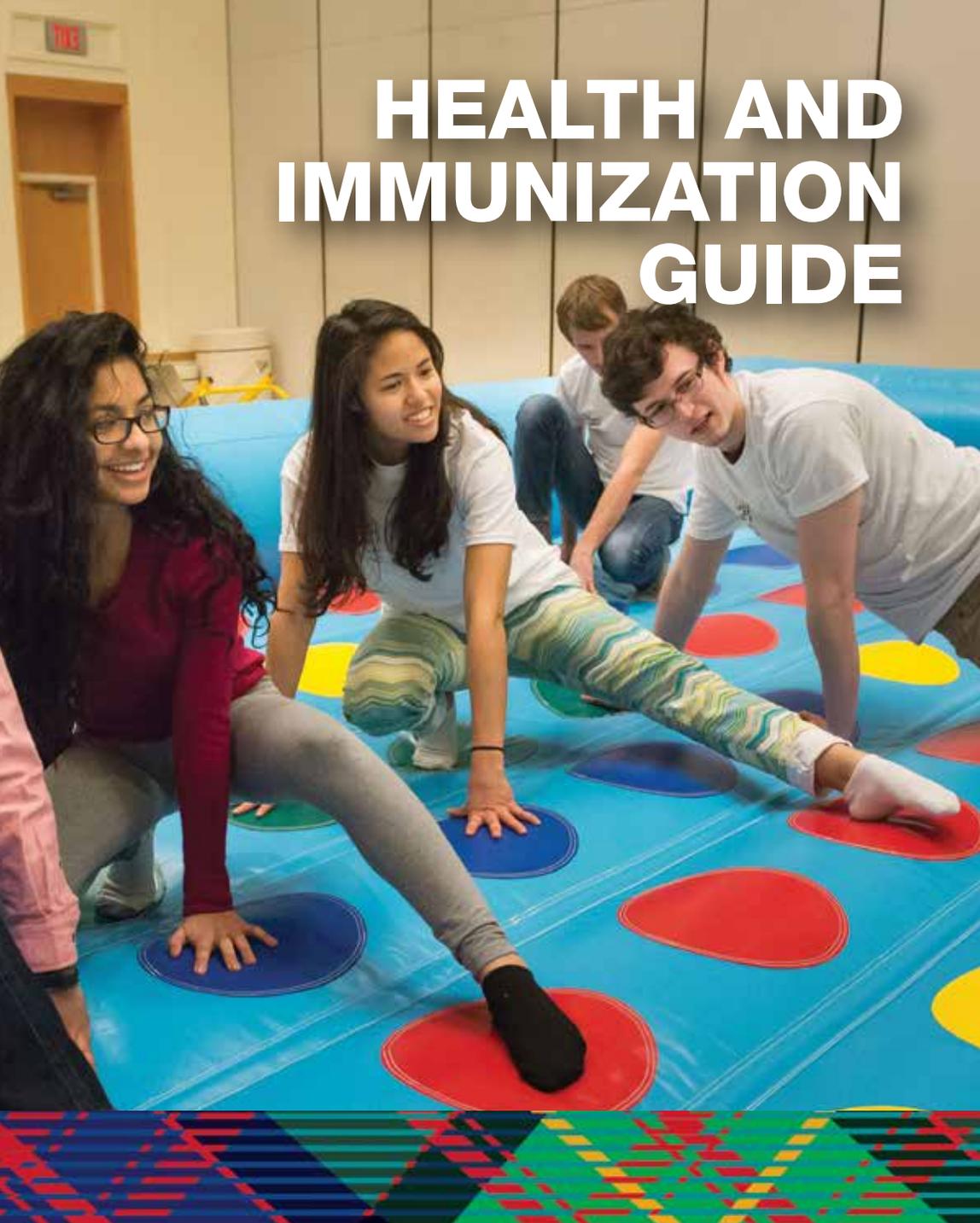


Carnegie Mellon University
University Health Services

HEALTH AND IMMUNIZATION GUIDE



HEALTH SERVICES CHECKLIST

- **Immunization Form due (one time requirement):**
 - Fall Semester 2014 – **June 30, 2014**
 - Spring Semester 2015 – **October 31, 2014**
 - Summer Semester 2015 – **February 28, 2015**

