

# 2019

## Parent and Family Guide to Habif Health and Wellness



Habif Health and  
Wellness Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY

314-935-6666

[habif.wustl.edu](http://habif.wustl.edu)

# Welcome to the Habif Health and Wellness Center!

This guide has been designed to help parents better understand the services offered at the Habif Health and Wellness Center (previously known as Student Health Services). The Habif Health and Wellness Center's mission is to support the education and development of our students by promoting their health and well-being through the highest quality comprehensive care, provided with compassion and integrity. We are located on the South 40 in The Nathan Dardick House.

## Our Services

Habif offers Medical Services including General Medicine and Reproductive Health Care, Nutrition consults, Allergy/Immunization and Travel clinics; Mental Health Services including Psychiatry and Counseling; Ancillary services such as Laboratory, X-ray, and Pharmacy; as well as Health Education and Wellness programs.

## Hours

### Hours:

Monday - Thursday 8 am – 6 pm

Friday 9 am – 5 pm

Saturdays 9 am – 1 pm for urgent medical care only

Closed Sundays and University Holidays Reduced hours during Winter and Summer Breaks

## Contact Us!

|  |  |
|--|--|
| Main Office                                | 314-935-6666   |
| Mental Health Office                       | 314-935-6695   |
| Pharmacy                                   | 314-935-6662   |
| Laboratory                                 | 314-935-4969   |
| Health and Wellness Promotion              | 314-935-7139   |
| Alcohol, Tobacco and Other Drug Counseling | 314-935-7386   |
| Website:                                   | <a href="http://habif.wustl.edu">habif.wustl.edu</a> |

## Privacy Policy

Habif adheres strictly to the Federal Health Information Portability and Accountability Act (HIPAA). This federal law mandates the confidentiality of medical information and records for students over 18 years of age. Your student must give us written authorization for us to discuss any matter regarding your student's wellbeing with you. We cannot accept blanket medical release authorization. This must be event and time specific. There is a "Release of Medical Information" form under "Forms" on this website. This form must be completed by the student. The student must present the form to us in person or make other arrangements with our staff for delivery of the form. In the event your student is experiencing a life-threatening emergency, Habif is able to notify you and will make every effort to do so.

*Breaking this confidentiality requirement and releasing information to parents without student permission is breaking the law. We take this very seriously. We also believe confidentiality is an important step for young adults to begin taking responsibility for their own health care.*

## Appointments

Our services require appointments. In medicine, we often have same-day appointments and next-day appointments open up all night long after 6 p.m. These appointments may be made on-line, using the student portal, or the student may call the main number, 314-935-6666, option 0, to schedule an appointment during business hours. We offer walk in evaluations for urgent medical or mental health issues.

All first time mental health appointments must be made by calling 314-935-6695, or by scheduling an appointment on-line.

Health Promotion and Wellness (314-935-6666, option 6) does accept walk in services, but some appointments may be required.

## After Hours Care

A health care provider is always available by phone for urgent conditions when Habif is closed. To discuss a concern, students should call 314-935-6666, and follow the prompts.

In the event of a life-threatening emergency, students should call Campus Police (if on campus) at 314-935-5555 or 911 if off campus.

After hours care is provided by Barnes-Jewish Hospital. These services are billed to the student.

**Contact information:** Website:  
habif.wustl.edu

## Area Hospital

Washington University in St. Louis has a large physician network, Washington University Physicians. They work primarily through Barnes- Jewish Hospital. Habif has integrated services with this group of physicians and Barnes-Jewish Hospital systems. It allows for seamless and continuous care for your student.

911 services, Campus Police, and members of residential life offices are able to help assist students to the hospital when necessary. There are shuttles and Metro ride services available for students to this hospital if it is not an emergency.

You may reach Barnes- Jewish Hospital by calling 314-747-3000.

## Medical History

All students are required to fill out a medical history form. They can do this by using the student portal on this website. They are required to fill out a brief family history and to provide related health and current prescription medication information. There is also an immunization section that allows the student to communicate with us the dates of their immunizations to ensure compliance with all immunization requirements of the University. ***This is a requirement for all students. Next semester's registration may be held in the event the student has not completed this requirement. Incoming students will not be allowed into their***

*residence hall if they are not fully compliant.*

## Prescriptions

It is very important for students to come prepared with any medications they are currently taking. Please encourage your student to continue taking any prescription medications, and once they are settled, come into Habif to establish care with a primary care provider.

