



**CAMPUS
HEALTH**

PARENTS GUIDE

**98% of UAZ
students
who use Campus
Health would
recommend us
to a friend.**

*(2023 Patient
Satisfaction Survey)*

**SUMMER
2023**

WHAT'S INSIDE:

How to support
the health & safety
of your student
at UArizona



LETTER FROM THE EXECUTIVE DIRECTOR



Welcome!

Two pandemics, 105 years and counting. That's how long Campus Health has cared for students at the University of Arizona – bookended by our founding during the 1918 flu pandemic and our most recent work vaccinating, testing and treating for COVID-19.

We know you have questions about the health services that are available to your Wildcat, and this parent resource was created with that in mind.

Our team of medical, counseling, and health promotion staff are committed to supporting your student's health and well-being. We are proud to have been the very first college health service in the nation to receive accreditation over 40 years ago, and have been continuously reaccredited since. In addition to meeting the highest national standards, students give us high marks for the quality, compassionate care delivered by our providers.

Prevention is key and has long been part of our recipe for good health. Please take a few moments to make sure your Wildcat is up to date on all their recommended vaccinations, if you haven't already.

The past few years have been far from normal, but working together, we have persevered.

Through ups and downs, Campus Health will continue to be here for your student should they need medical care, someone to talk to, or tips to develop healthy habits that will help them during their time at UArizona and beyond.

Let us know how we can help.

Sincerely,



David Salafsky, DrPH, MPH

Executive Director, Campus Health Service
The University of Arizona

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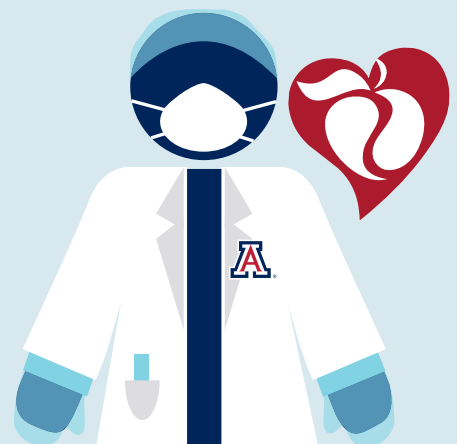
**CAMPUS
HEALTH**

**Wherever
you are...**

we're here for you.

CAMPUS HEALTH

continues to serve and support students both on & off-campus through virtual & in-person care.



MEDICAL: (520) 621-9202

AFTER HOURS: (520) 570-7898

CAPS 24/7: (520) 621-3334

CELEBRATING OVER

100
YEARS of quality care
at **UArizona**

THE FIRST FULLY ACCREDITED COLLEGE
HEALTH SERVICE IN THE NATION

The Parents Guide is published by the Health Promotion department at The UA Campus Health Service.



@UAZCampusHealth

PARENT CHECKLIST

have you...

- ☐ Provided proof of two Measles, Mumps and Rubella vaccines?
- ☐ Read the recommendations for the Meningitis Vaccine? (The vaccine is strongly encouraged.)
- ☐ Reviewed your student's insurance coverage and provided them with an insurance ID card in case of emergencies?

- ☐ Filled out the permission to treat form if your student is under 18 when they arrive on campus?
- ☐ Reviewed available health care options, including insurance and fees?
- ☐ Explored our available services from the CAT Clinic and General Medicine, to Counseling & Psych Services (CAPS), Women's Health, Pharmacy, Travel and Immunization Clinic, and more?



Parents Matter: "We are here to help you help them!"

Parents are a key factor in student success, both academically and personally. **Parents Matter** is a free consultation service offered by Counseling & Psych Services (CAPS), a component of UA Campus Health Service. CAPS offers psychological counseling

to students to help them cope with personal and family problems in order to successfully achieve their educational goals. Licensed professionals provide treatment for anxiety, depression, difficulties with relationships, family problems, food and body image concerns, alcohol and drug concerns, and unanticipated life crises.

There are two ways to access the **Parents Matter** consultation service. During regular hours (8am-5pm, M-F), call (520) 621-3334. You may leave a message and a counselor will return your call promptly. You can also access **Parents Matter** 24 hours a day, 7 days a week here. This website contains links to campus resources, answers to FAQ's, our email address, and other helpful info.

