- Travel Clinic
- Vaccines
- Pharmacy
- Laboratory
- Radiology (X-Ray)
- Physical Therapy
- Massage Therapy
- Acupuncture
- Dental



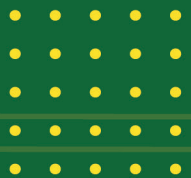
# Counseling Services

- Integrated Mental Health Services
- Short-term Individual Therapy
- Group Therapy
- Case Management and Referrals
- Let's Talk: Drop-in Consultation
- Online Self-care Kit
- Consultations
- After-hours Support and Crisis Line
- Outreach and Education



[counseling.uoregon.edu](https://counseling.uoregon.edu)

541-346-3227

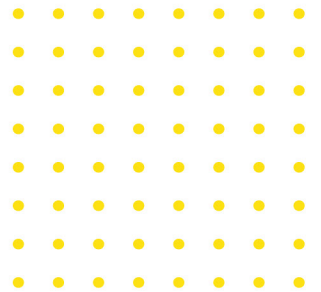




# Public Health Programs



- Health of a Population
- Size of a Small City
- In Close Proximity with One Another
- A Community



# Public Health Programs

1. Health Navigation
  - Peer Health Navigators
2. Communicable Disease Management
  - Care Team
3. Campus-wide Wellbeing Programs
  - Mental Wellbeing
  - Physical Wellbeing
  - Sexual Wellbeing/  
Protection Connection





# Duck Nest Wellness Center

*Erb Memorial Union – Rm 041*

- Peer to Peer
- Nap/Relaxation Room
- Grocery Shuttle Sign-up
- Cooking Classes
- Self-care
- Pet Therapy
- Art and Identity Hour



Duck Nest Wellness Center



uo\_ducknest

# UO Immunization Requirements

## Required Vaccines

Measles, Mumps and Rubella (MMR)

Varicella (chickenpox)

Tetanus, Diphtheria and Pertussis (Tdap)

Meningococcal Quadrivalent (MCV-4, MPSV-4)

## Highly Recommended Vaccines

COVID-19 (Up to date)

Meningococcal B

Hepatitis A & B

HPV Series (3 doses)

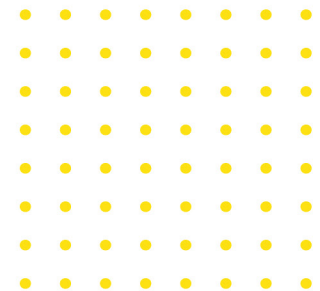
Influenza (Flu) (Annual)

Required Tuberculosis Risk Assessment

myUOHealth Portal:

- Submit vaccine records
- Complete Tuberculosis (TB) Risk Assessment
- Exemptions for required vaccines

Note that vaccines available at UHS!







# UO Immunization Requirements

1. 麻疹、腮腺炎、风疹 (MMR - 注册中止)
2. 四价脑膜炎球菌 (MCV4)
3. Tdap (破伤风、白喉和百日咳)
4. 水痘

1. 홍역, 유행성 이하선염, 풍진 (MMR - 등록보류)
2. 4가 수막구균(MCV4)
3. Tdap(파상풍, 디프테리아, 백일해)
4. 수두

1. はしか、おたふく風邪、風疹 (MMR—登録保留)
2. 4価髄膜炎菌 (MCV4)
3. Tdap (破傷風、ジフテリア、百日咳)
4. 水痘 (水ぼうそう)

1. (عقد التسجيل - MMR) الحصبة ، النكاف ، الحصبة الألمانية
2. المكورات السحائية في شكل رباعي التكافؤ (MCV4)
3. Tdap (الكزاز "التتانوس" والدفتيريا والسعال الديكي)
4. فيروس جدري الماء المنطقي (جدري الماء)

# Measles Immunization – It's the Law

麻疹免疫 - 这是法律规定的

홍역 예방접종 - 법으로 규정되어 있습니다

はしかの予防接種-それは法律で定められています

التمنيع ضد الحصبة - إنه القانون

**333-050-0130**

## Second Dose Measles in Post Secondary Educational Institution

(1) Each post-secondary education institution, except a community college and a private, proprietary vocational school, shall require that each entering full-time student born on or after January 1, 1957, has two doses of measles vaccine prior to the student's second quarter or semester of enrollment on an Oregon campus, using procedures developed by the institution.



