

## YOUR HEALTH SERVICE

Rensselaer's Student Health Center is a comprehensive accredited physician-directed program featuring an outpatient medical clinic; specialist referrals, hospital, and laboratory services; gynecological and allergy clinics; counseling services; and health education and wellness programs.

## LOCATION AND HOURS

The Gallagher Student Health Center is located in Academy Hall.

The Health Center, located on the 3000 level, is open during the academic year Monday through Friday from 8:30 a.m. to 5 p.m., by appointment from 8:30 a.m. to 3:45 p.m., and Saturday and Sunday from 10 a.m. to 1:30 p.m. for urgent problems. Summer hours are Monday through Friday from 8 a.m. to 4:30 p.m.

Counseling services, located on the 4000 level, are available from 8:30 a.m. to 5 p.m. Monday through Friday during the academic year. Summer hours are Monday through Friday from 8 a.m. to 4:30 p.m.

## APPOINTMENTS

Call 276-6287 to schedule a medical appointment. You will usually be able to make one within 24 hours.

Call 276-6479 to schedule an appointment with Counseling Services.

Call 276-2305 to schedule an appointment with the Health Educator.

## AFTER-HOURS CARE

If you cannot wait until the Student Health Center opens in the morning, you may seek emergency care at Samaritan Hospital. Samaritan, a 180-bed community hospital located two blocks from the campus, has a 24-hour Emergency Department (ED). If you are enrolled in the Rensselaer Student Accident and Sickness Insurance Plan, there is a \$100 co-pay for ED visits; otherwise you will need to submit these charges to your insurance carrier. Visits that are judged not to be true emergencies may not be covered by your insurance.

If you need to speak to a member of the Counseling Services staff after hours, one can be reached by calling Public Safety at 276-6611.

## STAFF

The Health Center staff includes a physician Medical Director, a psychiatrist Counseling Director, a physician, two physician assistants, a nurse-practitioner, three registered nurses, a medical assistant, four psychologists, two social workers, two health educators, and administrative staff.

## ACCREDITATION

The Student Health Center has been awarded full certification by the Accreditation Association for Ambulatory Health Care (AAAHC). The AAAHC is an independent national organization which evaluates the quality of care at ambulatory centers such as outpatient surgery centers, clinics, and college health centers. Our commitment to maintain AAAHC certification provides assurance of quality patient care and an appropriate organizational framework.

## ALLERGY CLINIC

Allergy injections are given by appointment. The student is responsible for setting up a time for injections at the beginning of each semester, and providing his or her own vaccine and directions for administration. Rensselaer's medical staff will not change any treatment started by the student's allergist or family physician. The Health Center will only administer allergy injections that have previously been started (3 initial injections) by the patient's allergist. There is no charge for the administration of these vaccines. Each student must wait a minimum of 20 minutes following injection as a safeguard against a possible reaction to the vaccine. The Health Center cannot accept serum that is mailed.

## GYNECOLOGICAL CLINIC

Gynecological care, including contraceptive advice, is given at regularly scheduled times. At the gynecological clinic there is no charge for routine annual exams, Papanicolaou smears, and pregnancy tests. Contraceptive pills are prescribed at the clinic. The gynecology clinic is staffed by a nurse-practitioner.

## HEALTH EDUCATION

Rensselaer provides a program of personal and community health education services aimed at encouraging students to take an active part in their own health as well as promoting positive health values within the Institute community. Topic areas include alcohol and other drugs, eating disorders, exercise, LGBTQ issues, HIV/AIDS, nutrition and healthy eating, safer sex, sexuality, smoking and tobacco, stress, and wellness. Other programs are available

by request. The Student Health Center also coordinates the campus Safe Zone Program (LGBTQ awareness).

## PRESCRIPTIONS

Students participating in the Rensselaer Student Health Insurance Plan may have their prescriptions filled at any/all local pharmacies. There is a co-pay of \$10 for generic prescriptions and \$30 for name brands. Students with a prescription program through family insurance will be given a written prescription, which may be filled at any pharmacy that accepts that insurance plan.

Campus shuttle bus services are available for transportation to local pharmacies.

## COUNSELING SERVICES

The goal of the Counseling Services is to help students maximize their sense of well-being, as well as their academic, personal, and social growth. Services offered include individual and group counseling, relaxation training for anxiety, biofeedback training, study and time management skills, reducing test anxiety, limited screening for learning disabilities (as time allows), vocational interest testing, and outreach programming and consultation. Services are offered at no cost to students paying the Health Center Fee.

Except in situations in which students present a clear and present danger to harm themselves or someone else, confidentiality is strictly respected. No information is shared without the student's permission.

## MEDICAL EXCUSES

Written excuses are not routinely provided for regular outpatient care. Excuses may be given to seriously ill students who have been treated at the Student Health Center or Samaritan Hospital. In other cases, the faculty are to use their discretion in evaluating absence from class.

## CONFIDENTIAL RECORDS

Information is not released to a third party, including parents, without written permission from the student or, if under legal age, the student's parent or guardian. In accordance with New York State Public Health Law, there is a 75 cents per page charge to cover photocopying expenses.

## VACATION COVERAGE

During scheduled recesses, students may use the Rensselaer Student Health Insurance Plan in their local areas as long as they use participating providers. Referrals are not needed outside a 25-mile radius from campus.

## SUMMER SERVICES

The Student Health Center is open during the summer Monday through

Friday from 8:30 a.m. to 4:30 p.m. Students who have paid a Health Center Fee for the spring semester may use the Health Center in the summer. Students starting school for the first time in the summer or returning to school after a period of time away will be charged a prorated Health Center Fee.