On behalf of the **Parents Matter** consultation service, "We are here to help you help them!"

Your Choice for Care

By: David Salafsky, DrPH, MPH, Executive Director, Campus Health

The UA Campus Health Service (CHS) is committed to promoting health, wellness and safety at The University of Arizona. Here are eight reasons to make us your student's provider of quality health care:

1. Accessible – UA Campus Health takes same day and walk-in appointments. Students can also reach our medical care providers after-hours at (520) 570-7898.

2. Offering a Wide Array of Services –

Medical, counseling, and health promotion units are all here, but so are nutrition services, a travel and immunization clinic, and a full-service pharmacy. We also offer a women's health clinic, massage therapy, physical therapy, sports medicine, and more.

3. Uniquely Trained –

UA Campus Health professionals specialize in serving college students. Numerous state and national awards attest to our work and training.

4. Taking an Integrated Approach – Our aim at Campus Health is to care for the complete individual: body, mind, and spirit. We accomplish this by working together across health disciplines (medical, counseling, and health promotion).

5. Student Recommended – Student surveys reveal that 98% of students who use our services would recommend us to a friend. Among the 39% of students who use

Campus Health, 98% indicated that we helped them remain a student at the UA.

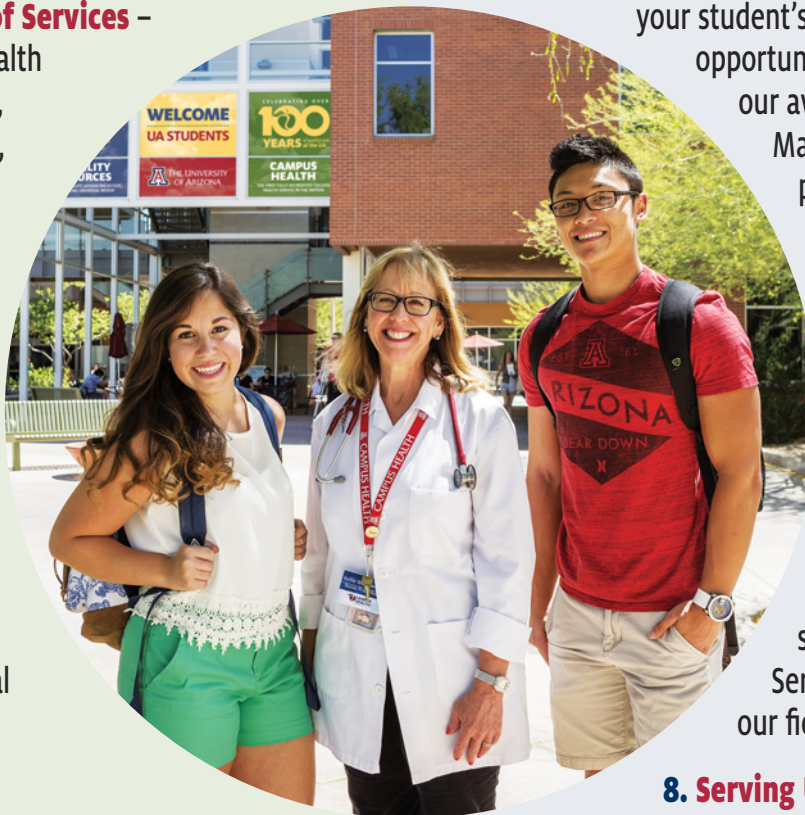
6. Partnering with Parents – As a key part of your student's success, we welcome the opportunity to speak to you through our award-winning Parents Matter consultation service provided by Counseling & Psych Services. Call (520) 621-3334 for more information.

7. Leaders in Our Field

– As the first college health service in the nation to be fully accredited over 30 years ago and every three years since, the UA Campus Health Service has been a leader in our field.

8. Serving UA Students Since 1918 –

For over 100 years, Campus Health has provided care to students at the University of Arizona.



Please visit [HEALTH.ARIZONA.EDU](https://health.arizona.edu) for additional info on our programs and services.

Stay Connected!



