Guide to UNIVERSITY HEALTH SERVICES
An Accredited Patient-Centered Medical Home
University Health Services is committed to improving the health of our Gamecock community.

We are excited that you have chosen to join the University of South Carolina and hope you will find your education here both challenging and rewarding. If you have a passion for helping people and making a difference, you are in the right place.

While you are here, rest assured that your care will be in very capable hands. Our highly trained clinicians and staff are dedicated to making sure your experience is as pleasant and comfortable as possible, which always includes keeping you well informed and safe.

Recognizing that health visits can sometimes be overwhelming and often unexpected, we are pleased to offer you this guide. In the pages that follow, you will find helpful information about University Health Services, what to expect, how care is delivered, and how to access a variety of available resources.

Thank you for putting your trust in University Health Services.

Once again, welcome!

Sincerely,

Rebecca Caldwell, Ph.D.
Facilities
University Health Services
Guide to the
CENTER FOR HEALTH & WELL-BEING

Primary Care
Floor 3

We offer students primary and urgent health care provided by experienced, board-certified physicians, licensed nurse practitioners and certified physician assistants. In-person and telemedicine appointments can be made in sc.edu/myhealthspace. Visit us for:

- COVID-19 evaluations and symptomatic testing
- 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)
- Minor surgical services such as laceration repair
- Care for chronic conditions
- Sexually Transmitted Infections (STIs)
- Vaccinations, including flu shots, HPV, tetanus and other recommended immunizations
- Referrals to community specialty physicians

Women’s Health
Floor 4

We offer students gynecological services by highly qualified, board-certified gynecologists and licensed women's health nurse practitioners. It is recommended that college-aged students begin periodic routine well visits and cervical cancer screening. Appointments can be made at sc.edu/myhealthspace. Visit us for:

- Annual well-woman visits
- Long-acting reversible contraceptives (LARCs)
- 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
Floor 4

Sports Medicine offers students evaluations, management and prevention of musculoskeletal injuries including concussions and fractures. In addition, our board-certified physicians perform sports physicals and multiple office procedures such as joint injections and the 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 right in the health center. Make a Sports Medicine appointment online at sc.edu/myhealthspace. Please call 803-576-6383 to schedule a Physical Therapy appointment.

Pharmacy
Floor 2

The pharmacy provides professional, confidential and economical prescription services and over-the-counter medical products at competitive prices. We fill prescriptions written by on- or off-campus providers. For your convenience, transfer your refills here. Refill your prescriptions online at sc.edu/myrxspace; or by downloading the PocketRx app from the Apple App Store or Google Play; or by calling 803-777-4890.
Wellness & Prevention
Floor 1
Healthy Campus Initiatives provides services and programs for healthy eating, physical activity, sexual health, stress management, bystander intervention, resiliency and positive mental health. Wellness Coaching is available for students for stress management; smoking or vaping cessation and treatment; and more. Make your appointment online at sc.edu/myhealthspace.

Radiology
Floor 4
X-rays and EKGs are provided and interpreted by board-certified specialists. Procedures including contrast studies, CT scans and MRIs are referred to off-campus partners.

Allergy, Immunization & Travel
Floor 1
We provide allergy shots, required and recommended immunizations, plus travel consultations for Study Abroad or Spring Break travel. Appointments can be made online at sc.edu/myhealthspace.

Demonstration Kitchen
Floor 2
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.

Wellness & Prevention
Floor 1
Healthy Campus Initiatives provides services and programs for healthy eating, physical activity, sexual health, stress management, bystander intervention, resiliency and positive mental health. Wellness Coaching is available for students for stress management; smoking or vaping cessation and treatment; and more. Make your appointment online at sc.edu/myhealthspace.

C.A.L.M. Oasis
(Carolinians Actively Living Mindfully)
Floor 2
The C.A.L.M. Oasis is a space for yoga and meditation that can help you develop, enhance and solidify your mindfulness practices.
Guide to the
THOMSON BUILDING

Sexual Assault and Violence
Intervention & Prevention
Floor 2

We provide confidential support and advocacy services for interpersonal violence victims/survivors. We strive to eliminate acts of interpersonal violence at UofSC through advocacy, education and outreach. Our advocates are accessible 24/7. If you have any questions, please call our SAVIP office at 803-777-8248. After hours, call UofSCPD at 803-777-4215 and ask to speak to the SAVIP advocate. You do not have to give your name when calling USC PD.

