

# Guide to STUDENT HEALTH SERVICES

An Accredited Patient-Centered Medical Home



# Welcome to \_\_\_\_\_

## STUDENT HEALTH SERVICES

Student Health Services is committed to improving the health of our Gamecock community.

We are excited that you have chosen to join the University of South Carolina and hope you will find your education here both challenging and rewarding. If you have a passion for helping people and making a difference, you are in the right place.

While you are here, rest assured that your care will be in very capable hands. Our highly trained clinicians and staff are dedicated to making sure your experience is as pleasant and comfortable as possible, which always includes keeping you well informed and safe.

Recognizing that health visits can sometimes be overwhelming and often unexpected, we are pleased to offer you this guide. In the pages that follow, you will find helpful information about Student Health Services, what to expect, how care is delivered, and how to access a variety of available resources.

Thank you for putting your trust in Student Health Services.

Once again, welcome!

Sincerely,

Jason Stacy, MD



## **THOMSON BUILDING**

1409 Devine Street  
Columbia, SC 29208

### **FLOOR 1**

Faculty/Staff Wellness  
Student Wellness & Health Coaching

### **FLOOR 2**

Front Desk  
Changing Carolina Peer Leaders  
Sexual Assault and Violence  
Intervention & Prevention

### **FLOORS 2, 3 & 4**

Counseling & Psychiatry



## **CENTER FOR HEALTH AND WELL-BEING**

1401 Devine Street  
Columbia, SC 29208

### **FLOOR 1**

Laboratory  
Allergy, Immunization & Travel  
Healthy Campus Initiatives  
Registered Dietitians

### **FLOOR 2**

Welcome Center  
Pharmacy  
Financial Services  
Demonstration Kitchen  
C.A.L.M. Oasis Meditation Space

### **FLOOR 3**

Primary Care

### **FLOOR 4**

Women's Health  
Radiology  
Sports Medicine & Physical Therapy

### **FLOOR 5**

Administration

A large decorative graphic consisting of a circle of small black dots, positioned in the lower left quadrant of the page, partially overlapping the 'Facilities' text.

# **Facilities**

Student Health Services

# Guide to the CENTER FOR HEALTH & WELL-BEING

## Primary Care

### Floor 3

We offer students primary and urgent health care provided by experienced, board-certified physicians, licensed nurse practitioners and certified physician assistants. In-person and telemedicine appointments can be made in [sc.edu/myhealthspace](https://sc.edu/myhealthspace). Visit us for:

- COVID-19 evaluations and symptomatic testing
- Cold, strep, flu and other respiratory illnesses
- Ear infections
- Cuts, wounds and other skin injuries
- Conjunctivitis (pink eye) and other eye injuries
- Gastroenteritis (stomach concerns)
- Minor surgical services such as laceration repair
- Care for chronic conditions
- Sexually Transmitted Infections (STIs)
- Vaccinations, including flu shots, HPV, tetanus and other recommended immunizations
- Referrals to community specialty physicians



## Women's Health

### Floor 4

We offer students gynecological services by highly qualified, board-certified gynecologists and licensed women's health nurse practitioners. It is recommended that college-aged students begin periodic routine well visits and cervical cancer screening. Appointments can be made at [sc.edu/myhealthspace](https://sc.edu/myhealthspace). Visit us for:

- Annual well-woman visits
- Long-acting reversible contraceptives (LARCs)
- Birth control consultations
- STI/UTI testing and treatment
- Reproductive consultations
- Gynecological problems (including irregular periods and bleeding issues)
- Pap tests
- Breast exams

## Sports Medicine & Physical Therapy

### Floor 4

Sports Medicine offers students evaluations, management and prevention of musculoskeletal injuries including concussions and fractures. In addition, our board-certified physicians perform sports physicals and multiple office procedures such as joint injections and the casting of simple fractures. Physical Therapy assists students in the recovery process following surgery or injury. Services are provided in a full-size rehab gym right in the health center. Make a Sports Medicine appointment online at [sc.edu/myhealthspace](https://sc.edu/myhealthspace). Please call 803-576-6383 to schedule a Physical Therapy appointment.

## Pharmacy

### Floor 2

The pharmacy provides professional, confidential and economical prescription services and over-the-counter medical products at competitive prices. We fill prescriptions written by on- or off-campus providers. For your convenience, refill your prescriptions online at [UHSRX.com](https://UHSRX.com), through the PocketRx app, or by calling 803-777-4890. Transfer your prescriptions to our pharmacy online at [UHSRX.com](https://UHSRX.com). Click on Transfer Form, uncheck green check mark to enter name of medication(s) you need transferred and submit to the Pharmacy.