Habif has a full service pharmacy. There is a form on the our website under "forms" that allows you to transfer prescriptions to our pharmacy in order to provide a convenient way for your student to get their medications. The pharmacy accepts most insurance plans.

## Medical Excuse for Class

Habif Health and Wellness Center does not provide written notes for missed classes, examinations, extracurricular activities, or employment. Whenever possible, students should schedule visits to Habif so that there is no conflict with class/work obligation. Students may provide their walk out statement as proof or verification of a visit to student health. In the event of an extended illness or injury, providers may provide the necessary documentation.

Habif will notify the appropriate Dean's office of any admission to the hospital that we are aware of; however, we will not provide any details about the nature of the

admission. We will only make the notification with the student's permission.



coverage. This assures all students have comprehensive medical services available to them at an affordable cost while they are at the university. Please view the information about the student health insurance plan on our website. Students may participate in the plan if they wish, or, they may waive out of the plan if they have adequate health insurance.

Students on the student health insurance plan are required to have referrals to community providers while they are in the St. Louis area. Students should first seek treatment at Habif. All services performed at Habif are paid without application of the deductible for those students participating in this plan.

## Insurance

All full-time, degree seeking students are required to have adequate health insurance

Details about the student health insurance plan can be found at [habif.wustl.edu](http://habif.wustl.edu).

### Suggested Medical Items for Your Student's Room

Band-Aids

Fever/Pain relief

Upset stomach relief

Antibiotic Ointment

Thermometer

Cold pack

Cough/Cold/Allergy relief

Current Prescriptions

Insurance cards for any insurance you have other than the student health insurance plan.

## Reception Area

*Habif Health and Wellness Center  
Phone 314-935-6666, Option 0*

Payment for healthcare services is the responsibility of the student. Our office files insurance claims with most health insurance companies. Co-payments are due at the time of service and services not covered by the insurance company are the responsibility of the student once their insurance company has paid the appropriate benefits. Students may pay by cash, check, credit card, Bear Bucks or place the charge on their student accounting statement.

**Students should bring their insurance cards with them each time they visit Habif. Failure to do so will result in the student being billed for all charges incurred during the visit.**



## Medicine Services

*Habif Health and Wellness Center  
314-935-6666, Option 0*

Habif Medical Services provides care for the evaluation and treatment of an illness or injury, preventative health care and health education. A team of board-certified physicians, physician assistants, and nurse practitioners who are supported by licensed registered nurses and certified medical assistants is in place to meet the medical services needed by the student community.

All Washington University in St. Louis students should seek treatment at Habif first. Any condition requiring specialized medical services will be referred to an appropriate community specialist. **The WashU student health insurance plan requires a referral any time care is not provided at Habif.**



## Mental Health Services

*Habif Health and Wellness Center*  
314-935-6695

Mental Health Services has a team of professional staff members who work with students to resolve personal and interpersonal difficulties, many of which can affect their academic experience. These include conflicts with or worry about friends or family, concerns about eating or drinking patterns and feelings of anxiety and depression. Although some concerns are more frequent than others, students' experiences are as varied as the students themselves. Staff members help each person to figure out her or his own situation, through individual, group and couples' counseling, crisis counseling and referrals.

Psychiatric services can assess whether medication should be used to help students with their emotional and mental health issues. Treatment for ADHD and ADD is also completed through the Psychiatric Services area.



## Pharmacy Services

*Habif Health and Wellness Center*  
314-935-6662



**Quadrangle Pharmacy, LLC**, located in **The Habif Health and Wellness Center**, is available to all students.

Prescriptions are accepted from any licensed provider if the medication is on Quadrangle Pharmacy's formulary list. The pharmacy stocks medications that are most frequently needed by the students of WashU.

There is a form that helps us transfer a prescription from your pharmacy to ours. Please refer to [habif.wustl.edu](http://habif.wustl.edu) under the "forms" tab to prepare this form for our pharmacy.

