Guide to Student Health Services

An Accredited Patient-Centered Medical Home

Allergy Shots, Immunizations & Travel Consults
Counseling & Psychiatry
Gamecocks LiveWell Faculty & Staff Wellness

Primary Care
Laboratory
Pharmacy
Physical Therapy
Radiology

Sexual Assault and Violence Intervention & Prevention
Sports Medicine
Wellness & Prevention
Women’s Health

Supporting the vision of a Healthy Carolina community

The University of South Carolina is an equal opportunity institution
Welcome to Student Health Services!

Academic success is the goal of every college student, but sometimes it can be a challenge. A new town, friends and lifestyle, combined with classes, can create a stressful environment for your body as well as your mind. Student Health Services assures that your work at the University of South Carolina is supported by many caring and skilled people who understand the connection between good health and academic performance.

We support the vision of a Healthy Carolina, which means we support an overall healthy community at USC. We provide a holistic, patient-centered approach to health and wellness through comprehensive primary health care, disease prevention, wellness programs, counseling & psychiatry and sexual assault and interpersonal violence prevention and advocacy services.

Take advantage of all of the programs, services and events Student Health Services offers while you’re a USC student. We’re more than a place for you to go when you’re sick.

We’re here to not only help you build a solid foundation of health while you are in college but also to help you begin a life-long journey of health and wellness.

Learn more about all we offer by visiting sa.sc.edu/shs. Good luck as you begin your new life as a Gamecock!

Yours in health,

[Signature]

Executive Director
Student Health Services

A Note for Parents

All students need to turn in the immunization record form before they attend orientation. Incoming freshmen, graduate students who take 9 credit hours or more, graduate students with graduate assistantships and international students need to show proof of insurance or purchase the Student Health Insurance Plan. If these steps are not completed, students may not be able to register for classes, move in to their residence hall or may have their class schedule dropped at the beginning of the semester.

For more information about immunizations, visit sa.sc.edu/shs/immunizations.

To waive out of the Student Health Insurance Plan, visit sa.sc.edu/shs/billing/insurance.

Hours

**Fall & Spring**

General
M-F: 8 a.m. - 5 p.m.
Sun: 2-8 p.m.

Expanded counseling hours
M-Th: 8 a.m. - 6:30 p.m.

**Summer & Break**

M-F: 8:30 a.m. - 4:30 p.m.

Closed on university holidays
What are the costs?

The student health fee, which is paid through tuition each semester, covers the costs for some, but not all, services. Charges and services are subject to change.

Examples of services covered through the student health fee are primary care and women’s health office visits, up to 10 individual counseling visits per academic year, group counseling, support groups and workshops, annual flu shot, preventive screenings (including blood pressure and body fat percentage measurements), fitness assessments and nutritional consultations.

Examples of services not covered through the student health fee are radiology, laboratory services and EKGs, prescriptions and over-the-counter medication, physical therapy, physical exams, psychiatric services, individual counseling sessions after the first 10, metabolic rate testing, allergy shots and other vaccines, medical supplies, travel consults, minor surgical procedures and treatments (IV therapy, breathing treatment, injection of medications, etc.), services received at any other hospital or clinic and charges for no-show appointments. Our charges are typically less than off-campus health care facilities. For more information, visit sa.sc.edu/shs/billing.

What if the health center is closed?

For any medical emergency, students should dial 911. If calling from a cell phone, callers must state they are on the USC campus in order to be transferred to campus police emergency dispatch. After hours, urgent and emergency medical care is available off campus:

**Doctor’s Care has three urgent care clinics near campus and are open after hours and weekends:**

- 977 Knox Abbott Dr., Cayce, SC 29033 (2.6 miles from campus), 803-794-0476
- 511 Beltline Blvd., Columbia, SC 29205 (3.2 miles), 803-782-4051
- 4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

**For medical emergencies, students can visit a hospital emergency room:**

- Palmetto Health Baptist, 1301 Taylor St., Columbia, SC 29220 (.9 miles)
- Providence Hospital, 2435 Forest Dr., Columbia, SC 29204 (2 miles)
- Palmetto Health Richland, 3301 Harden St., Columbia, SC 29203 (2.75 miles)

For more information about after-hours medical facilities or nearby hospitals, visit sa.sc.edu/shs/afterhours.
Guide to the Center for Health & Well-Being

Women's Health
Women’s Health is staffed by highly qualified and experienced board-certified gynecologists and licensed women’s health nurse practitioners. The American College of Obstetrics and Gynecology recommends women engage in periodic health care guidance through routine well visits and cervical cancer screening.

