


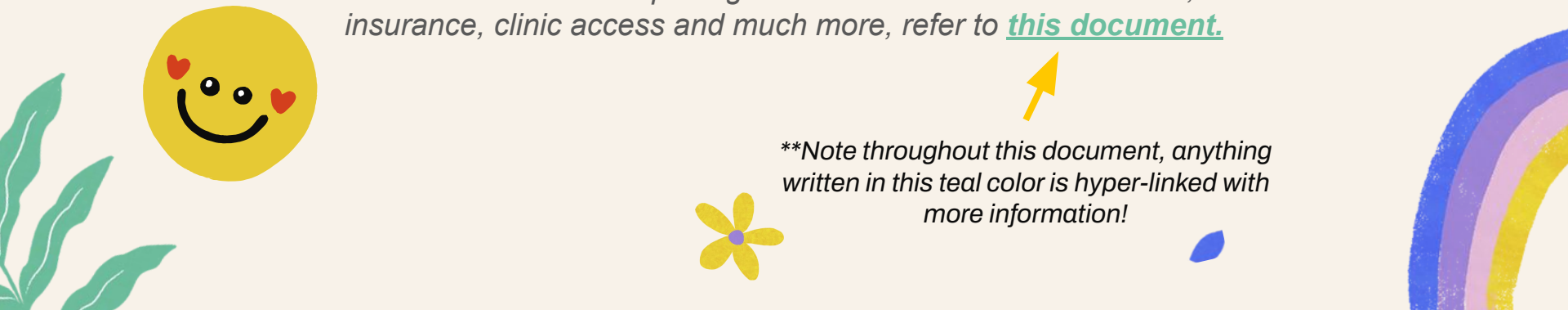


Student Health Short Cuts

These slides are designed to give you a quick reference for topics related to student health. For the complete guide and information on wellness, health insurance, clinic access and much more, refer to [this document](#).



***Note throughout this document, anything written in this teal color is hyper-linked with more information!*



I'm sick! What do I do???



Stay Home!

Absence for sickness is always excused, and does **not** reduce the number of flex days you have each year!



Log your absence on Elentra

See [this slide](#) for details. You have 48 hours after class to submit your absence!



Student Health Portal

[Make an appointment](#) with a provider for additional assistance or you can always call the Student Health Services' Nurse Line at **(412) 383-4371**.

Think it's
COVID???
[Go Here](#)

I missed class/need to miss class. What happens?

1. Log your absence on Elentra
2. Select the profile tab in the top right
3. Scroll down to absences
4. Select “Report an absence”
5. Select your date and reasoning from the drop down:
 - a. **Excused absences** are unlimited (within reason). The following are your options for excused absences:
 - i. Health Related: Personal Illness / To seek health-related care
 - ii. Mental Health: Death or severe illness of a family member / community emergencies
 - iii. Other: Religious holiday / Legal Legal (e.g. jury duty) / Scientific or leadership conference participation / Match-related activities
 - iv. **Flex Half Day** (limited to 7 per academic year / 2 per month - During Foundations Curriculum)
 1. Cannot be used for Formative or Summative Assessments or for other specific situations listed in the absence policy.
 - b. You do **NOT** need to provide comments for the above excuses

Other things to note:

1. You must submit your absence within **48 hours of the absence** (before or after)
2. If you are sick, submit an absence in Elentra for each consecutive day you are sick

Full Policies:

- ❖ [Absence Policy](#)
- ❖ [Assessment Absence Policy](#)
- ❖ [COVID-19 Rules \(AY F2023\)](#)
- ❖ [Policy on Response for Medical Emergencies](#)

I have Covid / I think I have Covid. What do I do?



- ❖ Exposure:
 - Mask Up for 10 days post exposure
 - Test on Day 6

- ❖ Symptoms:
 - Email Dr. Borghesi
(borghesi@pitt.edu)

(see the full protocol for email templates)

- ❖ Positive Test:
 - Notify Dr. Borghesi of results
 - Test again 5 days after symptom onset if you are feeling well

- ❖ Negative Test:
 - Stay at home until you are feeling well + fever free for >24 hrs

Need a **Covid Test**? Want one to have on hand just in case?

- ❖ You can receive 4 free at-home Covid tests [here](https://www.covid.gov/tests). (<https://www.covid.gov/tests>)
- ❖ Anyone may purchase at-home COVID-19 tests from the [University Pharmacy](#). \$7 for one test; \$12 for two tests. (Pricing as of Sept. 15)
- ❖ Make an appointment with [Student Health Services](#)
- ❖ Amazon (Many available but [this one](#) is 14\$ for two tests)

I'm struggling. Who can I talk to?

