



# **University Health Services**

**Comprehensive Care, Right on Campus**



# Student Flourishing = Academic Success

- UO and national data show that health and well-being have a direct impact on academic success!
- Flourishing is one of four pillars of the UO strategic plan.



# At UHS, We're College Health Specialists

- Nationally Accredited Health Care Services
- Primary and Specialty Care
- Allied Health Care
- Mental Health Services
- Health Promotion and Wellness Services
- ...All specifically designed to meet students' needs







# **Student Centered Care** ***Right on Campus***

- 1590 E. 13<sup>th</sup> Avenue
- Right Across from Oregon Hall
- Hours are 9-5 p.m. M-F during the academic year (slightly modified hours during the summer)
- Two 24/7 phone numbers
  - 541-346-2770 (Medical)
  - 541-346-3227 (Mental Health)



# Getting To Know Our Services

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# Medical Services: Primary Care

- Great starting place, especially for students with pre-existing medical conditions
- 25 board-certified providers
- Wellness visits
- Continuity care
- Your “Medical Home Away From Home”



# Medical Services: Acute Care

- Acute illnesses and injuries that need to be addressed today
- 14 exam rooms, an open schedule, lots of care and support
- Drop-in or use the myUOHealth Portal to make an appointment





# Medical Services: Specialty Care

- Sports Medicine
  - Acute and chronic injuries
  - X-ray, ultrasound
- Gynecology
  - Annual exams
  - IUD and IUS insertions
- Endocrinology
  - Diabetes
  - Endocrine disorders





# Medical Services: Transgender Care

- Medical Care
- Mental Health Support
- Campus-wide Trans and Gender-Expansive Support Team
  - Counseling Services
  - Medical Services
  - Housing
  - Dean of Students
  - Student Members



# Medical Services: Travel Medicine

- Travel Consults tailored to student's itinerary
- Travel Prescriptions
- Travel Vaccines
- Post-Travel Support





# Medical Services: Where our Resources are Limited

- **ADD/ADHD evaluations and stimulant prescriptions** – if you have a home prescriber, continue to use them. Otherwise, we will help refer to a community provider.
- **Immunotherapy/allergy shots** – we will help refer to a community allergist
- **Eating Disorder treatment** – we will help refer to a treatment team; if you have a treatment team, we can provide monitoring at UHS.
- **Communicating with parents/families** – we'll need a current release of information (ROI) on file to do this!

# Allied Health Services

- **Physical Therapy**

- Physical therapy after injury or surgery; plus Acupuncture, Massage Therapy

- **Dental**

- Routine cleanings, Fillings, Crowns, Emergency Care, Athletic guards, Whitening

- **Pharmacy**

- Prescriptions, OTC products, Clinical Services, Allergy Relief

- **Diagnostic Services**

- On-site, high complexity laboratory and x-ray services, phlebotomy, rapid results





# Mental Health Services: What We See

- Worry and anxiety
- Relationship issues
- Depression
- Body image
- Substance use as a means of coping
- Trauma, abuse



# Mental Health Services

Integrated mental health services

- Mental Health Access Team (MHAT)
- Counseling Services
- Psychiatry
- Primary Care (Medical Services)





# Mental Health Access Team (MHAT)

- Easy and direct access by drop-in
- Immediate support and access to options for additional services
- Refer to UHS, campus, and community supports
  - One-time support
  - Therapy
  - Referrals
  - Medication
  - Crisis Support



# Counseling Services and Mental Health Resources

- *Let's Talk* consultations
- Online self-care kit
- Group therapy
- Short-term individual therapy
- Thriving Campus / Case Management
- Consultations if you're concerned about someone
- 24-hours support and crisis line
- Outreach and education



[counseling.uoregon.edu](https://counseling.uoregon.edu)  
541-346-3227



# Health Promotion and Wellness Services



- Health of a Population
- Size of a Small City
- In Close Proximity with One Another
- Peer-driven, community-based approaches

# Vaccine Requirements and Recommendations

## Required Vaccines

Measles, Mumps and Rubella (MMR)

Varicella (chickenpox)

Tetanus, Diphtheria and Pertussis (Tdap)

Meningococcal Conjugate (ACWY)

Required Tuberculosis Risk Assessment

## Highly Recommended Vaccines

COVID-19 (Up to date)

Meningococcal B

Hepatitis A & B

HPV Series (3 doses)

Influenza (Flu) (Annual)

- Submit vaccine records on the myUOHealth Portal
- Complete Tuberculosis (TB) Risk Assessment
- Exemptions for required vaccines
- Note that vaccines available at UHS!



Vaccine Requirements



# Health Promotion and Wellness Programming

- Peer-driven
- Mental, Physical, and Sexual Wellness programs
- Connection to resources
- Safer Sex Supplies through Protection Connection
- Meditation/Yoga classes
- Pet Therapy (dogs and goats!)
- Self-care items
- Look for special programming
  - Healthy Campus Week (Fall Term)
  - Sex Week (Winter Term)
  - Sexual Assault Awareness Month (Spring Term)
  - Mental Health Awareness Month (Spring Term)



# Healthy Campus Week—Mark Your Calendar!



- Week 3
- Manage Your Health Monday
  - SHAC Resource Fair and Therapy Goats
- Tasty Tuesday
  - Produce Drop
- Wellbeing Wednesday
  - Student and Faculty Panel
  - Students Impacted by Chronic Conditions (SICC) pizza party
- Thriving Thursday
  - Ducks Get Moving Event
- Physical Wellness Friday
  - Make the “Recipe of the Week” and enter to win a prize!



## Substance Abuse Prevention and Education

Teaches risk-reduction strategies to help students make safer choices around alcohol and drugs.



