



Academic Year 2022-2023

UIC Health Sciences Campus-Rockford

Student Health and Wellness Handbook

This handbook provides details to assist medicine, medical biotechnology, nursing and pharmacy students in accessing care and resources during their tenure at the University of Illinois Chicago Health Sciences Campus-Rockford.



This handbook outlines coverage provided to you by the Student Health Service Fee, the student health benefit program CampusCare, as well as additional college, university and external resources available to you. Please review the Student Health and Wellness website for information at [go.uic.eduStudentHealthAndWellness](https://go.uic.edu/StudentHealthAndWellness). Review your health insurance certificate of coverage for details to your plan and rules for obtaining care – rules and benefits may change and it's the policy holders responsibility to know and follow these rules. Should something change or you have questions, contact Student Health and Wellness at **815-395-5750**, or email npycio1@uic.edu.

Student Health and Wellness welcomes your feedback and will continue to provide you with guidance for health and wellness services available to you.

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Best Practices For All Students

PRIVACY

To ensure the privacy of all UIC Health Sciences Campus-Rockford students (Medicine, MBT, Pharmacy, or Nursing), a student will never be scheduled with a provider who is responsible for grading or otherwise evaluating students. Student Health and Wellness Rockford is located on campus located in an area that is key-card-access-only for patients. Access is denied for all faculty and staff.

Should you chose to utilize the Mile Square Health Center Rockford - L.P. Johnson clinic as a backup, be certain to identify yourself as a student each time you call to schedule a healthcare-related appointment. The schedulers should list your concern as “UIC Rockford student” so that your privacy will not be compromised by anyone looking at a provider’s schedule. Your chart is tagged with a note that you are a student during registration, so fellow students will not open it.

Do not send any private health information or scheduling questions via personal or university email.

PROVIDERS AND STAFF

Noel M. Pycior, MS, FNP-BC
Director of UIC Student Health and Wellness Rockford. Primary Care Provider

Anne Zuba, MSW, LCSW
Student Health and Wellness Counselor and Wellness Coordinator

Ben Shepherd, MD
Student Health and Wellness Psychiatrist

Judie Heinschel, PhD, MHNP-BC
Student Health and Wellness Mental Health Nurse Practitioner

Kendra Luthy-Wilson
Student Health and Wellness Office Support Specialis

ESTABLISH CARE WITH A PRIMARY CARE PROVIDER (PCP)

It is important that you establish care with a Primary Care Provider (PCP) i.e. Noel Pycior, MS, FNP-BC, to receive medical care. As a Board Certified Family Nurse Practitioner who has practiced in the Rockford community for more than 15 years, Noel can not only be your health care advocate, but work with you to navigate the local health care systems. If necessary, your PCP can then provide any necessary specialty referrals should a need arise.

Please note, it is not necessary to have a PCP to access on-site counseling services or participate in any wellness activities.

During your student career, Student Health and Wellness Rockford can become your medical home for all of your general and mental healthcare needs. Our clinic is your first line for all questions and referrals for any kind of health, mental health, and wellness needs. For information on how to make appointments, location, hours, etc. review the details under Health Services Fee.

Once you have established care, check with the PCP on best ways to communicate. A confidential and efficient way to communicate with your provider is through the EPIC MyChart patient portal. Providers will not schedule or provide medical advice of any kind over UIC email.

Referrals for medical and mental healthcare services off site are provided **regardless** of your insurance coverage. We are well-versed in the local health systems and specialty offices in Rockford and in Chicago and can easily provide guidance and go through the authorization process if necessary.

Should you choose to obtain the student health benefit plan CampusCare, all visits outside of primary care services on campus **require prior approval**. The program does not approve non-emergent care after it has been given. For any questions or concerns about seeking medical services, consult with your PCP (Noel Pycior, APN) or clarify that coverage with the CampusCare administration offices. **When in doubt, ask first.**

For more detailed information regarding CampusCare Coverage see below and/or visit their website campuscare/uic.edu.

UIC Health Sciences Campus-Rockford Health Services

At the University of Illinois Chicago we believe that good health is important for academic success. Taking an active role in our own health can help us become better practitioners of the health sciences. At the UIC Health Sciences Campus-Rockford, we proudly offer a full range of primary care services to all registered students. Medicine, Pharmacy, Medical Biotechnology, and Nursing students have access to a full range of patient services, and the starting point for Student Health Fee-covered medical care. We encourage you to explore our clinic services and to be an active part in your health and well-being.

Student Health and Wellness offers day, evening, and same-day appointments at a convenient on-campus, yet private location.

A limited set of health services is covered at no additional cost by the UIC Student Health Services Fee for UIC students enrolled in classes. Student Health and Wellness is the primary Rockford location authorized to provide these Student Health Fee-covered services at no cost to students. In addition to being the primary network for the student health benefit plan CampusCare, we are on a wide array of private and public health plans.

We see all students regardless of insurance.