## Lab

Floor 1

Our accredited laboratory accepts and orders lab tests from both Student Health Services and off-campus health care providers. Costs may apply. We can also perform COVID-19 diagnostic tests for symptomatic patients.

## Radiology

Floor 4

X-rays and EKGs are provided and interpreted by board-certified specialists. Procedures including contrast studies, CT scans and MRIs are referred to off-campus partners.

Make appointments at [sc.edu/myhealthspace](https://sc.edu/myhealthspace). If you have any questions, visit [sc.edu/healthservices](https://sc.edu/healthservices).

## Allergy, Immunization & Travel

Floor 1

We provide allergy shots, required and recommended immunizations, plus travel consultations for Study Abroad or Spring Break travel. Appointments can be made online at [sc.edu/myhealthspace](https://sc.edu/myhealthspace).

## Demonstration Kitchen

Floor 2

Free 60-90 minute classes where you experience cooking from start to finish. Learn how to prepare healthy and delicious recipes. No cooking experience required.

## Wellness & Prevention

Floor 1

Healthy Campus Initiatives provides services and programs for healthy eating, physical activity, sexual health, stress management, bystander intervention, resiliency and positive mental health. Wellness Coaching is available for students for stress management; smoking or vaping cessation and treatment; and more. Make your appointment online at [sc.edu/myhealthspace](https://sc.edu/myhealthspace).

## C.A.L.M. Oasis

*(Carolians Actively Living Mindfully)*

Floor 2

The C.A.L.M. Oasis is a space for yoga and meditation that can help you develop, enhance and solidify your mindfulness practices.



# Guide to the **THOMSON BUILDING**

## **Sexual Assault and Violence Intervention & Prevention**

*Floor 2*

We provide confidential support and advocacy services for interpersonal violence victims/survivors. We strive to eliminate acts of interpersonal violence at UofSC through advocacy, education and outreach. Our advocates are accessible 24/7. If you have any questions, please call our SAVIP office at 803-777-8248. After hours, call UofSCPD at 803-777-4215 and ask to speak to the SAVIP advocate. You do not have to give your name when calling USC PD.

## **Gamecocks LiveWell & Wellness Coaching**

*Floor 1*

The Gamecocks LiveWell initiative provides faculty and staff preventive services and programs to assist them in attaining and maintaining wellness in body, mind and spirit. This office is also the home of Wellness Coaching for students, faculty and staff. Call 803-777-8283 for information.

## **Changing Carolina Peer Leaders**

*Floor 2*

Changing Carolina Peer Leaders are a diverse group of UofSC student leaders with specialized training in leadership, health and wellness. They advocate for a healthy UofSC campus.

## **Counseling & Psychiatry**

*Floors 2, 3, 4*

Our mental health providers include board-certified psychiatrists, psychiatric nurse practitioners, psychiatric pharmacists, licensed psychologists, licensed counselors and social workers. Our services are available for students located within the state of South Carolina both virtually and in-person.

Learn more about mental health services at UofSC by visiting [sc.edu/mentalhealth](https://sc.edu/mentalhealth).



# Mental Health Services

## Individual Counseling

We offer individual counseling using a Semester-at-a-Time model using brief and solution-focused therapy while augmenting with groups and online modules.

## Group Counseling

We offer a number of skill-building groups, support groups, and process groups as well as some workshops throughout the academic year.

## Individual Crisis Intervention

If you are concerned about a UofSC student and not sure what to do, please call the counseling center at 803-777-5223.

## Urgent Concerns

We offer Same Day Single Session appointments daily that are web-bookable on My Health Space. We also have walk-in appointments available in the afternoons which are primarily for assessment of safety and referral to appropriate resources.

## After Hours

Students can access our after-hours services by calling the main counseling office at 803-777-5223. They will be connected to a counselor who will assess for safety and refer to appropriate resources.

## Therapist Assisted Online (TAO)

Online screenings and self-directed modules are available to students to manage symptoms with or without coaching by a counselor.

## Preventive mental health programs include:

- Suicide prevention training
- Stress management consultations
- Resiliency workshops
- Wellness coaching
- Programming to promote mental health resources and stress management skills
- Kognito online program to help students recognize signs of psychological distress

If you have any questions about Counseling & Psychiatry, call us 803-777-5223 or visit [sc.edu/healthservices](https://sc.edu/healthservices).