- **Insurance enrollment/waiver period ends (annual requirement):**
 - Fall Semester 2014 – **September 5, 2014**
 - Spring Semester 2015 – **January 31, 2015**
 - Summer Semester 2015 – **June 15, 2015**

WWW.CMU.EDU/HEALTH-SERVICES

Questions? Contact us at 412-268-2157 or health@andrew.cmu.edu



ABOUT US

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

Alcohol and Drug Assessments	Pregnancy Prevention
Allergy Injections & Immunizations	Prescription Medications
Doctor Visits	Sexual Health Services
Gynecological Care	Stress Management Consults
Lab Testing	Student Health Insurance
Massage Therapy	Support for Quitting Smoking
Nutrition Counseling	Wellness Exams

Location

Morewood Gardens E-Tower, 1st Floor (entrance faces Forbes Ave.)

Hours & Appointments

When classes are in session, we are open six days a week, with daytime and evening appointments. When we are closed, we offer a physician on-call service. For up-to-date information, visit our website at www.cmu.edu/health-services. You can also use HealthConnect, our secure online portal, to schedule appointments, order prescription refills, complete health forms and more!



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 out-of-pocket expenses at a minimum and lower than other healthcare organizations.

More information about fees is available at:

www.cmu.edu/health-services/services-and-fees/index.html.

Campus Partners

Athletics

Counseling and Psychological Services

CMU Emergency Medical Service

Dining Services

Disability Resources

Healthy Campus

Housing Services

Office of International Education

Student Life

University Police

The HUB

INCOMING STUDENT IMMUNIZATION REQUIREMENTS

All full-time students must meet the university's immunization requirements www.cmu.edu/health-services/immunization/index.html. You must complete an online immunization form documenting that you have either had the required vaccines or have had blood tests proving immunity to certain diseases. You can complete the immunization form in HealthConnect, accessible at www.cmu.edu/health-services.

Failure to submit the online immunization form or meet the requirements before the start of classes 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 2014 – Form due **June 30, 2014**

Spring Semester 2015 – Form due **October 31, 2014**

Summer Semester 2015 – Form due **February 28, 2015**

Immunization Requirements

All Full-Time Students	Measles, Mumps & Rubella (MMR): <ul style="list-style-type: none">• 2 doses <i>or</i>• Combination of 2 Measles vaccines, 2 Mumps vaccines, and 1 Rubella vaccine <i>or</i>• Positive Immunoglobulin (IgG) antibody blood test to each (proves immunity)
All Students Living in Campus Housing	Hepatitis B: <ul style="list-style-type: none">• 3 or 4 doses, depending on vaccine brand <i>or</i>• Positive Immunoglobulin (IgG) antibody blood test (proves immunity) Meningococcal: <ul style="list-style-type: none">• Single dose of Quadrivalent (protects against 4 types of meningitis) or Pentavalent (protects against 5 types of meningitis) at or after age 16
All International Students*	TB Screening: <p><i>within 6 months before start of semester</i></p> <ul style="list-style-type: none">• Skin test with result <10mm <i>or</i>• Negative IGRA blood test <i>or</i>• Negative chest x-ray

**If you are from a country with a low incidence of tuberculosis (as defined by the World Health Organization), you may waive this requirement. For details, visit www.cmu.edu/health-services/immunization/index.html.*



UNIVERSITY HEALTH INSURANCE REQUIREMENT

As a full-time student, you must have medical insurance that meets the university's requirements. Please see 2014-2015 student health insurance criteria at www.cmu.edu/health-services/student-insurance/forms.

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

You will be charged the premium fee of \$1,191 for the Standard Individual medical insurance plan offered by the university. This fee will appear on your first semester invoice.