Gamecocks LiveWell & Wellness Coaching
Floor 1

The Gamecocks LiveWell initiative provides faculty and staff preventive services and programs to assist them in attaining and maintaining wellness in body, mind and spirit. This office is also the home of Wellness Coaching for students, faculty and staff. Call 803-777-8283 for information.

Changing Carolina Peer Leaders
Floor 2

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

Counseling & Psychiatry
Floors 2, 3, 4

Our mental health providers include board-certified psychiatrists, licensed psychologists, licensed counselors and social workers. Due to COVID-19 pandemic, most of our services are provided through Telecounseling and Telepsychiatry. Appointments available only for students residing in South Carolina.

Learn more about mental health services at UofSC by visiting sc.edu/mentalhealth.
Individual Counseling
A limited number of visits are included with the Student Health Fee paid with tuition.

Group Counseling
We offers a number of process groups, support groups, skill-building and life-hack groups.

Individual Crisis Intervention
If you are concerned about a UofSC student and not sure what to do, call counseling 803-777-5223.

Walk-In Assessments
If you are in crisis, walk-in assessments are available during business hours. Call 803-777-5223 to ensure we prepare a physically distanced space.

After Hours
Students can call the main counseling office number 803-777-5223 to speak with a counselor.

Therapist Assisted Online (TAO)
Online therapy via video-conferencing or self-directed modules to help manage mild and/or periodic symptoms.

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.

Preventive mental health programs include:
- Suicide prevention training
- Stress management consultations
- Resiliency workshops
- Wellness coaching
- Programming to promote mental health resources and stress management skills
- Kognito online program to help students recognize signs of psychological distress

If you have any questions about Counseling & Psychiatry, call us 803-777-5223 or visit sc.edu/healthservices.

Case Management
To help with off-campus or out-of-state mental health 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.

Before our psychiatric providers can take on medication management for Attention-Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD), Student Health Services requires a formal psychological test to confirm the diagnosis. We do not offer ADHD/ADD testing services, therefore the cost of this test is NOT covered by the Student Health Fee. Test results from off-campus or out-of-state psychologists will be accepted if that they comply with our guidelines. See our ADHD/ADD policy on our website for more details.
Faculty & Staff Services

Pharmacy
Fill your prescriptions without leaving campus and get over-the-counter medicine for colds, pain relief, acid reflux, allergies and other common problems.

Lab Work & X-Rays
Faculty and staff can schedule a no-cost preventive worksite screening and additional tests for a fee.

Immunizations & Allergy Shots
Make an appointment for required vaccines before traveling, or bring in your serum to get your allergy shots without leaving campus.

Interpersonal Violence
• Speak with an Advocate
• After-Hours Help
• Supporting a Survivor

Gamecocks LiveWell
The health of our faculty and staff is essential to our university. It impacts your professional success, quality of life and ability to support students in their academic careers. Wellness programs and workshops are offered seasonally to help university faculty and staff meet their health and wellness goals.

Preventive Services:
• Wellness Coaching
• Workplace Screenings
• Drop-In Screenings

Programs:
• Inner Path to Peace
• Heart Beat Step Challenge
• Choose Well
What Is My Health Space?

MyHealthSpace is the patient portal used to communicate between patients and our providers here at University Health Services.

Patients can:

- Upload Medical Forms and Insurance Cards
- Complete Medical Clearance Forms
- Schedule Appointments Online 24/7
- View Referral Information
- Review and Print Immunization Records
- Update Local Address Information
- Complete Surveys
- Exchange Secure Messages with the Health Center Staff

Visit MyHealthSpace at [sc.edu/myhealthspace](http://sc.edu/myhealthspace)

MyRxSpace at [sc.edu/myrxspace](http://sc.edu/myrxspace) to refill prescriptions.
Required Immunizations

All students must provide required immunization records before enrolling to classes by uploading them to sc.edu/myhealthspace.

- MMR: Two doses of the measles, mumps and rubella vaccine or positive blood titer reports.
- Meningococcal Vaccine (Menevo or Menactra): Must have received at least one vaccine after 16th birthday to satisfy requirement
- TB Risk Screening Questions

Failure to meet the university’s immunization requirements may result in a hold on your student account.

Health Insurance Requirements

All undergraduate and graduate students taking 6 or more credit hours; graduate students with graduate assistantships; and international students are required to have health insurance.