## Psychiatric Evaluations & Medication Management

Our providers can assess for psychiatric symptoms and recommend appropriate treatment (including medication management as indicated). They can coordinate care with other healthcare professionals as needed.

## Case Management

to help with off-campus or out-of-state mental health care.

## Psychiatric Evaluations & Medication Management

Our providers can recommend treatment for mental, emotional and behavioral problems and can prescribe medications if needed and arrange for ongoing monitoring and coordination with other health care professionals.

*Before our psychiatric providers can assume medication management for Attention-Deficit Hyperactivity Disorder (ADHD), Student Health Services requires formal neuropsychological testing to confirm this diagnosis. We do not offer ADHD testing; therefore, the cost of this testing is NOT covered by the Student Health Fee. Testing results from off-campus or out-of-state psychologists will be accepted if it complies with our guidelines. Please contact our clinic for any additional questions.*



# Faculty & Staff Services

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## Pharmacy

Fill your prescriptions without leaving campus and get over-the-counter medicine for colds, pain relief, acid reflux, allergies and other common problems.

## Lab Work & X-Rays

Faculty and staff can schedule a no-cost preventive worksite screening and additional tests for a fee.

## Immunizations & Allergy Shots

Make an appointment for required vaccines before traveling, or bring in your serum to get your allergy shots without leaving campus.

## Interpersonal Violence

- Speak with an Advocate
- After-Hours Help
- Supporting a Survivor

## Gamecocks LiveWell

The health of our faculty and staff is essential to our university. It impacts your professional success, quality of life and ability to support students in their academic careers. Wellness programs and workshops are offered seasonally to help university faculty and staff meet their health and wellness goals.

### Preventive Services:

- Wellness Coaching
- Workplace Screenings
- Drop-In Screenings

### Programs:

- Inner Path to Peace
- Heart Beat Step Challenge
- Choose Well





# What Is My Health Space?

MyHealthSpace is the patient portal used to communicate between patients and our providers here at Student Health Services.

## Patients can:

- Upload Medical Forms and Insurance Cards
- Complete Medical Clearance Forms
- Schedule Appointments Online 24/7
- View Referral Information
- Review and Print Immunization Records
- Update Local Address Information
- Complete Surveys
- Exchange Secure Messages with the Health Center Staff



Visit MyHealthSpace at  
[sc.edu/myhealthspace](https://sc.edu/myhealthspace)

MyRxSpace at  
[sc.edu/myrxspace](https://sc.edu/myrxspace)  
to refill prescriptions.

# Insurance & Immunizations

## Required Immunizations

All students must provide required immunization records before enrolling to classes by uploading them to [sc.edu/myhealthspace](https://sc.edu/myhealthspace).

- **MMR:** Two doses of the measles, mumps and rubella vaccine or positive blood titer reports.
- **Meningococcal Vaccine** (Menevo or Menactra): Must have received at least one vaccine after 16th birthday to satisfy requirement
- **TB Risk Screening Questions**

Failure to meet the university's immunization requirements may result in a hold on your student account.

## Health Insurance Requirements

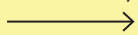
All undergraduate and graduate students taking 6 or more credit hours; graduate students with graduate assistantships; and international students are required to have health insurance.

Failure to provide proof of health insurance will result in automatic enrollment in the **Student Health Insurance Plan**; the premium is due with fall and spring tuition bills.

Students can stay on their personal or family's health insurance plan by waiving out of the university plan and uploading their proof of insurance to [sc.myahpcare.com](https://sc.myahpcare.com). The university insurance plan is the **ONLY** in-network plan at Student Health Services. Other plans may incur out-of-network charges. If you have questions about the **Student Health Insurance Plan**, call 1-855-844-3015.

## Student Health Fee or Insurance?

In many instances, the **Student Health Fee**, which is paid through tuition each semester, covers the costs for basic services. Insurance will be billed for services not covered by the fee.



**If you have any billing or insurance questions, call our Financial Services office at 803-777-3174.**

### Examples of services covered by the Student Health Fee:

- Primary Care office visits
- Women's Health office visits
- Sports Medicine office visits
- Limited number of counseling sessions
- Group counseling
- Support groups
- Preventive screenings
- Wellness coaching
- Clinical nutrition, stress management, sexual health consultations
- Public health preparedness
- Advocacy services

### Examples of services NOT covered by the Student Health Fee:

- Radiology (X-rays)
- Laboratory services
- Prescriptions
- Physical therapy
- Splints, braces, crutches
- Psychiatric services
- IV hydration, breathing treatments
- Minor surgical procedures
- Allergy shots and vaccines
- Travel consultations
- Services received at another hospital/clinic
- Charges for no-show appointments

Costs will be courtesy-filed to the patient's health insurance and could be subject to copays and deductible.