You must take one of the following actions by **September 5, 2014**:

1. Enroll in a medical insurance plan offered by the university; or
2. Apply for a waiver, verifying that you already have medical insurance that meets the university's requirements.

Enroll or apply for a waiver through the Student Information Online system:

<https://s3.as.cmu.edu/sio> - Log in, select the Campus Life tab, then select Health Insurance.

Please visit www.cmu.edu/health-services/student-insurance for more information.

If You Choose to Enroll

The insurance premium fee will remain on your student invoice. If you enroll in the enhanced plan, vision or dental plan, or add dependents, the additional charges will appear on your student invoice. If you do not see the fees within two weeks, please contact us to confirm your enrollment.

If you would like to pay your insurance premium cost in smaller amounts, Tuition Management Systems (TMS) allows you to make monthly payments. For details, visit www.cmu.afford.com.

You may choose to add dependents to your plan (spouse, domestic partner and children) during certain times. For details, visit www.cmu.edu/health-services/student-insurance/open-enroll-deadlines.html.



If You Choose to Apply for a Waiver

If your current insurance meets the university’s requirements, you may apply for a waiver; if approved, the premium fee for the university plan will be removed from your account. A credit for this fee will appear on your student invoice within two weeks after we receive your waiver. If you do not see the credit within two weeks, please contact us to confirm your waiver.

If You Take No Action (Not Recommended)

If you do not enroll or waive by September 5, you will be automatically enrolled in the Standard Individual medical insurance plan. The charge of \$1,191 for this plan will remain on your account. For these automatic enrollments, the insurance company will mail your insurance card to the local address on record at the HUB in mid-October.

Questions? Email shinsure@andrew.cmu.edu.

INSURANCE PLANS OFFERED BY THE UNIVERSITY

Premium fees for insured period August 1, 2014 - July 31, 2015.

	Medical		Vision <i>(Optional)</i>	Dental <i>(Optional)</i>
	Aetna Student Health		Aetna Vision Preferred	Aetna Dental PPO
	<i>Enhanced</i>	<i>Standard</i>		
Individual	\$2,496	\$1,191	\$82.44	\$255
Two-Person	\$6,937	\$3,213	\$153.84	\$428
Family	\$8,438	\$3,870	\$224.64	\$640

For details on costs and covered health services, visit www.cmu.edu/health-services/student-insurance/premiums-and-benefit-summaries.html.

For details on enrollment periods, visit www.cmu.edu/health-services/student-insurance/open-enroll-deadlines.html.

For a glossary of insurance terms, visit www.healthcare.gov/glossary/.



FOR STUDENTS WITH SPECIAL NEEDS

If you have a special health need that requires a housing accommodation, please submit a Special Housing Needs Form. If you have a special health need that requires a dining accommodation, please submit a Special Dining Needs Form. These forms are available at www.cmu.edu/health-services/for-parents/for-parents.html.

We also offer comprehensive care management services for students with any other special health need. For details, visit www.cmu.edu/health-services/comprehensive-care-management/index.html.

FOR INTERNATIONAL STUDENTS

Easy to read vaccine information at the Immunization Action Coalition www.immunize.org/vis. Click the “Language Index” tab for other language options.

Why do you need health insurance? www.healthcare.gov/why-should-i-have-health-coverage

For a glossary of insurance terms, visit www.healthcare.gov/glossary



FREQUENTLY ASKED QUESTIONS

What are the health requirements for new students?

Immunizations: You must complete an online immunization form by June 30, 2014.
Visit www.cmu.edu/health-services/immunization/index.html.

Health Insurance: All full-time students must have health insurance that meets the university's requirements by **September 5, 2014**.
Visit 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 21 and must be completed by **August 11, 2014**.
Visit 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. Find more information at www.healthcare.gov/why-should-i-have-health-coverage.

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 conveniently 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/index.html.

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/index.html.

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.



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 <http://www.cmu.edu/police/annualreports/>.

Carnegie Mellon University

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