Guide to Student Health Services

An Accredited Patient Centered Medical Home

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, and it’s one of Student Health Service’s top goals for students, too. However, a new town, friends and lifestyle, combined with potentially challenging classes, can create a stressful environment for your body and 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.

By supporting the vision of a Healthy Carolina, we support an overall healthy community at UofSC. 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 UofSC 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 sc.edu/healthservices. Good luck as you begin your new life as a Gamecock!

Yours in health,

Deborah Beck
Executive Director
Student Health Services

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Immunization & Insurance requirements

- All students must turn in their immunization records on sc.edu/myhealthspace before enrolling.
- All undergraduate students who take 6 or more credit hours, graduate students who take 6 or more credit hours, graduate students with graduate assistantships and international students must show proof of health insurance.
- Failure to show proof of health insurance will result in enrollment in the Student Health Insurance Plan; the premium is due with fall and spring tuition bills.

For more information, visit sc.edu/healthservices.
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:
- Primary care office visits
- Women’s health office visits
- Limited number of counseling sessions
- Group counseling
- Support groups and workshops
- Preventive screenings
- Health coaching
- Fitness assessments
- Clinical nutrition, stress management or sexual health consultations
- Public health preparedness

Examples of services not covered through the student health fee (though some are offset by the health fee):
- Radiology
- Laboratory services
- Prescriptions
- Physical therapy
- Psychiatric services
- Allergy shots and vaccines
- Travel consults
- Services received at any other hospital or clinic
- Charges for no-show appointments

Our charges are typically less than off-campus health care facilities. For more information, visit sc.edu/healthservices.

After-hours care

For any medical emergency, students should dial 911. If calling from a cell phone, callers must state they are on the UofSC 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:
- 2601 Rosewood Dr., Columbia, SC 29205 (1.9 miles from campus), 803-782-4051
- 977 Knox Abbott Dr., Cayce, SC 29033 (2.6 miles), 803-794-0476
- 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, visit sc.edu/healthservices.
Guide to the Center for Health & Well-Being

General/Primary Care
Primary Care offers primary and urgent healthcare provided by highly qualified and experienced board-certified physicians, licensed nurse practitioners and physician assistants. Appointments are encouraged to minimize wait time. Appointments for:

- Cold, strep, flu and other respiratory illnesses
- Ear infections
- Cuts, wounds and other skin injuries
- Conjunctivitis (pink eye) and other eye injuries
- Gastroenteritis (stomach concerns)
- Urinary tract infection (UTIs)
- Minor surgical services such as laceration repair
- Care for chronic conditions
- Physicals
- Sexually Transmitted Infections
- Vaccinations, including flu shots, HPV, tetanus and other recommended immunizations
- Referrals to community specialty physicians

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. Appointments for:

- Annual well-woman visits
- Long-acting reversible contraceptives
- Birth control consultations
- STI/UTI testing and treatment
- Reproductive consultations
- Gynecological problems including irregular periods and bleeding issues
- Pap tests
- Breast exams
Sports Medicine & Physical Therapy

Sports Medicine offers evaluation, management and prevention of musculoskeletal injuries including concussion and fracture management. In addition, our board-certified physicians perform sports physicals and multiple office procedures such as joint injections and casting of simple fractures. Physical therapy assists students in the recovery process following surgery or injury. Services are provided in a full-size rehab gym.

Pharmacy

The pharmacy provides professional, confidential and economical prescription services and over-the-counter medical products at competitive prices. The pharmacy fills prescriptions written by health care providers off campus as well as those written by our providers. You can transfer your refills here. Refill prescriptions online at sc.edu/myrxspace, by downloading the PocketRx app in the App store or by calling 803-777-4890.

Lab

Our accredited laboratory accepts and orders lab tests from both Student Health Services and off-campus health care providers.

Radiology

X-rays and EKGs are provided and interpreted by board-certified specialists. Procedures including contrast studies, CT scans and MRIs are referred off campus.

Allergy, Immunization & Travel

Get allergy shots, required and recommended immunizations and travel consultations for travel abroad.

Financial Services

Get help with billing and insurance information from our trained professional staff.

Wellness & Prevention

Services include consultations and programming for stress management, clinical nutrition, sexual health, physical activity, mental health, balanced eating and more. Wellness and prevention also includes Healthy Carolina initiatives and policies, including the farmers market, cooking classes and mental health support initiatives.

Demonstration Kitchen

Free 60-90 minute classes where you experience cooking from start to finish. Learn how to prepare healthy and delicious recipes. No cooking experience required.

C.A.L.M. Oasis

(Carolinians Actively Living Mindfully)

The offerings of the C.A.L.M. Oasis can help develop, enhance and solidify your mindfulness practices. Visit sc.edu/healthservices for more information.
Guide to the
Thomson Building

Counseling and Psychiatry

Our mental health providers include board-certified psychiatrists, licensed psychologists, licensed counselors and social workers. Mental health services include:

- **Individual therapy** - a limited number of visits are included in student health fee paid with tuition
- **Group therapy** - Counseling & Psychiatry offers a number of process groups, support groups, skill-building and life-hack groups
- **Individual crisis intervention** - If you are concerned about a USC student and not sure what to do, call counseling 803-777-5223
- **Walk-In Assessments** - if you are in crisis, walk-in assessments with a counselor are available during business hours
- **After hours** - Students can call the main counseling office number 803-777-5223 after hours to speak with a counselor about urgent concerns
- **Case management** - to help with off-campus care
- **Psychiatric evaluations & medication management** - Our providers can recommend treatment for mental, emotional and behavioral problems and can prescribe medications if needed and arrange for ongoing monitoring and coordination with other health care professionals
  - **Campus crisis response**
  - **Therapist Assisted Online (TAO)** - online therapy via video-conferencing or self-directed modules to help manage mild and/or periodic symptoms

Our psychiatric providers can assist with maintaining medication regimens while you are enrolled. If currently taking a controlled substance, please refer to the Student Health Services’ controlled substances policy and Attention-Deficit Hyperactivity Disorder (ADHD) policy: [sc.edu/mentalhealth](http://sc.edu/mentalhealth)

**Preventive mental health programs** include
- Suicide prevention training
- Stress management consultations
- Resiliency workshops
- C.A.L.M. Oasis meditation space
- Daily guided meditation
- Meditation courses
- Kognito online program to help students recognize signs of psychological distress
- Programming to promote mental health resources and stress management skills
Sexual Assault and Violence Intervention & Prevention (SAVIP)

SAVIP strives to eliminate acts of interpersonal violence at UofSC through advocacy, education and outreach and provides confidential support and advocacy for interpersonal violence survivors. SAVIP advocates are accessible 24/7 - if you or someone you know is a victim of sexual assault, stalking or relationship violence, call 803-777-8248 during business hours or 803-777-4215 after hours. If an emergency, dial 911. sc.edu/stopsexualassault

Changing Carolina Peer Leaders

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

Student Wellness and Health Coaching

Services include health coaching for stress management, balanced eating, exercise, tobacco cessation and sexual health, as well as fitness assessments, blood pressure checks and body composition measurements.

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.
Visit MyHealthSpace at sc.edu/myhealthspace to make appointments online; MyRxSpace at sc.edu/myrxspace to refill prescriptions.

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