STUDENT HEALTH SERVICE FEE

As part of your tuition and fees each semester, you are charged a mandatory Student Health Services Fee (SHSF). The fee covers a limited set of health services that are offered at no additional cost for UIC Rockford students enrolled in classes. It also covers general operating costs for campus health service providers and wellness activities.

SHSF-covered services are offered at the following locations in Rockford:

| LOCATION | HOURS | CONTACT INFO |
|--|---|---------------------------------------|
| <p>UIC Student Health and Wellness</p> <p>1601 Parkview Ave. Rockford, IL</p> <p>Campus - 1st Floor North Building N115</p> <p>Primary site for ALL UIC Health Sciences students.</p> | <p>Monday 8 a.m.-4 p.m.</p> <p>Tuesday 8 a.m.-4 p.m.</p> <p>Wednesday 9 a.m.-7 p.m.</p> <p>Thursday 8 a.m.-4 p.m.</p> <p>Friday 8 a.m.-12 p.m.</p> | <p>Phone: 815-395-5870</p> |
| <p>UI Health Mile Square Health Center-</p> <p>L.P. Johnson-Rockford Residency***</p> <p>1221 East State Street Rockford, IL</p> <p>*** <u>Secondary site only when Primary site is closed. Residency clinic, evaluating faculty and students present</u></p> | <p>Monday 8 a.m.-8 p.m.</p> <p>Tuesday 8 a.m.-5 p.m.</p> <p>Wednesday 8 a.m.-5 p.m.</p> <p>Thursday 8 a.m.-8 p.m.</p> <p>Friday 8 a.m.-5 p.m.</p> | <p>Phone: 815-972-1000</p> |

APPOINTMENTS

All medical care is by appointment only. Same-day appointments and evening appointments are available (see hours above). All appointments must be made by phone. When making an appointment, please indicate clearly that you are a student.

To receive the student health services and counseling services listed in this brochure, you must be a registered student who has paid the student health services fee. This fee is automatically assessed on your student bill.

Using the funds collected from the Student Health Services Fee and insurance reimbursements, the following services are generally covered for all students who access services through approved UIC providers (subject to change):

- Routine Office visits for common acute illnesses and injuries (e.g. strep throat, sprained ankle, missed period, UTI, etc.)
- Testing for select sexually transmitted diseases (Chlamydia, Gonorrhea, and HIV only)
- Age-appropriate preventive services (annual wellness visits)
- Preventive gynecologic care, including screening pap smears (the cost of the pap itself is billed to the student's insurance)
- Blood pressure check, Cholesterol screening
- Routine Office Based Laboratory Tests: urinalysis, pregnancy test, rapid strep
- Visits to review your immunizations (the cost of the immunizations are not covered)
- Health advice and health counseling.

The following medical services are NOT covered by the Health Service Fee (insurance is billed):

- Immunizations (Except Tetanus booster for injuries)
- Care of ongoing chronic diseases (i.e. hypertension, diabetes, asthma etc.)

- Care provided by providers or clinics other than those listed above
- Care provided by systems, clinics outside of those locations listed above
- Laboratory testing not listed above.

BILLING AND COPAYMENTS

Any clinical services not covered by the SHSF will be billed to the student's insurance (CampusCare or other); Co-pays or other out of pocket costs may apply. The patient and/or their insurance plan are financially responsible for services obtained that are not covered under the Student Health Services Fee.

Should you receive a bill for any of the above covered services, or if you have questions regarding your billing statement, always contact the phone number listed on the statement first. If you have further questions regarding a statement, be sure to gather information from your insurance plan, and lastly you can always call Student Health and Wellness with additional questions. Never ignore any billing statement and do not turn in a billing statement to any department on campus except for Student Health and Wellness.

It is important to always refer to your private insurance Certificate of Coverage or benefits page for copayment or member responsibilities. If services are deemed out-of-network, we cannot make adjustments to your bill after being seen. This includes CampusCare – know and review their annual Certificate of Coverage for all details. It will save you time by simply reviewing details on their website.

PHARMACY SERVICES

Patients are responsible for knowing whether or not you have a preferred pharmacy assigned to your insurance plan. Providers typically will discuss best price/best medication with you at the time of the visit.

Providers at Student Health and Wellness Rockford work to provide you with the best medication when indicated, but always keep your out-of-pocket costs in mind. We typically will prescribe medication that may be best obtained with cash discounts (i.e. \$4 list from Walmart) or GoodRx app ([goodrx.com](https://www.goodrx.com)) which provides coupon discounts you can obtain directly to your smart phones.

Please provide us with your up-to-date pharmacy information to avoid any delays in obtaining your prescriptions.

Medication Refill

Need a refill for a medication? Please start by contacting your pharmacy and give them your refill requests. This is quite time-efficient as they send your request electronically directly to your prescriber.

Medication Transfers

Need to transfer your prescriptions while you are away? Simply call your pharmacy and ask to transfer your prescription to a location nearest you.