## DENTAL COVERAGE

Graduate students are provided a dental insurance policy through the Delta Dental Insurance Company and are billed \$99 per semester. Dependent coverage is also available for an additional rate. Graduate students who are covered by another dental plan may waive the campus-sponsored plan by completing a Dental Insurance Information/Waiver Form, available on the Student Health Center website. Waiver deadlines are September 15 for the fall and February 15 for new spring students.

Undergraduate students may choose an optional Dental Plan from Delta Dental for \$154.25 per semester.

Enrollment deadlines: Fall—September 15; Spring—February 15. See the website, <http://studenthealth.rpi.edu>, for details.

## HEALTH CENTER FEE

The Health Center Fee for 2011-2012 is \$264.50 per semester.

The fee covers all visits to the Student Health Center, including medical services, counseling service, and health education, as well as lab tests performed on premises (e.g., throat cultures).

There are additional charges for immunizations, splints, and copying medical records. See website for complete fee schedule.

All registered students are eligible to use the Student Health Center, regardless of insurance coverage. The Health Center fee covers these visits.

Welcome to Rensselaer!

We hope your time here will be healthy and productive. The Gallagher Student Health Center is here to assist you in maintaining a healthy, active lifestyle.

The Student Health Center includes confidential medical, psychological, allergy, gynecology, health education, and other services. You can make an appointment with a clinician by calling 276-6287 or stopping in at the Student Health Center. The Health Center is open seven days a week while classes are in session. Counseling services are available Monday-Friday. For a counseling appointment, please call 276-6479.

In addition to daily appointments, Rensselaer's Student Health Center can provide referrals to area specialists when indicated. Payment for these referrals will depend on your insurance coverage.

While we cannot diagnose or treat over e-mail, and we will not discuss confidential information, you can reach us for general questions at [healthcenter@rpi.edu](mailto:healthcenter@rpi.edu).

You don't have to be sick to visit the Health Center. If you have questions about nutrition, exercise, stress, or other health matters, contact our health educator at 276-2305 or [healthed@rpi.edu](mailto:healthed@rpi.edu).

Please review this brochure carefully to learn about the health care services that are available at Rensselaer. Have a wonderful year!

Sincerely,

The Staff at the Student Health Center

## RENSELAER STUDENT HEALTH INSURANCE PLAN

Rensselaer is pleased to offer all matriculated undergraduate and graduate students an excellent health insurance plan offered through Maksin. Maksin is a leader in the insurance industry with an expansive network of physicians, hospitals, and other health care providers. Highlights of the program are:

- o \$10/\$30 co-pay for prescriptions
- o Mental health inpatient and outpatient coverage
- o \$100,000 coverage limits per incident
- o No or low co-pays for in-plan specialist consultation nationwide
- o Meets J1 Visa coverage requirements
- o Dependent coverage available at reasonable additional cost
- o Graduating students may purchase an additional period of coverage
- o Optional coverage upgrade to \$300,000 is available

The plan provides nationwide year-round coverage at a very reasonable cost. This coverage will facilitate care from hospitals and providers in the Troy area as well as outside the area during recesses and vacations.

Information about the insurance program is available at Student Orientation, at the Student Health Center, and on the Web at [studenthealth.rpi.edu](http://studenthealth.rpi.edu). Questions about the Rensselaer Student Health Insurance Plan may be directed to Bonnie Bornt, Department Insurance Representative, at (518) 276-2997 or [healthins@rpi.edu](mailto:healthins@rpi.edu).

### Health Insurance Fee

Enrollment in the health insurance plan is for an entire year (August 15-August 14). The premium for this annual coverage is billed via the Health Insurance Fee of \$405 per semester that will appear on your tuition bill. If you already have health insurance through a family or other plan, and it covers **routine** and **non-emergency** care in the Troy area, you may elect to waive this insurance coverage and Health Insurance Fee. A link to the on-line Health Insurance Enrollment and Waiver process is found on the fall ebill. New students admitted or readmitted for the spring semester must complete the health insurance waiver via a paper form.

Students registering in the fall and wishing to waive the Insurance Fee must do so by September 15, after which time there can be no exceptions. For students beginning in January, the deadline for waivers is February 15. The insurance fee will remain on your bill until a waiver is approved by the Medical Director. **Those choosing to waive the insurance must renew their waiver each year.**

### CONTACTING THE STUDENT HEALTH CENTER

#### Clinical Services

Medical Appointments 276-6287  
Counseling Appointments 276-6479  
Health Education 276-2305

#### Emergencies

When Health Center is closed 276-6611 or 911

#### Email

#### Administration

Administrative Questions 276-6147  
Insurance/Billing 276-2997  
Medical Services FAX 276-8573  
Counseling Services FAX 276-6642

Medical Services: [healthcenter@rpi.edu](mailto:healthcenter@rpi.edu)  
Counseling: [counseling@rpi.edu](mailto:counseling@rpi.edu)  
Health Education: [healthed@rpi.edu](mailto:healthed@rpi.edu)  
Insurance/Billing: [healthins@rpi.edu](mailto:healthins@rpi.edu)  
Health Records: [healthrecords@rpi.edu](mailto:healthrecords@rpi.edu)

**On the Web:** <http://studenthealth.rpi.edu>



The Rensselaer Student Health Center is accredited by:

Accreditation Association  
for Ambulatory Health Care, Inc.



To your good health at Rensselaer!

The Gallagher  
**STUDENT HEALTH CENTER**  
2011-2012



Rensselaer