

**Carnegie Mellon University**  
University Health Services

**2016-2017**

# **GRADUATE HEALTH AND IMMUNIZATION GUIDE**



## **HEALTH SERVICES CHECKLIST**

- **Immunization Form due (one time requirement):**
  - Fall Semester 2016 – **June 30, 2016**
  - Spring Semester 2017 – **October 31, 2016**
  - Summer Semester 2017 – **February 28, 2017**
  
- **Insurance enrollment/waiver period (annual requirement):**
  - Fall Semester 2016 – **July 15 – September 12, 2016**
  - Spring Semester 2017 – **December 15, 2016 – January 31, 2017**
  - Summer Semester 2017 – **May 1 – June 15, 2017**

**[WWW.CMU.EDU/HEALTH-SERVICES](http://WWW.CMU.EDU/HEALTH-SERVICES)**

Questions? Contact us at 412-268-2157 or [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu)



## **ABOUT US**

At University Health Services (UHS), our professional staff provides high-quality care in an open and safe setting to all enrolled students. We offer medical care, health promotion and insurance services, including:

Allergy Shots	Preventive Care
Blood Tests	Quit Smoking Support
Illness and Injury Care	Sexual Health Services
Massage Therapy	Stress Management Support
Nutrition Counseling	Student Health Insurance
Prescription Medicines	Substance Use Assessments

## **Hours & Appointments**

When classes are in session, we are open Monday-Saturday, with daytime and evening hours. When we are closed, we offer a physician on-call service. For current hours, visit [www.cmu.edu/health-services](http://www.cmu.edu/health-services). You can also use HealthConnect to schedule appointments, order prescription refills and complete health forms online!

## **Confidentiality**

All medical visits and records are confidential. No information is released without written consent of the patient.

## **Cost**

There are fees for services at UHS. Most fees are covered for students enrolled in our student medical insurance plan. We strive to keep expenses low for students.

More information about fees is available at:

[www.cmu.edu/health-services/services-and-fees](http://www.cmu.edu/health-services/services-and-fees).

## **For students with special needs**

We offer comprehensive care management for students with special health needs. For details, visit [www.cmu.edu/health-services/services-and-fees](http://www.cmu.edu/health-services/services-and-fees).

If you have a medical need that requires a housing or dining accommodation, please submit a Special Housing Needs Form or a Special Dining Needs Form, available at [www.cmu.edu/health-services/for-parents](http://www.cmu.edu/health-services/for-parents).



## **UNIVERSITY IMMUNIZATION REQUIREMENTS** (Pittsburgh Campus only)

[www.cmu.edu/health-services/immunization](http://www.cmu.edu/health-services/immunization)

As a full-time student, you must document that you have met the immunization requirements by completing an online immunization form, as well as a tuberculosis (TB) screening form. You can complete these forms in HealthConnect, accessible at [www.cmu.edu/health-services](http://www.cmu.edu/health-services).

Failure to submit the forms before classes start will result in disenrollment from classes and removal from university housing, including a fee to reactivate the room key.

### **Online Immunization Form Due Dates (one time requirement)**

Fall Semester 2016 - Form due **June 30, 2016**

Spring Semester 2017 - Form due **October 31, 2016**

Summer Semester 2017 - Form due **February 28, 2017**

### **Requirements for All Full-Time Students**

#### **Hepatitis B:**

- 3 or 4 doses, depending on vaccine brand or
- Positive Immunoglobulin (IgG) antibody blood test (proves immunity)

#### **Measles, Mumps & Rubella (MMR):**

- 2 doses or
- Combination of 2 measles vaccines, 2 mumps vaccines, and 1 rubella vaccine or
- Positive Immunoglobulin (IgG) antibody blood test to each (proves immunity)

#### **Tetanus, Diphtheria, Pertussis (Tdap):**

- 4 dose series (DT, DTaP, DTP, or Td) and
- One booster dose of Tdap between ages 11-64

#### **Varicella (Chickenpox):**

- Birth in the U.S. before 1980 or
- Date of disease or
- 2 doses or
- Positive Immunoglobulin (IgG) antibody blood test (proves immunity)

**All full-time students must also complete an online tuberculosis screening form, followed by TB testing, if indicated.**

### **Additional Requirements for Students Living in University Housing**

#### **Meningococcal:**

- Single dose of Quadrivalent (protects against 4 types of meningitis) or Pentavalent (protects against 5 types of meningitis) at or after age 16

Find easy-to-read vaccine information in many languages at the Immunization Action Coalition, [www.immunize.org/](http://www.immunize.org/).



## **UNIVERSITY HEALTH INSURANCE REQUIREMENT**

[www.cmu.edu/health-services/student-insurance](http://www.cmu.edu/health-services/student-insurance)

As a full-time student, you must have medical insurance that meets the university's requirements. Please see the university's student health insurance criteria at [www.cmu.edu/health-services/student-insurance](http://www.cmu.edu/health-services/student-insurance).

The university offers a student medical insurance plan, as well as optional vision and dental insurance plans.

You will be charged the premium fee of \$1,799 for the individual Carnegie Mellon University Student Health Plan. This fee will appear on your first semester invoice.

You must take one of the following actions by **September 12, 2016**:

1. Enroll in the Carnegie Mellon University Student Health Plan; or
2. Apply for a waiver, verifying that you already have medical insurance that meets the university's requirements.

**You can enroll or apply for a waiver in Student Information Online (SIO), within the Campus Life tab.**

### **If You Enroll**

The insurance premium fee will remain on your student invoice. If you enroll in the vision or dental plan, or add dependents, the additional charges will appear on your student invoice.