# Healthy Carolina Initiatives

## Supporting the Healthy Carolina Vision

Student Health Services provides a home for Healthy Carolina Initiatives, which aims to improve the policies, systems and environment of the University of South Carolina to make our campus a healthier place to live, learn, work and play. Since 2006, Healthy Carolina Initiatives has spearheaded nationally recognized programs like Tobacco Free USC, The Healthy Carolina Farmers Market and yearly health communications campaigns. These all aim to create a culture and atmosphere that encourages healthy choices and behaviors among students, faculty and staff.

To learn more or to get involved with well-being initiatives on campus, visit [sc.edu/healthycarolina](http://sc.edu/healthycarolina)



## Patient Centered Medical Home

### Comprehensive Care

The Patient-Centered Medical Home (PCMH) is an approach that helps us provide comprehensive primary care to our students. Student Health Services is a health care setting that facilitates partnerships between the individual patient, as well as their primary care physicians and other team members such as counselors, psychiatrists, nutritionists, and more. The Patient Centered Medical Home model utilizes care teams that work as a single unit to implement and develop treatment plans that address all of the patients' needs and provide holistic care.

## Hours of Operations:

(Subject to change)

### Fall & Spring

Mon.-Fri.: 8 a.m. - 5 p.m.  
Sun: 12-6 p.m.

### Summer & Breaks

Mon.-Fri.: 8:30 a.m. - 4:30 p.m.  
Closed on university holidays

## Student Health Services University of South Carolina

1409 Devine Street  
Columbia, SC 29208

[sc.edu/healthservices](http://sc.edu/healthservices)

## Coronavirus Phone Bank

**803-576-8511**

Hours: Monday - Friday: 8 a.m. to 6 p.m., Sunday: 2-8 p.m.  
Hours subject to change

**For Emergencies, call 911  
UofSC Police 803-777-4215**

### Primary Care

803-777-3175

### Women's Health

803-777-8920

### Counseling

803-777-5223

### Psychiatry

803-777-1833

### Sports Medicine & Physical Therapy

803-576-6383

### Allergy, Immunization & Travel

803-777-9511

### Financial Services

803-777-3174

### Pharmacy

[UHSRX.com](http://UHSRX.com)

803-777-4890

PocketRx app on smartphone

### Healthy Campus Initiatives

803-777-8283

### Nutrition Services

803-777-8283

### Sexual Health

803-777-8283

### Sexual Assault and Violence Intervention & Prevention

803-777-8248

803-777-4215 (after hours  
ask to speak with a SAVIP advocate)

### After-hours Care

Doctor's Care has three urgent care clinics near campus and are open after hours and weekends:

2601 Rosewood Dr., Columbia, SC 29205 (1.9 miles from campus),  
803-782-4051

1538 Main St., Columbia, SC 29201 (1.1 miles), 803-726-6737

4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

### For medical emergencies, students can visit a hospital emergency room:

Prisma Health Baptist, 1301 Taylor St.,  
Columbia, SC 29220 (0.9 miles)

Providence Hospital, 2435 Forest Dr.,  
Columbia, SC 29204 (2 miles)

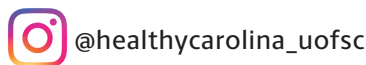
Prisma Health Richland, 3301 Harden St.,  
Columbia, SC 29203 (2.75 miles)

Visit **MyHealthSpace** at [sc.edu/myhealthspace](http://sc.edu/myhealthspace) to make appointments online; **UHSRX.com** to refill prescriptions.

Like or follow us on social media for the latest campus health news, program announcements and event information:



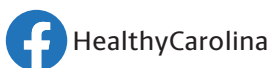
@UofSC\_HHS



@healthycarolina\_uofsc



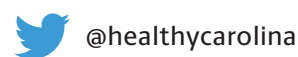
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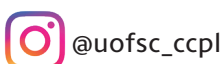
HealthyCarolina



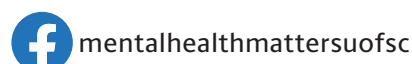
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mentalhealthmattersuofsc



GamecocksLiveWell

### Accreditations:

Accredited by



ACCREDITATION ASSOCIATION  
for AMBULATORY HEALTH CARE, INC.