@UAZCampusHealth

BY THE Numbers

TOP 4

health impediments to academic performance, according to U.S. college students:

#1 Stress

#2 Anxiety

#3 Depression

#4 Sleep Difficulties¹

**TOP 4% for Best
Health Services
8 YEARS RUNNING
by The Princeton
Review**

*(The Best 388 Colleges:
2023 Edition)*

33% Percent of UA students who said they got enough sleep each of the past 5 or more days, so that they felt rested when they woke up.²

8% Percent who said they didn't get enough sleep any of the past seven days to feel rested when they woke up.²

1978 Year the UA Campus Health Service was nationally accredited, the first of any college service in the nation. Campus Health has been accredited every 3 years since.

98% Percent of UA Campus Health patients who said they would recommend us to a friend, according to a 2023 satisfaction survey.³

39% Percent of UA students who have used the UA Campus Health Service.²

98% Percent of student users of Campus Health who said our programs and services helped them remain a student at the UA.²

1918 The year Campus Health was founded at The University of Arizona. We've been providing quality care ever since.

0 The number of UA students we turn away for not having insurance.

¹ Fall 2022 ACHA-National College Health Assessment

² 2023 UA Health & Wellness Survey

³ 2023 UA Campus Health Patient Satisfaction Survey





What things do you wish you had known your first year?

Public Health Senior
Tucson, AZ

“How crucial GPA is and how hard it is to recover from a lower one.”



BRADLEY

Undecided Freshman
Tucson, AZ

“Good places to eat and relax like the study lounges.”



Regional Development Senior
Redondo Beach, CA

“Assistance with classes from an advisor.”



Public Health Senior
Tucson, AZ

“Printing resources available in computer labs.”

Neuroscience Junior
San Luis, AZ

“How to study and use resources like Think Tank and how to manage my time.”



Neuroscience Sophomore
Tucson, AZ

“Fun stuff like Stressbusters and all the fun clubs to join.”





Do You Need CAMPUS CARE?

What is CampusCare?

CampusCare is an option that covers most expenses after a designated office visit fee for services provided exclusively at Campus Health. Not an insurance policy.

I already have insurance, how does CampusCare fit in?

CampusCare is an ideal option if you are covered by any type of health plan with:

- A high deductible
- No out-of-network benefits
- Emergency-only coverage
- Limited benefits for specialty visits such as counseling, physical therapy, etc.

What does it cover?

CampusCare covers all laboratory tests, x-rays, medical procedures and supplies after the designated office visit fee, unless specified under exclusions. Here are some sample costs after an office visit fee:

Service	Without CampusCare	With CampusCare
STI Screening	\$38-\$375*	\$0
Throat Culture	\$36*	\$0
Urine Culture	\$45*	\$0
Well Woman Exam	\$55-\$420*	\$0
X-Ray	\$35-\$130	\$0

*Plus additional Collection & Handling Fees
(Based on 23/24 Price List and subject to change)

Why choose CampusCare?

CampusCare helps keep your health care costs predictable at an affordable cost per semester. Quality, accredited health care is delivered conveniently on campus.

Enroll Online for Fall & Spring

Log on to your [UAccess Student Center](#)

Under the **Personal** tab, select **"Campus Health Options"** and select **"CampusCare."**

Open enrollment begins upon class registration and ends the 14th day after the official start of classes.

Coverage Periods & Deadlines

Coverage Period	Last Day to Enroll
FALL: 8/16/23 - 12/31/23	9/05/23
SPRING: 1/01/24 - 5/31/24	1/24/24
SUMMER: 6/01/24 - 8/15/24	6/17/24

Summer Coverage

Optional summer coverage available for \$87.50

To enroll, submit an "Enrollment/Cancellation" form securely available at health.arizona.edu.

(Select **"Fees & Insurance,"** and click on **"CampusCare."**)



