

# Our Services



UHS offers award-winning, high-quality medical, mental health, prevention, and wellness services to enrolled UW–Madison students. Most services are available at no charge because students pay for UHS services with their tuition and fees. A fee is charged for some extra services. Most fee-based services at UHS are covered at no cost for members of the UW–Madison Student Health Insurance Plan (SHIP).

Our medical services include a primary care clinic and specialty clinics for immunizations, women’s health, travel, and sexual health. For students with complex or unstable conditions requiring other types of specialty care, UHS can refer to providers off campus utilizing personal insurance.

Mental health services include individual, couple/partner, and group counseling, crisis counseling, campus-based services, and psychiatric services. Students with mental health concerns that go beyond the scope of care available at UHS can work with Care Managers to obtain referrals to mental health providers off campus.

Medical and Mental Health do not provide appointments during evening, night, or weekend hours; emergency room care; ambulance services; hospitalization; or home care. We have an after-hours nurse line (608-265-5600, option 1) and a 24-hour mental health crisis line (608-265-5600, option 9) available to students at no cost.

## CARE FOR ILLNESSES

- 24-hour nurse advice line (608-265-5600, option 1)
- Basic radiology tests (X-rays) when ordered by a UHS provider
- Evaluation and treatment of acute and chronic illnesses
- Laboratory testing when ordered by a UHS provider
- Monitoring and management, including diagnostic tests, for stable chronic health conditions such as high blood pressure or diabetes
- Referral for specialty care (with personal insurance)

## CARE FOR INJURIES

- Crutches, splints, or other durable medical supplies (fee charged)
- Physical therapy (fee charged) and athletic training services
- Uncomplicated cuts needing stitches
- X-rays for the evaluation of possible fractures

## WOMEN'S HEALTH CARE

- Problem-focused and preventive care supporting reproductive health and wellness
- Screening tests, exams, and procedures that provide comprehensive contraceptive options, care for abnormal bleeding, pelvic pain, pregnancy, or STI concerns

## IMMUNIZATIONS, ALLERGIES, OTHER SPECIALTY CARE

- Allergy desensitization injections (the desensitizing solution must be prescribed and provided by an outside physician/allergist)
- Immunizations including hepatitis A and B, HPV, Tdap, varicella, rabies, meningococcal, MMR (measles, mumps, rubella) and travel immunizations (fee charged)
- Informed consent model for hormone replacement therapy
- International pre-travel consults regarding health requirements
- No-cost annual flu shots

## PREVENTIVE CARE

- Physical examinations
- Physical exams required for employment or travel, or required by other third parties (fee charged)
- STI screening, cholesterol screening, and flu shots

## PSYCHOLOGICAL AND PSYCHIATRIC CARE

- 24-hour crisis intervention available (608-265-5600, option 9)
- Assessment for substance abuse and disordered eating
- Brief individual and couple/partner counseling
- Care management and referral
- Gender identity consultations
- Group counseling
- Psychiatric consultation and medication management
- Self-help online mental health support

## WELLNESS SERVICES

- Meditation
- Nutrition
- Sleep management
- Smoking cessation
- Stress management
- Yoga and Yoga for Every Body (BMI >30)

# Our Services



## WHO CAN USE UHS?

Any undergraduate, graduate, or professional student enrolled for the current semester may make appointments at UHS and use any service. Students entering UW–Madison in the fall semester will be eligible to receive care at UHS on August 15.

## HEALTH INSURANCE INFORMATION

Enrolled UW–Madison students may use UHS regardless of their health insurance coverage. UHS does not bill insurance. Any fees are charged to a student's UW–Madison account.

Access to UHS is not a substitute for having comprehensive health insurance coverage. Students should review health insurance plans before arriving on campus to see if they are covered in Madison. Many plans cover emergency care but not routine, urgent, or specialty care when students are away from home.

If you don't have health insurance, the Student Health Insurance Plan (SHIP) may be a good option. SHIP is administered by UHS and is designed specifically to meet the needs of students. In addition to the primary and preventive medical care at UHS, SHIP members are protected by a nationwide network of hospitals, clinics, and specialized medical services. Since SHIP is not motivated by profit, it also provides a good value with rich benefits and comparatively low member out-of-pocket expenses. Visit [uhs.wisc.edu/ship](http://uhs.wisc.edu/ship) or call 608-265-5232 for more information.

## IMMUNIZATIONS AND MEDICAL RECORDS FOR INCOMING STUDENTS

UHS strongly recommends that all students be up-to-date on immunizations before coming to campus. Complete your immunization and health history forms in MyUHS (do not mail us any documents; we only collect this information through MyUHS, [myuhs.uhs.wisc.edu](http://myuhs.uhs.wisc.edu)).

## MYUHS

MyUHS ([myuhs.uhs.wisc.edu](http://myuhs.uhs.wisc.edu)) is a secure online patient portal. Before the semester begins, use MyUHS to complete immunization and health history forms. After the semester begins, students will be eligible to make some appointments online, view scheduled appointments, exchange secure messages with providers, view lab and radiology results, and request health records.

## UHS AND UW HEALTH

UHS is not part of UW Health, nor does UHS have any special referral relationship with UW Hospital and Clinics. Students who are referred or transported to any hospital from our clinic, including UW Hospital, are responsible for any emergency room or hospitalization charges.

## WHAT IF I DON'T WANT TO GO TO UHS?

There is no requirement to use UHS. Students may seek health care from the provider who is best for them. Every year, about 50 percent of students visit UHS at least once; nine out of 10 students come to us at some point during their college career, and all students participate in and benefit from our online prevention programs.

## WHAT TO BRING TO CAMPUS

- Alcohol-based hand sanitizer
- Antihistamine
- Basic first-aid supplies:  
Band-Aids, antibacterial ointment, hydrocortisone cream
- Fever reducer (acetaminophen)
- Health insurance card (and prescription medication card, if separate)
- Names and phone numbers of home primary care and specialty care providers
- Pain reliever (ibuprofen and/or naproxen)
- Prescription medicines and refill information
- Thermometer
- Throat lozenges