Failure to provide proof of health insurance will result in automatic enrollment in the Student Health Insurance Plan; the premium is due with fall and spring tuition bills.

Students can stay on their personal or family’s health insurance plan by waiving out of the university plan and uploading their proof of insurance to sc.myahpcare.com. The university insurance plan is the ONLY in-network plan at Student Health Services. Other plans may incur out-of-network charges. If you have questions about the Student Health Insurance Plan, call 1-855-844-3015.

Student Health Fee or Insurance?

In many instances, the Student Health Fee, which is paid through tuition each semester, covers the costs for basic services. Insurance will be billed for services not covered by the fee.

If you have any billing or insurance questions, call our Financial Services office at 803-777-3174.

Examples of services covered by the Student Health Fee:
- Primary Care office visits
- Women’s Health office visits
- Sports Medicine office visits
- Limited number of counseling sessions
- Group counseling
- Support groups
- Preventive screenings
- Wellness coaching
- Clinical nutrition, stress management, sexual health consultations
- Public health preparedness
- Advocacy services

Examples of services NOT covered by the Student Health Fee:
- Radiology (X-rays)
- Laboratory services
- Prescriptions
- Physical therapy
- Splints, braces, crutches
- Psychiatric services
- IV hydration, breathing treatments
- Minor surgical procedures
- Allergy shots and vaccines
- Travel consultations
- Services received at another hospital/clinic
- Charges for no-show appointments

Costs will be courtesy-filed to the patient’s health insurance and could be subject to copays and deductible.
Healthy Carolina Initiatives

Supporting the Healthy Carolina Vision

University Health Services provides a home for Healthy Carolina Initiatives, which aims to improve the policies, systems and environment of the University of South Carolina to make our campus a healthier place to live, learn, work and play. Since 2006, Healthy Carolina Initiatives has spearheaded nationally recognized programs like Tobacco Free USC, The Healthy Carolina Farmers Market and yearly health communications campaigns. These all aim to create a culture and atmosphere that encourages healthy choices and behaviors among students, faculty and staff.

To learn more or to get involved with well-being initiatives on campus, visit sc.edu/healthycarolina

Patient Centered Medical Home

Comprehensive Care

The Patient-Centered Medical Home (PCMH) is an approach that helps us provide comprehensive primary care to our students. Student Health Services is a health care setting that facilitates partnerships between the individual patient, as well as their primary care physicians and other team members such as counselors, psychiatrists, nutritionists, and more. The Patient Centered Medical Home model utilizes care teams that work as a single unit to implement and develop treatment plans that address all of the patients’ needs and provide holistic care.
Coronavirus Phone Bank
803-576-8511
Hours: Monday - Friday: 8 a.m. to 6 p.m., Sunday: 2-8 p.m.
For Emergencies, call 911
UofSC Police 803-777-4215

University Health Services
University of South Carolina
1409 Devine Street
Columbia, SC 29208
sc.edu/healthservices

Primary Care
803-777-3175
Women's Health
803-777-8920
Counseling
803-777-5223
Psychiatry
803-777-1833
Sports Medicine & Physical Therapy
803-576-6383
Allergy, Immunization & Travel
803-777-9511
Financial Services
803-777-3174

Pharmacy
sc.edu/myrxspace
PocketRx app on smartphone
803-777-4890
Healthy Campus Initiatives
803-777-8283
Nutrition Services
803-777-8283
Sexual Health
803-777-8283
Sexual Assault and Violence Intervention & Prevention
803-777-8248
803-777-4215 (after hours ask to speak with a SAVIP advocate)

After-hours Care
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
1538 Main St., Columbia, SC 29201 (1.1 miles), 803-726-6737
4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

For medical emergencies, students can visit a hospital emergency room:
Prisma Health Baptist, 1301 Taylor St., Columbia, SC 29220 (0.9 miles)
Providence Hospital, 2435 Forest Dr., Columbia, SC 29204 (2 miles)
Prisma Health Richland, 3301 Harden St., Columbia, SC 29203 (2.75 miles)

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

Like or follow us on social media for the latest campus health news, program announcements and event information:
@UofSC_SHS
@healthycarolina_uofsc
UofSCshs
HealthyCarolina
@UofSC_SHS
@healthycarolina
@uofsc_ccpl
@mentalhealthmattersuofsc
GamecocksLiveWell

Accreditations:

The University of South Carolina is an equal opportunity institution.