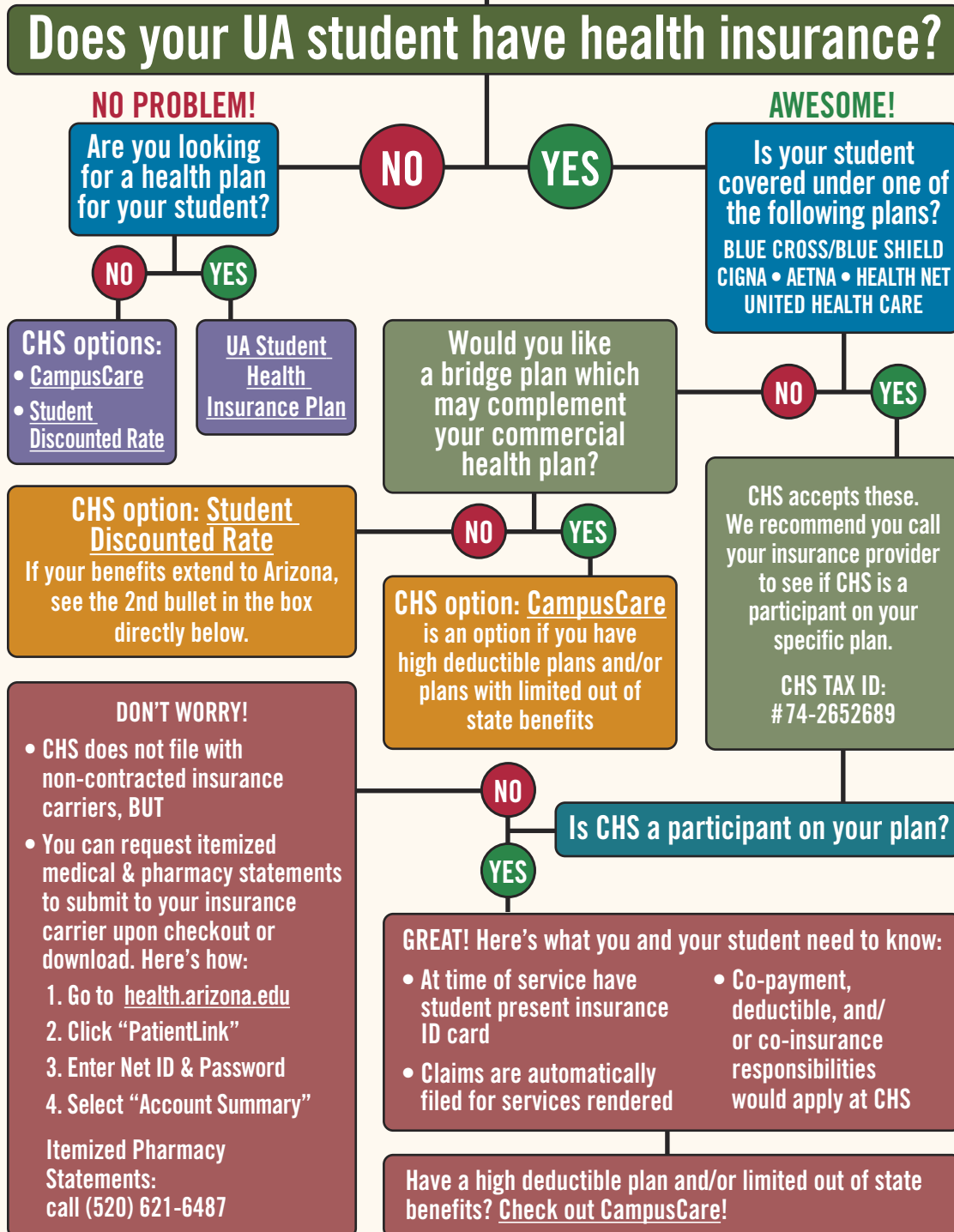
[Click here for complete Campus Care information and eligibility.](#)

HEALTH INSURANCE:

Go With The Flow

Insurance can be tricky, so we've created this handy chart just for you!

START 😊 HERE!



All students who are taking a minimum of 1 credit can be seen at the UA Campus Health Service (CHS), whether they have insurance or not. We **do not** require students get separate insurance to use CHS.

If you ever have questions about your specific plan, or general questions about insurance, feel free to call our friendly insurance experts at **(520) 621-5002** (M-F, 8am-5pm).



**CAMPUS
HEALTH**

ADHD Q&A

By Ishani Deo, Ph.D., ADHD Clinic Coordinator, Counseling & Psych Services, Campus Health Service

1. How does Campus Health Service (CHS) support students with ADHD? ADHD treatment services at CHS are coordinated through Counseling & Psych Services (CAPS). CAPS specialists offer ADHD skills workshops, counseling, and medication management. CAPS providers are also well-connected across campus and Tucson – poised to connect students with academic, social, and therapeutic supports available outside our office. Visit our [website](#) to learn more.