## Measles Immunization – International students must meet requirements before they attend classes

麻疹免疫 - 国际学生入学前必须满足相关要求

홍역 예방접종 – 유학생은 수업에 참여하기 전에 이러한 요구사항을 충족해야 합니다

はしかの予防接種-留学生はクラスに参加する前に要件を満たす必要があります

التمنيع ضد الحصبة - يجب على الطلاب الأجانب استيفاء الاشتراطات قبل الانتظام في الدراسة

(2) For students subject to section (1) of this rule who are attending the institution pursuant to a non-immigrant visa, documentation of measles vaccination must be provided prior to the student attending classes. If the student's first dose of measles vaccine was received less than 30 days prior to attendance, the student has until the beginning of the second term or semester to provide documentation of the second dose.



## Vaccines are Available at UHS!

- Making an appointment is easy: go to the myUOHealth Portal or call 541-346-2770
- OK to receive multiple vaccines in one visit
- UHS can test for immunity if you think you've already received a vaccine and don't have the records, or if you have had the disease in the past
- Plan on 15- 30-minute appointment plus observation time afterward
- UHS accepts individual doses of measles, mumps, and rubella vaccine
  - Two measles and two mumps vaccines
  - One rubella vaccine
- Immunization coordinator will answer questions about your compliance



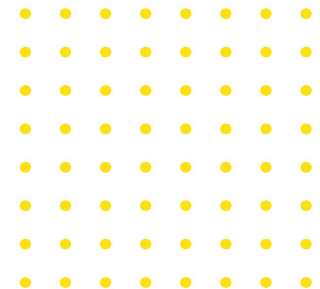
# myUO Health Portal

Login with your Duck ID at  
[health.uoregon.edu/myUOHealth](https://health.uoregon.edu/myUOHealth)

- Complete TB Risk Assessment
- Complete Insurance Compliance Form
- Register with UHS (do your forms right away)
- Upload immunization records
- Schedule appointments
- Send and receive messages
- And more...



myUOHealth Portal



# Health Insurance

- UO requires all international students have health insurance
- You are automatically billed for and enrolled in the UO Student Health Benefits Plan
- **IMPORTANT** - Complete the Insurance Compliance Form via the myUOHealth portal



# UO Student Health Benefits Plan

- **Medical and prescription drug coverage**
- **Dental coverage**
- **Exceptional coverage (low cost-sharing)**
- **Works nationwide**
- **Dependent coverage available**



# How the Plan Works

- **Pay your premiums by January 17, 2024**
- **Download the mobile app – myPacificSource**
- **Use the app to find in-network providers**
- **Show your digital ID card to all providers you see**

# How to Request a Waiver

- **Review the waiver criteria**
  - Not all insurance plans meet the criteria
  - Strictly enforced
- **Complete an Insurance Waiver Request Form**
  - myUOHealth Portal
  - Under the 'Forms' tab
  - Upload proof of other coverage
- **A new waiver is required each year**

**Waiver Deadline – January 17, 2024**



# Graduate Employees

- **Graduate students with a GE appointment are eligible for the GTFF insurance**
- **You must take action to enroll in the GTFF plan**
  - **Visit the GTFF office: 609 E. 13th Avenue**
  - **[benefits@gtff.net](mailto:benefits@gtff.net)**
- **Enrollment process includes automatic waiver for UO SHBP**

# UHS Action Items

- ✓ **Complete vaccine compliance process**
  - Enter Vaccine Dates and Upload Vaccine/Immunity Records
  - OR...File an Exemption
- ✓ **Complete Required UHS Forms**
  - TB Risk Assessment
  - Insurance Compliance Form
  - UHS Registration Forms
- ✓ **Set-up Care with UHS Provider**
  - Develop plan for managing any pre-existing conditions
  - Upload past medical records in the myUOHealth Portal
- ✓ **Have a thermometer and other self-care items handy**

# UHS - Right on Campus!

## Medical Services

Phone: 541-346-2770 (also After-hours Nurse Line number)

[health.uoregon.edu](http://health.uoregon.edu)

[health.uoregon.edu/myuohealth](http://health.uoregon.edu/myuohealth)

## Counseling Services

Phone: 541-346-3227 (also After-hours and Crisis Line number)

[counseling.uoregon.edu](http://counseling.uoregon.edu)

## Immunization Team

Email: [immunization@uoregon.edu](mailto:immunization@uoregon.edu)

Phone: 541-346-2764

## UO Student Health Benefits Plan

Email: [uostudentinsure@uoregon.edu](mailto:uostudentinsure@uoregon.edu)

Phone: 541-346-2832



[health.uoregon.edu/myUOHealth](http://health.uoregon.edu/myUOHealth)



[health.uoregon.edu](http://health.uoregon.edu)

**University Health Services**

1590 East 13th Ave

541-346-2770

[health.uoregon.edu](http://health.uoregon.edu)



**Thank you!**