Primary Care
Primary Care offers primary and urgent health care provided by highly qualified and experienced board-certified physicians, licensed nurse practitioners and physician assistants. Appointments are available and encouraged to minimize wait time.

Financial Services
Get help with billing and insurance information.

Main Lobby/Welcome Center
Our skilled staff will always be available to answer any questions you may have or point you in the right direction to your appointment.

Vision Care
Coming spring 2018, we will offer an eye clinic to treat minor eye injuries and an optical shop for contacts and glasses.

Healthy Campus Initiatives: Wellness & Prevention
We promote Healthy Carolina, a healthy campus environment in which to live, learn, work and play. Our registered dietitians and health educators coordinate programs, services and events that support and encourage students, faculty and staff to incorporate healthy behaviors into daily living.

Administrative Services
This is where our administrative staff works to ensure you are getting the best care possible.
We are excited to open our doors to our brand new health center for fall 2017. Located directly beside the current Thomson Building, the new 68,000-square-foot Center for Health and Well-Being will seek a LEED environmental certification. In addition to our current services, we will offer a new eye clinic and optical shop, expanded sports medicine and physical therapy, expanded pharmacy services, a new state-of-the-art demonstration kitchen to teach healthy eating habits and triple the current exam space to enhance patient care and accessibility.

The new building features design elements that include all the dimensions of wellness and will support the Patient-Centered Medical Home model. For more information about the new facility and the renovations to the Thomson Building, please visit sa.sc.edu/shs/newhealthcenter.
Guide to the Thomson Building

Transition of these services into the Thomson Building will be completed over the course of fall 2017. Until the move is complete, you may find some counseling staff on the fifth floor of the Close/Hipp Building. Please call 803-777-5223 if you are unsure where to meet your counselor.

Changing Carolina Peer Leaders
Changing Carolina Peer Leaders are a diverse group of USC student leaders with specialized training in leadership and health and wellness to advocate for and create a healthy USC campus.

Faculty/Staff Wellness
The Gamecocks LiveWell initiative provides faculty and staff preventive services and programs to assist them in developing healthy habits to attain and maintain wellness in body, mind and spirit. Faculty and staff wellness is essential to the University of South Carolina in supporting the academic success of our students.

Sexual Assault and Violence Intervention and Prevention (SAVIP)
SAVIP strives to eliminate acts of interpersonal violence at USC through advocacy, education and outreach and provides support and advocacy to sexual assault survivors and those affected by interpersonal violence. sc.edu/stopsexualassault

Student Wellness and Health Coaching
These wellness services include body fat percentage measurement and fitness assessments as well as health coaching.
The Thomson Building has been providing care for students since 1972. With the opening of the new facility, Thomson will continue serving the needs of our students as the new home to services for counseling & psychiatry, faculty/staff wellness, sexual assault and interpersonal violence prevention and advocacy, student wellness & health coaching and the wellness peer leaders.

Counseling & Psychiatry

Attending to mental health is of the utmost importance in sustaining academic performance, successes and quality of life. Counseling & Psychiatry provides students a safe place to speak confidentially with a trained counselor or psychiatric provider. Our multi-disciplinary team of professionals includes board-certified psychiatrists, licensed nurse practitioners, physician assistants, psychologists, counselors, social workers and supervised trainees in psychology, counseling and social work.

Counseling & Psychiatry

Our board-certified psychiatrists, licensed nurse practitioners and physician assistants can assist in transferring current medications from outside providers. If currently taking a controlled substance, please refer to the Student Health Services controlled substances policy and Attention-Deficit Hyperactivity Disorder (ADHD) policy: sa.sc.edu/shs/adhd
### Primary Care
803-777-3175

### Psychiatry
803-777-1833

### Women’s Health
803-777-8920

### Counseling
803-777-5223

### Financial Services
803-777-3174

### Allergy, Immunization & Travel
803-777-9511

### Healthy Campus Initiatives
803-576-9393

### Nutrition Services
803-777-3175

### Sexual Health
803-777-1835

### Pharmacy
sc.edu/myrxspace
PocketRx app on smartphone
803-777-4890

### Sexual Assault and Violence Intervention & Prevention
803-777-8248

Visit **MyHealthSpace** at sc.edu/myhealthspace
to make appointments online

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For emergencies, call **911**
USC police **803-777-4215**