2. Can ADHD medications be prescribed at CHS? In many cases – Yes. All requests for ADHD medication management are handled by CAPS psychiatry providers. If you are transferring an existing prescription, students should start by completing the ADHD Information Packet, then call (520) 621-3334 to speak to a medical assistant about next steps. Visit our [website](#) for specific instructions. If you have not been diagnosed with or treated for ADHD, but are interested in medication, you will need an evaluation prior to being prescribed ADHD medications. Refer to Question 5 for more information.

3. Can the CHS Pharmacy fill prescriptions for ADHD medications that were written by our doctor in a different city or state? The CHS pharmacy can fill any VALID prescriptions within 90 days of the date they were written. State laws, insurance reimbursement rules, and doctor discretion determine if a prescription can be obtained for a 90-day supply or if only 30 days can be dispensed.

NOTE: Students cannot use health insurance for prescription coverage at CHS UNLESS they have

the [Student Health Insurance Plan](#). The full cost of the medications will be charged for all other prescriptions filled and may not be reimbursed by your insurance.

4. Can we have the doctor at home send or fax a new prescription to the CHS Pharmacy? CHS

Pharmacy cannot fill prescriptions mailed or faxed in. Your doctor can send the prescription to the student, who can bring it to the CHS Pharmacy. Under revised rules for prescribing controlled medications, your provider may be able to send prescriptions electronically to remote pharmacies, including at CHS. Please consult your home prescriber to explore this option.

5. What do I do if my student has never been tested or diagnosed, but might have ADHD? Encourage them to meet with a CAPS counselor for a Counseling & Consultation visit to discuss options. Counselors can connect students with our AMP Workshop ([Attention Management Program](#)) or match them with an

individual therapist to learn skills to improve attention capacity and productivity, regardless of diagnosis. Psychodiagnostic evaluations to determine a formal diagnosis of ADHD are offered by specialists at CAPS and other clinics near campus (including the [ABLE Clinic](#)).

6. Are there other campus services to support my student with ADHD? Campus services that may be especially helpful to students with ADHD include: learning supports at [THINK TANK](#), comprehensive academic supports through the [SALT Center](#), and evaluation services at the [ABLE Clinic](#). Students should also contact the [Disability Resource Center](#) to explore academic accommodations, if needed.

Whether you're continuing existing ADHD treatment or seeking answers about attention difficulties for the first time, Campus Health Service is here to help.

To get started, schedule a Counseling & Consultation visit on [PatientLink](#) or by calling (520) 621-3334. During your C&C, you will consult with a counselor about your needs and identify next steps together.

The Right Path For You

mental health support comes in many forms



- **Groups**
- **Workshops**
- **Self-Help Tools**
- **Peer Support**
- **Specialty Services**
- **Brief Counseling**
- **Brief Psychiatry**

Collaborate with CAPS to create a path that fits your goals best.

CAPS
Care Pathways
COUNSELING & PSYCH SERVICES

VIRTUAL CAPS

consultations, counseling, groups,
and workshops are available.

No health insurance necessary.



**CAMPUS
HEALTH**

Counseling & Psych Services

CAPS 24/7: (520) 621-3334

CAPS.ARIZONA.EDU



@UAZCampusHealth

STUDENT HEALTH INSURANCE PLAN

EXCELLENT COVERAGE

In-Network

2023-24

Policy Year Maximum	Unlimited
Out-of-Pocket Maximum	\$1500
Medical Deductible	\$250
Coinsurance	Covers 80% (after medical deductible)
PCP/Specialist/Urgent Care	\$25 copay
Emergency Room	\$200 copay
Pharmacy Deductible	\$125 (waived at CHS Pharmacy)
Pharmacy Co-pays:	
• Tier 1	\$15
• Tier 2	\$40
• Tier 3	\$80
Generic Contraceptives, Lab and X-rays	Covered 100%
Annual Premium	\$2765

*A Top Tier
Plan Designed
for Students*

Additional benefits to this plan

- 12 month coverage for eligible students
- Nationwide coverage
- On Campus Insurance liaisons
- Annual routine vision exam benefit
- International travel benefits
- Mental health coverage

More details at: **HEALTH.ARIZONA.EDU** (click on Fees & Insurance)



**CAMPUS
HEALTH**

underwritten by



MENINGITIS FAQs



What is meningitis?