Payment for pharmacy services is done at the reception desk at The Habif Health and Wellness Center. We accept cash, checks, credit cards, Bear Bucks or the order may be placed on your student accounting bill.

Quadrangle pharmacy works with many prescription drug insurance plans. Our pharmacist will be happy to assist you in determining if we accept your prescription drug plan at the pharmacy. If we are unable

to fill your prescription under your current drug plan, we can help you find a pharmacy that will accept your insurance plan.

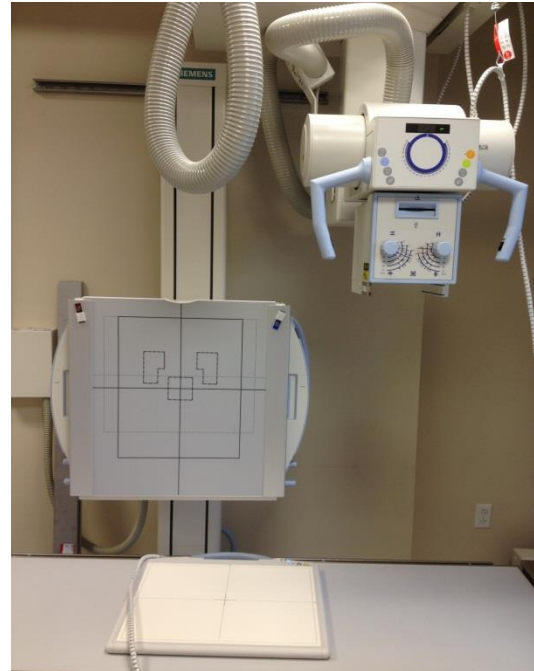
Quadrangle Pharmacy is a member of The Good Neighbor Pharmacy Provider Network, Caremark Pharmacy Network and MedCo Network in addition to many others.



## Radiology Services

*Habif Health and Wellness Center*  
*314-935-6666, Option 0*

Radiology exams are essential tools for health care providers to assist in the diagnosis and treatment of illness and injury. The Habif Health and Wellness Center offers these exams on-site to ensure timely and accurate testing. The department is located adjacent to the medical exam rooms in the Habif Health and Wellness Center and is readily available during medical appointments to avoid any delay in care.

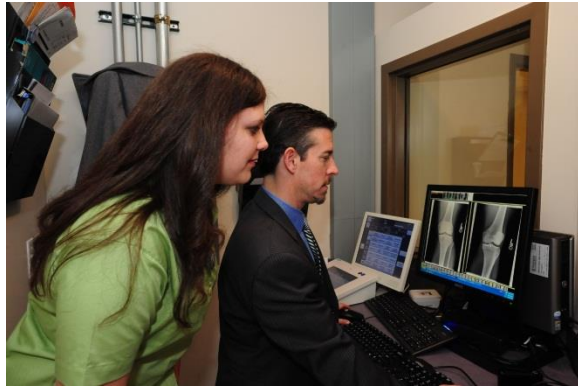


A qualified Radiological Technologist licensed in the State of Missouri will perform the examination. Our technologists have many years of experience and are certified by the American Registry of Radiologic Technicians.

All radiology exams performed at the Habif Health and Wellness Center are evaluated by Washington University Physicians who are board certified in Diagnostic Radiology. You can expect top quality care from these experienced physicians who are affiliated with The Mallinckrodt Institute of Radiology and Barnes-Jewish Hospital. In the event that your exam suggests you would benefit from more advanced imaging, that care can be coordinated quickly and efficiently by the Habif Health and Wellness staff and The Mallinckrodt Institute of Radiology. This coordination assures the best possible communication regarding your individual needs to provide timely diagnosis and treatment.



Radiology is provided at the Habif Health and Wellness Center Monday through Friday 9:00 am until 5:00 pm. Needs for radiology exams outside of those hours will be referred to The Mallinckrodt Institute of Radiology or Barnes-Jewish Hospital.