You have the option to pay your insurance premium costs in monthly increments. For details, visit [www.cmu.afford.com](http://www.cmu.afford.com).

You may choose to add dependents to your plan during certain times. For details, visit [www.cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html](http://www.cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html).

### **If You Apply for a Waiver**

If your current insurance meets the university's requirements, you may apply for a waiver; if approved, a credit for the university plan premium fee will appear on your student invoice.

### **If You Take No Action (Not Recommended)**

If you do not enroll or waive by September 12, you will be enrolled in the individual Carnegie Mellon University Student Health Plan. The \$1,799 fee for this plan will remain on your account.

Questions? Email [shinsure@andrew.cmu.edu](mailto:shinsure@andrew.cmu.edu).



## **CARNEGIE MELLON UNIVERSITY STUDENT HEALTH PLANS**

Premium fees for insured period August 1, 2016 - July 31, 2017

	<b>Medical</b>	<b>Vision</b> <i>(Optional)</i>	<b>Dental</b> <i>(Optional)</i>
	Aetna Student Health	Aetna Vision Preferred	Aetna Dental PPO
Individual	\$1,799	\$82.44	\$224
Two-Person	\$3,563	\$153.84	\$377
Family	\$5,327	\$224.64	\$565

For details on costs and covered health services, visit [www.cmu.edu/health-services/student-insurance/plan-details.html](http://www.cmu.edu/health-services/student-insurance/plan-details.html).

For details on enrollment periods, visit [www.cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html](http://www.cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html).

For a glossary of insurance terms, visit [www.healthcare.gov/glossary](http://www.healthcare.gov/glossary).



## **FREQUENTLY ASKED QUESTIONS**

### **What are the health requirements for new students?**

**Immunizations:** You must complete the online immunization forms by June 30, 2016. Visit [www.cmu.edu/health-services/immunization](http://www.cmu.edu/health-services/immunization).

**Health Insurance:** All full-time students must have health insurance that meets the university's requirements by **September 12, 2016**. Visit [www.cmu.edu/health-services/student-insurance](http://www.cmu.edu/health-services/student-insurance).

**AlcoholEdu and Haven:** All new undergraduate students must complete two online courses. These courses will open on July 25, 2016 and must be completed by **August 22, 2016**. Visit [www.cmu.edu/health-services/alcohol/AlcoholEdu.html](http://www.cmu.edu/health-services/alcohol/AlcoholEdu.html).

### **What is health insurance and why do I need it?**

Health insurance is a contract between you and an insurance company. You buy a plan, and the company pays part of your medical costs when you get sick or hurt. The cost of health care in the United States is high, so insurance helps protect you from serious health and financial risks. Read more at <https://www.healthcare.gov/why-coverage-is-important/coverage-protects-you/>.

### **Do I need to have the university health insurance in order to visit UHS?**

No. All enrolled CMU students, regardless of insurance coverage, can use our services. We do not bill insurance plans, so you must pay any fees you owe at the time of your visit. We can provide you with a receipt for your visit, so that if your insurance plan covers any of the costs you pay, you can submit the receipt to your plan for reimbursement.

### **How can I access your services?**

We are located at Morewood Gardens E-Tower, Ground Floor. You can also use HealthConnect, our secure online portal, to schedule appointments, order prescription refills, complete health forms and more! Visit [www.cmu.edu/health-services/healthconnect](http://www.cmu.edu/health-services/healthconnect).

### **Will you share any of my health information with my parents or professors?**

No. All health visits and records are confidential; no information is shared with anyone without your written permission.

### **How much does it cost to use your services?**

While there are fees for our services, we strive to keep expenses low for students. Most fees are covered for students enrolled in the CMU student health insurance plan. Visit [www.cmu.edu/health-services/services-and-fees](http://www.cmu.edu/health-services/services-and-fees).

### **What about emergencies?**

If you need emergency medical care, call University Police (or 911 if you are off campus) and you will be transported to the nearest hospital emergency room or University Health Services, as appropriate. If you are unsure whether to visit UHS or another facility, please call or visit us. We can help direct you to the best place for the care you need.

## Carnegie Mellon University

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[www.cmu.edu/health-services](http://www.cmu.edu/health-services)



University Health Services is proud to be accredited by the **Accreditation Association for Ambulatory Health Care** and is also an institutional member of the **American College Health Association**.

Carnegie Mellon University does not discriminate in admission, employment, or administration of its programs or activities on the basis of race, color, national origin, sex, handicap or disability, age, sexual orientation, gender identity, religion, creed, ancestry, belief, veteran status or genetic information. Furthermore, Carnegie Mellon University does not discriminate and is required not to discriminate in violation of federal, state, or local laws or executive orders.

Inquiries concerning the application of and compliance with this statement should be directed to the vice president for campus affairs, Carnegie Mellon University, 5000 Forbes Avenue, Pittsburgh, PA 15213, telephone 412-268-2056.

Carnegie Mellon University publishes an annual campus security and fire safety report describing the university's security, alcohol and drug, sexual assault, and fire safety policies and containing statistics about the number and type of crimes committed on the campus and the number and cause of fires in campus residence facilities during the preceding three years. You can obtain a copy by contacting the Carnegie Mellon Police Department at 412-268-2323. The annual security and fire safety report is also available online at [www.cmu.edu/police/annualreports/](http://www.cmu.edu/police/annualreports/).

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