## Sexual Violence Prevention and Education

Educates and builds awareness around complex issues of sexual harassment, including sexual assault, dating or domestic violence, gender-based harassment or bullying, and stalking.



**First Year Students are required to do the Online Prevention Course, will receive an email invitation**

## Collegiate Recovery Center

Individual and group support for students in recovery or wanting to change their relationship with alcohol or drugs.



## Peer Support Groups

- Eating Disorder Awareness and Support
- Students Impacted by Chronic Conditions (SICC)





# Health Fee and Health Insurance

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# Understanding Health Costs: Health Service Fee

- Student Health Administrative Fee—Part of tuition and fees, NOT health insurance
- Ensures and support a healthier and safer campus:
  - After hours medical and counseling support 365 days/year
  - Triage nurse advice
  - Immunization compliance
  - Mental Health Services including the Mental Health Access Team, Counseling Services, after hours support and crisis support for mental health
  - Health Promotion and Wellness Services
  - Access to safer sex supplies
  - Campus communicable disease prevention and response
  - Medical evaluation and support for sexual assault survivors
  - UHS wellness center, to re-open in Winter term at the UO Rec Center!



# We Bill Insurance for Medical and Allied Health Services

- Medical Services and Allied Health Services are billed to insurance and are ***not subsidized*** by the health fee
- Fees are similar to health services in the community
- Health insurance is required for international students.
- Balances not paid by insurance go to your DuckWeb account



# Health Insurance and International Students

- UO requires that all international students have health insurance
- You are automatically billed for and enrolled in the UO Student Health Benefits Plan
- IMPORTANT – If you have qualifying alternative insurance, you must submit a waiver by **October 8, 2025**

# UO Student Health Benefits Plan

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



[health.uoregon.edu/UO-student-insurance](https://health.uoregon.edu/UO-student-insurance)



# How Much Does the Plan Cost; How Does it Work?

## Plan Costs

- \$3,804 – Annual Premiums
- \$1,268 per term, Billed to DuckWeb
- Equates to \$317 per month (for comparison purposes)

## How Does it Work?

- Pay your premiums by **October 8, 2025**
- Download the mobile app – myPacificSource
- Use the app to find in-network providers
- Show your digital ID card to all providers you see

PacificSource Mobile App

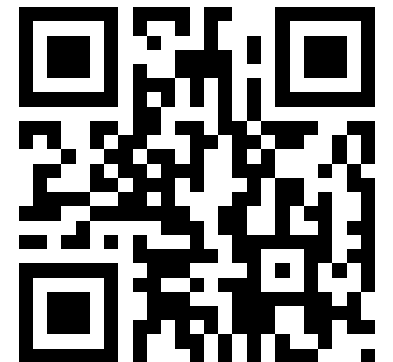


# How to Request a Waiver

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



Waiver Criteria



Waiver Request Form

# myUOHealth Portal

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

- Register with UHS (complete forms)
- Upload insurance and immunization records
- Complete the TB Risk Assessment
- Schedule appointments
- Send and receive secure messages
- View statements
- View visit summaries
- And much more...



myUOHealth Portal

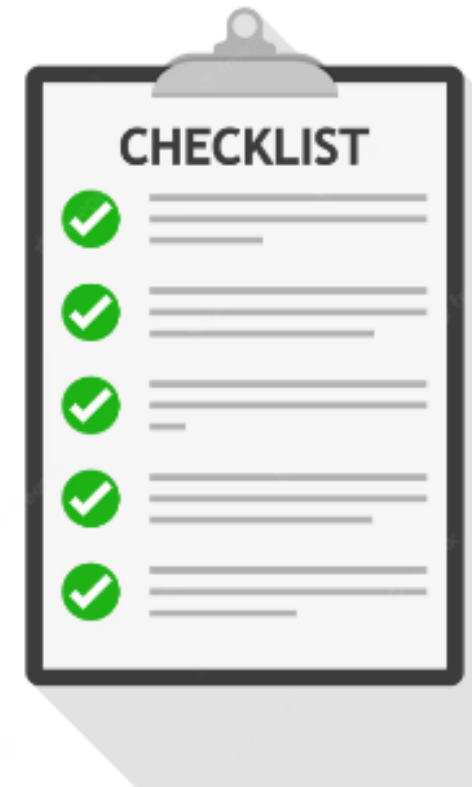




# UHS Checklist

- ✓ **Complete Vaccine Compliance process on the myUOHealth Portal**
  - Enter Vaccine Dates and Upload Vaccine/Immunity Records
  - OR...File an Exemption; Vaccines are available at UHS
- ✓ **Complete Required UHS Forms on the myUOHealth Portal**
  - TB Risk Assessment
  - UHS Required Forms have a **red \***
- ✓ **Pay your premium for the Student Health Benefits Plan or submit a waiver with a qualifying alternative insurance plan by October 8, 2025**
- ✓ **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!**



# Stay Connected with UHS!

## Two 24/7 Phone Numbers:

### Medical Services

Phone: 541-346-2770 (24/7 Nurse Line)  
health.uoregon.edu  
health.uoregon.edu/myuohealth

### Mental Health Services

Phone: 541-346-3227 (24/7 Crisis Line,  
also on back of student ID card)  
counseling.uoregon.edu

## UO Student Health Benefits Plan

Email: [uostudentinsure@uoregon.edu](mailto:uostudentinsure@uoregon.edu)  
Phone: 541-346-2832

### Immunization Team

Email: [immunization@uoregon.edu](mailto:immunization@uoregon.edu)  
Phone: 541-346-2764

### Insurance Billing Team

Phone: 541-346-2534  
Tax ID: 46-4727800  
NPI: 1467570077  
Billing Address: 1232 University of Oregon,  
Eugene OR 97403



Health.uoregon.edu



myUOHealth Portal

