

2018-2019

# Graduate Health and Immunization Guide



**Carnegie Mellon University**  
University Health Services



**University Health Services**  
1060 Morewood Avenue  
Morewood Gardens  
E-Tower, Ground Floor

## Health Services Checklist

### ■ Immunization Forms due (one-time requirement):

Fall Semester 2018: June 29, 2018  
Spring Semester 2019: October 29, 2018  
Summer Semester 2019: February 25, 2019

### ■ Insurance enrollment/waiver period (annual requirement):

Fall Semester 2018: July 9 – September 10, 2018  
Spring Semester 2019: January 2 – January 31, 2019  
Summer Semester 2019: May 1 – May 31, 2019

## Questions?

Contact University Health Services at  
412-268-2157 or [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu)

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

## 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	Peer Health Education	Stress Management Support
Blood Tests	Prescription Medicines	Student Health Insurance
Illness and Injury Care	Preventive Care	Substance Use Assessments
LGBTQ Friendly Care	Psychiatric Services	
Massage Therapy	Quit Smoking Support	
Nutrition Counseling	Sexual Health Services	

### Hours & Appointments

When classes are in session, we are open Monday-Saturday, with daytime and evening hours. When closed, we offer a nurse advice service. For current hours, visit [cmu.edu/health-services](http://cmu.edu/health-services). You can also use HealthConnect to schedule appointments, order prescription refills and complete 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, but we strive to keep expenses low for students. Most fees are covered for students enrolled in our student medical insurance plan. More information about our fees is available at [cmu.edu/health-services/services-and-fees](http://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 [cmu.edu/health-services/services-and-fees](http://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 [cmu.edu/health-services/for-parents](http://cmu.edu/health-services/for-parents).

We also offer a Collegiate Recovery Community to connect and support students (and allies) who are in recovery from substance use. For details, contact [recovery@andrew.cmu.edu](mailto:recovery@andrew.cmu.edu) or visit [cmu.edu/health-services/alcohol/recovery](http://cmu.edu/health-services/alcohol/recovery).





## University Immunization Requirements\*

As a full-time student, you must document that you have met the immunization requirements by completing our online immunization and tuberculosis (TB) screening forms, as well as uploading your immunization records, with dates, from your healthcare provider. Forms can be completed and uploaded in HealthConnect, after you are assigned an Andrew ID, at [cmu.edu/health-services](http://cmu.edu/health-services).

If your records are in a language other than English, please translate the dates of each vaccine dose into English prior to uploading.

### Immunization documentation due dates (one-time requirement):

Fall Semester 2018: June 29, 2018

Spring Semester 2019: October 29, 2018

Summer Semester 2019: February 25, 2019

### Requirements for All Full-Time Students

#### 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)

#### 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)

#### Meningococcal: (additional requirement for students living in university housing)

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

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

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

## University Health Insurance Requirement

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 [cmu.edu/health-services/student-insurance](http://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 \$2,339 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 10, 2018:**

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.

*Beginning July 9, you can enroll or apply for a waiver in Student Information Online (SIO) within the Campus Life tab at [cmu.edu/hub](http://cmu.edu/hub).*

## 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 [cmu.afford.com](http://cmu.afford.com). You may choose to add dependents to your plan during certain times. For details, visit [cmu.edu/health-services/student-insurance/enroll-waive-change-cancel.html](http://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 10, you will be enrolled in the individual Carnegie Mellon University Student Health Plan. The \$2,339 fee for this plan will remain on your account. If you have questions please email [shinsure@andrew.cmu.edu](mailto:shinsure@andrew.cmu.edu).



## Carnegie Mellon University Student Health Plans

### Premium Fees for Insured Period August 1, 2017 - July 31, 2018

	Medical	Vision <i>(Optional)</i>	Dental <i>(Optional)</i>
	Aetna Student Health	Aetna Vision Preferred	Aetna Dental PPO
<b>Individual</b>	\$2,339	\$82.44	\$231
<b>Two-Person</b>	\$4,643	\$153.84	\$388
<b>Family</b>	\$6,947	\$224.64	\$582

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

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

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

## Sexual Assault Prevention for Graduate Students

We are committed to the health and safety of all our students, both in and out of the classroom. To that end, all new graduate students are encouraged to complete the Sexual Assault Prevention for Graduate Students online course.

Part of our comprehensive approach to sexual violence prevention, this course helps to empower students to create a safe and positive campus environment for everyone. Courses open July 23, 2018.

Find details at [cmu.edu/health-services/alcohol/AlcoholEdu.html](http://cmu.edu/health-services/alcohol/AlcoholEdu.html).

## Frequently Asked Questions

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

**Immunizations:** You must complete the online immunization forms by June 29, 2018. Visit [cmu.edu/health-services/immunization](http://cmu.edu/health-services/immunization).

**Health Insurance:** All full-time students must have health insurance that meets the university's requirements by September 10, 2018. Visit [cmu.edu/health-services/student-insurance](http://cmu.edu/health-services/student-insurance).

### 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 [healthcare.gov/why-coverage-is-important/coverage-protects-you](http://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.

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

### Will you share 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 [cmu.edu/health-services/services-and-fees](http://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.

## Questions?

Contact University Health Services at 412-268-2157 or [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu)

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

## Questions?

Contact University Health Services at  
412-268-2157 or [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu)

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

## Carnegie Mellon University

UNIVERSITY HEALTH SERVICES  
CARNEGIE MELLON UNIVERSITY  
1060 MOREWOOD AVENUE  
PITTSBURGH PA 15213-3890  
T: 412.268.2157  
E: [health@andrew.cmu.edu](mailto:health@andrew.cmu.edu)

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

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 university ombudsman, Carnegie Mellon University, 5000 Forbes Avenue, Pittsburgh, PA 15213, telephone 412.268.1018.

Obtain general information about Carnegie Mellon University by calling 412.268.2000.

In addition to the statement above, please insert the paragraph below in all communications to prospective graduate and undergraduate students as well as communications to prospective employees.

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 also is available online at [cmu.edu/police/Fire and Safety Reports.html](http://cmu.edu/police/Fire and Safety Reports.html).

Produced by Web & Creative Services,  
May 2018, 18-353.



Accredited by the

ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

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.