The term meningitis refers to an infection of the outer surface of the brain, and can be caused by a number of different bacteria and viruses. College students who live in residence halls or similar kinds of living arrangements (e.g. a fraternity or sorority house) are slightly more at risk for a particular type of bacterial meningitis known as meningococcal meningitis. Although rare, it can be fatal in a minority of cases. Fortunately, vaccines are available which can further lower your risk.

Does the UA require that I get the “meningitis vaccine”?

The UA is not requiring that you get the vaccine against meningococcal meningitis, but **strongly recommending** that any student who will be living in university (residence halls) or Greek system (fraternity or sorority) housing seriously consider being vaccinated against meningococcal meningitis.

What you need to know

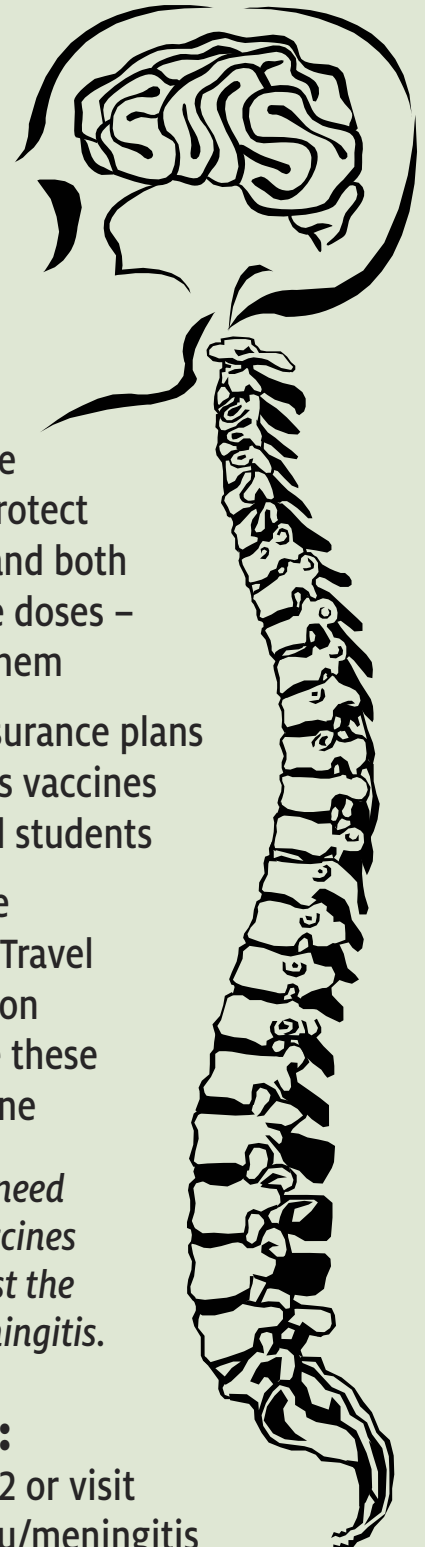
- Although you may have received the meningitis vaccine that protects against serogroups A, C, W and Y, you may need a booster dose of this vaccine if you last received it between ages 11-12.

- There are separate vaccines that protect against serogroup B meningitis (Men B)*
- Two vaccines are available that protect against Men B and both require multiple doses – choose one of them
- Many health insurance plans cover meningitis vaccines for college-aged students
- You can visit the Campus Health Travel and Immunization Clinic to receive these important vaccine

** Remember: you need two different vaccines to protect against the five types of meningitis.*

For more info:

Call (520) 621-2292 or visit health.arizona.edu/meningitis



FERPA & HIPAA:

What Parents Need To Know



FERPA

1. What is it?

The Federal Education Right to Privacy Act (FERPA) grants rights to the student to have their academic records (grades, transcript, etc.) protected. Here at the UA, the Office of the Registrar is the custodian of student academic records.

2. As a parent, what academic information can I find out about my student?

The student needs to give written consent for anyone to access their academic records. As a parent, you need written authorization forms signed by your student in order for you to obtain any information related to their academic records.