## Laboratory Services

*Habif Health and Wellness Center*  
**314-935-4969**

The Habif Health and Wellness Center provides full laboratory services. Approximately 10 tests can be performed in the Habif lab. The remainder of all testing that is ordered by Habif is completed by Lab Corp, which serves as our reference lab and is on the Student Health Insurance Plan as a preferred provider. The Habif lab can collect any test ordered by our providers. Any tests ordered by outside providers must be discussed with a registered nurse.

## Allergy and Immunization Services

*Habif Health and Wellness Center*  
**314-935-6666, Option 0**

### Allergy injections

Habif offers continuous care for students receiving an allergy injection prescribed by an allergist. Students may schedule appointments to receive their injections by calling (314) 935-6666, option 0.

Students obtaining allergy treatment services from Habif must present a printed, signed physician order, and the medication to be injected. They will be required to have an epi pen with them the day of their service. A prescription will be provided if necessary by one of our medical staff. Their provider is also required to fill out a Habif form that can be found on this website under "Forms".

Allergy injections are given only by appointment. These appointments require a 30 minute waiting period following injection.



## Immunization Information

All incoming students must provide proof of immunization for the following:

- 2 vaccines each for measles, mumps and rubella after the age of one year old. A titer may be provided in lieu of the immunizations. (mandatory)
- Meningococcal vaccine is required of all incoming students. A booster is required if the initial dose was given before age 16. (mandatory for freshmen)
- 1 tuberculosis test (PPD skin test or blood test such as T-spot or Quantiferon gold) in the past 6 months for students at high risk of tuberculosis. These tests can be performed at Habif, but ideally should be done 6 months or less before coming to school. (mandatory)
- High risk for tuberculosis includes: foreign born from a high-prevalence country; travel for more than 2 months to a high prevalence country; contact with active tuberculosis; HIV positive; suppressed immune system from illness or medication (e.g. organ transplant, prednisone treatment); medical conditions such as diabetes, cancer, or kidney failure; body weight 10% or more below ideal body weight; work in prison, nursing home, homeless shelter, or hospital; work in lab with mycobacteria; history of abnormal chest x-ray.

**Failure to comply with mandatory vaccines will result in a student being denied access to their assigned residential hall on move-in day. Any unvaccinated student may be requested to leave campus in the event of a public health risk, such as a member of our campus being diagnosed with the communicable disease.**

It is also suggested that students provide proof of immunization for:

- Tetanus diphtheria acellular pertussis (Tdap) immunization within the past 10 years
- Hepatitis A and B vaccine
- Varicella vaccine
- Meningitis B
- HPV vaccine recommended for those age 9-26
- Routine childhood immunizations including polio
- Annual influenza vaccine in the fall

Immunizations including HPV, tetanus, hepatitis A, hepatitis B, meningitis, influenza, measles, mumps and rubella are offered at Habif Health and Wellness Center. Please call (314) 935-6666 for more information or to schedule a nursing appointment

## Travel Medicine Services

*Habif Health and Wellness Center*  
*314-935-6666, Option 0*

Habif offers care to students who are traveling abroad, including physical exams, advice, and immunizations as needed. It is advisable that all students traveling abroad schedule an appointment to speak with a nurse at least 3-4 weeks in advance of their travel. This visit will provide the student with information about the necessary vaccines, administration of those vaccines, a discussion about current medications and how to obtain the needed supply prior to travel

## Health Promotion and Wellness Services

*Habif Health and Wellness Center*  
314-935-7139

Health Promotion Services has information, programs and resources on issues and topics that affect student's academic success. These are free resources for all students.



## Sexual Assault and Violence Intervention and Prevention

*Habif Health and Wellness Center*  
*Relationship and Sexual Violence*  
*Prevention (RSVP) Center*  
314-935-8761

*Located in Seigle Hall*

The Habif Health and Wellness Center offers advocacy services to all survivors of sexual assault and interpersonal violence.

This service is open to all students and is completely confidential. Washington University is devoted to proactively addressing the issues of sexual violence. Habif has staff members who serve as point people in dealing with sexual assault.

**Much more information about the Habif Health and Wellness Center and our services can be found at [habif.wustl.edu](http://habif.wustl.edu). Please, never hesitate to call us if you feel your student is in need of our help or if you have any questions. We are here for YOU and your student.**



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