Student Health Center
To provide, promote and support services that integrate individual health, education for health, prevention of disease, clinical treatment for illness and public health responsibilities consistent with the educational mission of the University.
Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance:

<table>
<thead>
<tr>
<th>Factor</th>
<th>2017</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>41.3%</td>
<td>32.7%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>34.1%</td>
<td>26.6%</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>27.6%</td>
<td>23.6%</td>
</tr>
<tr>
<td>Depression</td>
<td>19.8%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Work</td>
<td>19.3%</td>
<td>15.6%</td>
</tr>
<tr>
<td>Cold/ Flu/ Sore Throat</td>
<td>18.4%</td>
<td>17.1%</td>
</tr>
<tr>
<td>Internet Use/ Computer Games</td>
<td>13.7%</td>
<td>13.6%</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>12.1%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Concern for a Friend/ Family Member</td>
<td>11.1%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Participation in Extracurricular Activities</td>
<td>10.9%</td>
<td>11.0%</td>
</tr>
</tbody>
</table>

Source: National College Health Assessment, LSU, Spring Semester
Quality of Care

- Fully accredited, since 1989, by the Accreditation Association for Ambulatory Health Care (AAAHC)
- Consistently receives high ratings on the Student Satisfaction Survey

### Student Satisfaction Survey, Academic Year 2018-19
(842 respondents)

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>97%</td>
<td>The Student Health Center is a vital part of the campus community.</td>
</tr>
<tr>
<td>92%</td>
<td>My overall needs and expectations were met during this visit.</td>
</tr>
<tr>
<td>95%</td>
<td>My overall experience in the Medical Clinics was positive.</td>
</tr>
<tr>
<td>93%</td>
<td>My overall experience in Mental Health Service was positive.</td>
</tr>
<tr>
<td>94%</td>
<td>My overall experience in Wellness and Health Promotion was positive.</td>
</tr>
<tr>
<td>93%</td>
<td>The health and wellness services on campus support my efforts to remain and succeed at LSU.</td>
</tr>
</tbody>
</table>
Access to Care

• Evaluated and improved the appointment matrix and triage systems in the Medical Clinic and Mental Health Service
• Enhanced unit website
• Examined space utilization in post-fire renovation to provide for the addition of two exam rooms
• Enhancing use of electronic clinic management system, including electronic health records and the online patient portal
• Expanded Mental Health Service staff, based needs identified by campus and national data trends
Eligibility for Care

- Full-time students and students who are taking 6 hours or more during the summer term pay the Student Health Fee as part of their tuition and fees.

  *Summer 2019- $100, Fall 2019- $185*

- Part-time students and non-student spouses who elect to pay the fee.
Affordability of Care

• Visits to a primary care clinician, specialist, mental health clinician and registered dietitian are included in the Student Health Fee.

• Fees for procedures and ancillary services, including laboratory and diagnostic imaging are low cost.

For more information about the cost of common services, visit the Insurance & Fees section of our website, www.lsu.edu/shc.
Health Insurance

- University-sponsored Student Accident and Sickness Insurance Plan with United Healthcare

- Provides healthcare coverage at affordable rates

  **Basic Plan - $2,728 (annual rate, 2019-2020)**

- Considers the Student Health Center a “first choice” facility

- Regardless of insurance coverage, the Student Health Center staff will file courtesy claims, if a student has their information on file. However, the rate of reimbursement depends on the company and should be researched prior to service provision.

  **Celeste Carney, Insurance Coordinator, 225-578-3304**
  Insurance questions, assistance with enrollment and claims submittal
Hours of Operation

Fall & Spring Semesters
Monday – Friday, 8:00 AM – 5:00 PM
Saturday, 9:00 AM – 12:30 PM*  
*Medical Clinic only
*Hours shift to Sunday, 1:30 PM – 5:00 PM
on home football game days

Summer Term
Monday – Friday, 8:00 AM – 4:15 PM

Information regarding care available after hours is posted at each entrance of the Student Health Center and on our website.
**Scope of Services**

### Medical Clinics
- Primary care
- Specialty care
- GYN Clinic
- Laboratory
- Diagnostic imaging
- Physical rehabilitation

### Mental Health Service
- Individual counseling
- Group counseling
- Anxiety/depression management seminars
- Psychopharmacology
- Eating Disorders Treatment Team

### Wellness & Health Promotion
- Wellness coaching
- Nutrition counseling
- Group programming
- Classes
- Outreach events
- Volunteer opportunities
Medical Clinics

Student Health Center
Medical Services

- **Primary Care**
- **Specialty Care**
  - Allergy and Immunizations
  - Dermatology
  - Ear, Nose, and Throat
  - Gynecology
  - Orthopedics
- **Ancillary Services**
  - Laboratory
  - Diagnostic Imaging
  - Physical Rehabilitation
Immunizations