3. Where can I find more information about FERPA?

For specific parent information from the Office of the Registrar regarding FERPA click [here](#).
For general FERPA information click [here](#).

HIPAA

1. What is HIPAA?

The Health Insurance Portability and Accountability Act (HIPAA) grants rights to the student to have their medical records protected. Here at the UA, Campus Health is the custodian of student medical records. Campus Health adheres to the highest standard of HIPAA.

2. As a parent, what medical information can I find out about my student?

The student needs to provide written consent for anyone to access their medical health records. Campus Health does not release information to parents unless there is a specific form on file signed by the student to release their information.

3. How does mental health fit in?

An informed consent must be signed by the student in order for Counseling & Psych Services (CAPS) to release any information to anyone about their mental health including whether or not they have come to CAPS. However, in cases of extreme risk to the student's health and/or safety (such as suicidality), parents may be contacted.

4. Where can I find more information about HIPAA?

The US Department of Health and Human Services has an entire website dedicated to HIPAA. You can access it [here](#).



we fill your needs.

OUR PHARMACY SAVES YOU TIME AND MONEY!



- We accept all prescriptions from any state
- Great deals on over-the-counter items
- Fast, convenient, and friendly
- Student Health Insurance and CampusCare is accepted

Open Mon, Tues, Thurs & Fri: 8am-4:30pm, Wednesday: 9am-4:30pm

* Remind your Student to **Rx**Safely

By Kaye Godbey, MS,
Project Coordinator,
AOD Misuse Prevention

As a parent you can help your student have healthy prescription drug habits for life. Here are 8 tips to get the conversation started:

- Discourage the mixing of any drugs (especially alcohol) without the consent of a doctor.
- Remind them that powerful opioids are being mixed into counterfeit drugs that may look like real prescription drugs. A tiny dose, 1-3 grains of sand, could be enough to kill.
- Provide a lock box for their prescriptions to prevent someone else from gaining access.
- Reiterate that taking other people's prescriptions or sharing their own is illegal; it can negatively impact financial aid and internship opportunities.
- Reinforce that good study habits, sleep and time management improve grades, not addictive stimulants such as Adderall or Ritalin.
- Share any family history with addiction so they are aware of increased risks.
- Encourage them to seek professional diagnosis and treatment for illnesses and not to self-diagnose and self-medicate.
- Use the Campus Health Pharmacy Drug Drop Box site; it's a safe, anonymous place to discard unused/outdated medications.

RECOMMENDED VACCINES

for Incoming Students

VACCINE	# OF DOSES	NOTES
COVID-19	Primary series dose (manufacturer specific) and one bivalent booster	Booster recommendations will vary for people who are immunocompromised.
Hepatitis A	2-dose series, given over a 6-month period	This is a lifetime vaccination and recommended for travel.
Hepatitis B	3-dose series, given over a 6-month period	For most, this is considered a lifetime vaccination. A 2-dose series is available for those who qualify.
HPV	2 or 3-dose series, given over a 6-month period	Considered a lifetime vaccination which protects against the human papillomaviruses that cause most cervical cancers, anal cancer, and genital warts.
Influenza	1-dose, given seasonally	Seasonal vaccine and should be updated yearly.
Meningococcal (MenACWY)	1-dose, usually given in middle school and then another in high school before college	Considered effective protection against meningitis caused by serogroups A, C, W, & Y for approximately 5 years, and might need to be updated for travel into endemic areas.
Meningitis B	2 or 3-dose series, given over a 1-6 month period	Considered to offer protection against meningitis caused by serogroup B.
MMR* (Measles/Mumps/Rubella)	2-dose series	2-MMRs are considered a lifetime vaccination.
Polio	3 to 4-dose series	For most, this is considered a lifetime vaccination. In some instances, a booster may be recommended for travel.
Td OR Tdap (Tetanus/Diphtheria; Tetanuss/Diphtheria/Acellular Pertussis)	Childhood series then 1-dose booster every 10 years	A Tdap is recommended when traveling within the last 10 years.
Varicella (Chicken Pox)	2-dose series	For those who did not have chicken pox as a child. It is considered a lifetime vaccination.