- ❖ These providers are available to PittMed students through the university.
- ❖ To schedule with a provider, please reach out to the provider directly *via E-mail*.
 - Ex. “Hello! I am a medical student at Pitt and would like to schedule an appointment for (therapy/medication management). I have been struggling with XYZ and would like some help.”
- ❖ **No insurance is billed** for services.
- ❖ Providers have the ability to meet virtually or in offices close to the school if a student prefers in-person appointments.
- ❖ For a variety of other options, see the student health guide.

<u>Psychiatry (Medication Management)</u>	<u>Therapy (Individual Talk Therapy)</u>
Robin Valpey, MD Psychiatrist Director of Student Mental Health Services, UPSOM Email: REV25@pitt.edu	Veronica Jones, Ed.D., LPC, BC-TMH Phone: 412.383.4640 Email: vij24@pitt.edu
Charles Hall, MD Psychiatrist Email: CHH229@pitt.edu	Linda Ewing, Ph.D. Psychologist Phone: 412.600.9259 Pitt Email: ewing.linda@medschool.pitt.edu UPMC Email: ewinglj@upmc.edu
Julia (Jamie) Farquhar, MD Psychiatrist Email: farquharjm@upmc.edu	Darrell Phillips, LCSW, MBA Licensed Clinical Social Worker Phone: 412.327.2189 Email: phillipscounseling@gmail.com

Facility	Location & Phone	Cost	Availability	Other notes
Allegheny County Health Department	Blakey Center Public Health Clinic 1908 Wylie Avenue Pittsburgh, PA 15219 412-578-8081 http://bit.ly/achdstd	Free	Walk-in: M/T/R/F: 8:30a - 3:30p W: 12:30a - 7:30p	Free screening for HIV, syphilis, chlamydia, and gonorrhea
Allies For Health & Wellbeing	5913 Penn Avenue 2nd Floor Pittsburgh, PA 15206 412-345-7456 https://www.alliespgh.org/services/testing-education	Free	By appointment: M/F: 8:30a - 3:30p T/W/R: 8:30a - 6:30p Walk In: Sat: 9:00a -11:15a Sun: 1:00p - 4:15p	Blood tests done by finger prick instead of blood draw :)
Central Outreach Wellness Center	Timber Court Building 127 Anderson St, Pittsburgh, PA, 15212 412-515-0000 https://www.centraloutreach.com/location/pittsburgh-north-shore-location	Free	Appt. or Walk-in: M/R: 9:00a - 7:00p T/W: 9:00a - 5:00p F: 10:00a - 5:00p	
Pitt Student Health	119 University Place Pittsburgh, PA 15213 412-383-1800	Low	By appt.	Asking for “an STD test” will only get you Gonorrhea & Chlamydia.
Planned Parenthood of Western Pennsylvania	Multiple locations http://bit.ly/ppwplocations	Low	By appt. or walk-in	Books 2-4 weeks out and walk-ins not guaranteed

*Any PCP or ObGyn

I think I have an STI. Where do I go?

For more information on sexual health and prevention, STI management and other concerns, visit the Student Health Guide.

PAIR/sexual assault services

Mistreatment/learning environment concerns/sexual harassment can be reported at www.ole.pitt.edu/PAIR

Direct contact:

- ❖ Dr. Evelyn Reis, evelyn.reis@chp.edu
- ❖ Dr. Wendy Mars, wmars@pitt.edu

When submitting a professionalism accolade or reporting an incident of unprofessional behavior or mistreatment through the PAIR system, you can choose to file confidentially or anonymously. Additional details, including protections for students, are provided [here](#).

For external organizations with additional sexual assault services please refer to student health guide.

Athletics

Two main **gyms** available to PittMed Students:

- ❖ Trees Hall (M-F 7a-9p, S/S 12p-5p)
- ❖ Baierl Student Rec Center (M-F 6a-11p, S/S 8a-10p)

Pools available:

- ❖ Trees (M-F 10a-2p, 5p-8p, S/S 12p-4p)

***Showers available at the gyms, and 2 on the 7th floor of New Scaife!*

***Check out if your insurance plan has [Active&Fit](#) for affordable gym access outside of Pitt facilities!*



*Athletic
Facility Hours*

Insurance

- Pitt Graduate Student Insurance Plan (UPMC health plan, HMO)
 - Premium (student only): \$244.23
 - In-network prices
 - Primary Care Physician: \$30 copayment per visit for illness/injury
 - Specialist: \$40 copayment per visit
 - Urgent care: \$40 copayment per visit
 - Emergency Room: \$75 copayment per visit
 - Inpatient hospital stay: Covered 90% after \$250 copayment
 - Pharmacy: \$15 generic/\$35 preferred brand/\$70 non-preferred brand
 - Out of network coverage is provided at a lower benefit level
 - Visit: <https://www.hr.pitt.edu/students/student-health-plans> for more details on medical, vision and dental insurance
- **Note:** In most cases, you can remain covered on your parents plan if you are under the age of 26
 - **Make sure you check with your parents' insurance carrier that you're able to see providers in the area.**