REQUIRED
- Meningitis (Menveo)
- MMR (Measles/Mumps/Rubella)
- Td (Tetanus/Diphtheria)
- TB (Tuberculosis test) *

RECOMMENDED
- Flu (administered in October)
- Gardasil (males and females)
- Hepatitis A and B

OTHERS AVAILABLE
- Allergy Shots
- Rabies
- Tdap
- Typhoid
- Varicella (Chicken Pox)

* Required – based on screening results

Injection Clinic Hours:
Mon – Thu: 8:30 – 11:00 AM and 1:00 – 3:30 PM
Fri: 8:30 – 11:00 AM
Immunizations
Notice for In-State Students

The LSU Student Health Center will automatically receive immunization information for in-state students. If students are in compliance with requirements, they need only complete the Tuberculosis (TB) Questionnaire.

• We are an authorized user of the Louisiana Immunization Network for Kids Statewide (LINKS).
• We are able to automatically exchange immunization information entered into LINKS with providers across Louisiana.
• This exchange supports campus and state-wide public health efforts and surveillance.

If you have concerns about access to protected health information and the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and LINKS, please visit, https://lalinks.org/linkswb/LINKS_DCNTR.html.
Students can access the Patient Portal using their myLSU username and password.

- Submit immunization forms
- Complete the Tuberculosis (TB) Questionnaire
- Check compliance status
Tiger Health Tool Kit

• Multivitamins
• Alcohol-based hand sanitizer gel
• Antibacterial soap
• Disinfectant spray
• Surface disinfectant
• Tissue
• Thermometer
• Fever reducer/ pain reliever
• Antacid
• First Aid Kit, including bandages and antibiotic ointment
Mental Health Service
Counseling Services

Consultation
Crisis intervention
Individual therapy
Group therapy
Emotional Wisdom seminars
Relationship seminars

alcohol/drug abuse
anxiety/stress
depression
disordered eating
family and relationship issues
self-esteem
sexual violence
Wellness & Health Promotion

Student Health Center
Wellness Services

- Campus outreach events
- Wellness coaching and referral
- Group presentations
- Social media campaigns
- Self-defense course for women
- The Lighthouse Program
- Tiger BITes Training
- Street Squad
- Volunteer opportunities
Online Health Education

- Increases the “reach” of health education programming
- Available 24/7
- Allows students to explore personal concerns without fear of embarrassment
- Preferred mode to seek health information
- A national trend
To learn more, visit www.lsu.edu/mystudentbody.

Students can access using their myLSU username and password.

Parents can create a username and password and use the code TIGER PARENT.
MyStudentBody (MSB) Essentials Course

Incoming Student Requirement

The MyStudentBody (MSB) Essentials Course is a required comprehensive prevention education course for incoming students. It covers the three most significant behavioral risks new college students face: alcohol, illicit and prescription drugs, and sexual violence.

- Easily defined group
- First semester (actually, the first six weeks) is a crucial time in the academic career of a new student
- Many of the disciplinary incidents involve first-year students
- Many students come to LSU with established high risk behaviors
- An important element in student education, as required by Federal mandates, including Title IX and the Campus SaVE Act
Student Health Center
10. Practice good safety skills – travel in groups, take well-lit pathways, lock doors and windows, protect personal info online.

9. You don’t have to gain weight your first year in college. Eat healthy and stay active!

8. It’s normal to feel a little stressed, sad, or lonely at times when making the transition to college.

7. You deserve to be in a healthy relationship, built on mutual respect and trust.

6. If you choose to drink, employ risk reduction strategies- eat prior, alternate beverages, do not accept drinks from strangers, arrange for a safe ride home.
Top 10 Health Tips

5. If you choose to be sexually active, get consent and practice safer sex, every time.

4. We’re tobacco free! Policy prohibits use of tobacco and e-cigarettes on campus. Free cessation services are available.

3. If you are a survivor of sexual violence there are support resources to ensure your recovery and success.

2. If a friend needs help, it’s better to say something than to be a bystander.

1. There are a lot of professionals here at LSU who want to help you have the best possible college experience!
Parents as Partners

Be clear about expectations.
  - Attending class
  - Drinking
  - Financial responsibility
  - Study time vs. social time

Keep open lines of communication.
  - How are you doing?
  - Do you like your classes?
  - Are you feeling overwhelmed?
  - What can we do to help?

Familiarize yourself with University resources.
Thank you!

VISIT US. FOLLOW US.

@lsuhealthcenter
www.lsu.edu/shc