Each vaccination has risks and possible complications. Questions? Contact the Campus Health Immunization Nurse at (520) 621-2292, your healthcare provider, or the CDC at www.cdc.gov.

For more information visit: health.arizona.edu/immunizations-travel-clinic

*The University of Arizona requires proof of measles and mumps (MMR) vaccination for all students born after 12/31/56.



STUDENTS & ALCOHOL:

7 Ways Parents Can Help

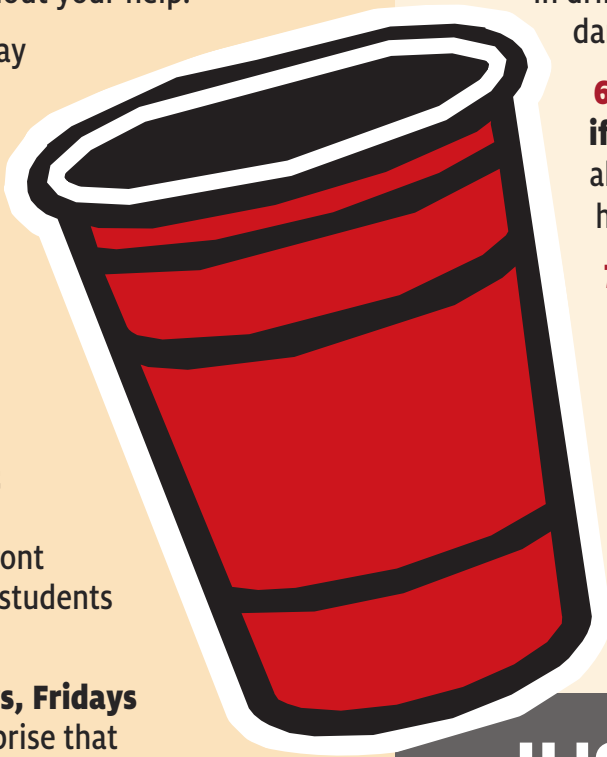
By: David Salafsky, DrPH, MPH, Executive Director, Campus Health

While the UA is nationally recognized for evidenced-based alcohol prevention programs that support student health, we simply cannot be successful without your help.

That's because students say their parents, along with their peers, are the two groups they go to most for advice, support, and modeling.

Here are seven things you can do to help:

- 1. Set clear and realistic goals on academic performance.** Being upfront about expectations helps students put their education first.
- 2. Check in on Thursdays, Fridays or Saturdays.** It's no surprise that these are the days students drink most. Research suggests that parent phone calls, emails or text messages can reduce alcohol consumption by their student on the day of contact.
- 3. Encourage volunteerism.** Students who connect with their community while they are here will have a fuller, more enriching college experience. Research suggests they will also drink less.
- 4. Correct misperceptions.** Students tend to overestimate how much their peers drink. In reality, most drink moderately, if they drink at all (see "Just the Facts" to the right).



5. Communicate the risks. Scare tactics don't work, but discussing the obvious risks openly and evenly can help discourage their participation in drinking games, hazing, 21st birthday dangers, and other high risk behaviors.

6. Show your student how to intervene if they need to. Explain how to prevent alcohol poisoning before it happens, and how to step up when someone needs help.

7. State the obvious. Underage drinking and impaired driving are against the law. Avoid messages that obscure these facts.

For more ways you as a parent can help, please visit the UA Campus Health Service website at www.health.arizona.edu.

Adapted from: *The College Parent Advisor*, published by College Parents of America.

JUST THE FACTS: UA Freshmen & Alcohol

- **59%** did not drink alcohol in the past 30 days.
- **88%** arrange to have a designated driver if they plan to drink (usually or always).

2023 Health and Wellness Survey (n=3,872), administered to a random sample of undergraduate classes at The University of Arizona

Wherever you are ...*we're here for you.*

VIRTUAL / IN-PERSON

- CAT Clinic
- Counseling & Psych Services (CAPS)
- COVID-19 Vax/Testing
- General Medicine
- Health Promotion
- Lab/X-Ray
- LGBTQ+ Health
- Nutrition Services
- Pharmacy
- Physical Therapy
- Sports Medicine
- Travel/Immunizations
- Women's Health ... *and more!*



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