CampusCare Pharmacy Network

Students that utilize CampusCare have a select list of in-network pharmacies in the Rockford region:

| LOCATION | HOURS | CONTACT INFO |
|---|---|---|
| North Park Pharmacy 7924 N. 2 nd Street. Machesney Park, IL 61115 | Monday - Friday 8:30 a.m.- 8 p.m. Saturday 8:30 a.m.- 4 p.m. Sunday 9 a.m.-1 p.m. | Phone: 815-633-3431 E-mail: northparkrx@sbcglobal.net |
| O'Brien & Dobbins Pharmacy 216 S. State St. Belvidere, IL 61008 | Monday - Friday 9 a.m.-7 p.m. Saturday 9 a.m.-4 p.m. Sunday 9 a.m.-1 p.m. | Phone: 815-544-3433 |
| Downtown Discount Drugs 331 W. State Street Rockford, IL 61101 | Monday - Friday 9 a.m.-5 p.m. Saturday 9:30 a.m.- 12 p.m. Sunday Closed | Phone: 815-962-2166 |

CampusCare has two other network regions for their students in Chicago and Peoria. Please refer to their website for pharmacy name and location details at campuscare.uic.edu/benefits/pharmacy/.

OUT OF NETWORK CAMPUSCARE PHARMACY ACCESS

If you have CampusCare and find you are out of the area you can still obtain your medication. Members also have access

to any out-of-network pharmacy, such as Walgreens or CVS. You must pay the amount in full upfront and mail in all original receipts, the pharmacy identification sheet, and a cover letter requesting reimbursement. Member is responsible for the prescription co-pay according to the CampusCare Formulary. See their website for details on Out-of-Network Pharmacy Claims at campuscare.uic.edubenefits/pharmacy/.

UIC Health Sciences Campus-Rockford Counseling and Psychiatry Services

UIC Student Health and Wellness is committed to providing a safe, welcoming, and affirming environment for all students. We commit ourselves to creating an environment based on values that allow our diverse student body to access care, receive high-quality services and take positive pathways to sound mental health.

We recognize that many factors – including culture, racial/ethnic identities, socioeconomic status, sex, gender, sexual orientation, political viewpoints, religious/spiritual and/or philosophical beliefs, and physical, and cognitive abilities – are salient in students' lives, and we are committed to welcoming all clients with respect and sensitivity.

STUDENT HEALTH SERVICE FEE AND MENTAL HEALTH

All Psychiatry and Counseling records are strictly confidential as protected by law and are not available to or visible to anyone outside of our clinic.

Visits for counseling and wellness services are a part of your mandatory student health service fee and are then “free” at time of service for all registered students seeking care at Student Health and Wellness Rockford.

No referral is necessary for a visit with a Student Health and

Wellness-Rockford counselor. All students may participate in counseling and wellness sessions without limitation on the number of visits and at no additional out-of-pocket expense.

Location

Our clinic is conveniently located on campus: First floor , North Building – Reception and check, in services are in room N115. This is a confidential location on campus, only accessible via key-card for students. Faculty, staff, and all other departments are not allowed in the clinic to protect your Privacy and Confidentialit . We do have an exterior entrance with designated patient parking. Enter on Parkview Avenue, take the fork left in the road and you will see the round parking lot on your left with an entry designated by a red awning. Again, this front entry is only accessible with your key-card, so please carry this with you for entry to all appointments.

Appointments

Counseling or student support and coaching services are available by appointment 3 days a week. This includes the ability to see your provider both in the office and via telehea th. Please note that evening appointments are available with all providers on Wednesdays.

Urgent visits

If you are in need of an appointment with our student health counselors, we can typically accommodate either a same day appointment or an appointment within 24 hours. Simply call the clinic to inquire at 815-395-5870.

Scheduling

To schedule an appointment (no referral necessary), please call Student Health and Wellness via the contact info listed below:

| LOCATION | HOURS | CONTACT INFO |
|--|---|--|
| <p>UIC Student Health and Wellness</p> <p>1601 Parkview Ave. Rockford, IL</p> <p>Campus - 1st Floor North Building N115</p> <p>go.uic.eduStudentHealthAndWellness</p> <p>Primary site for ALL UIC Health Sciences students.</p> | <p>Monday 9 a.m.-7 p.m.</p> <p>Tuesday 8 a.m.-4 p.m.</p> <p>Wednesday 9 a.m.-7 p.m.</p> <p>Thursday 8 a.m.-4 p.m.</p> <p>Friday 8 a.m.-12 p.m.</p> | <p>Phone:</p> <p>815-395-5870</p> |

COUNSELING SERVICES

Counseling visits are available to you as a part of the Student Health Service Fee throughout a registered student’s career at the University of Illinois Chicago Health Sciences Campus-Rockford. Students can make an appointment by calling the number listed above; no referral is required.

We are confident that we can meet many of the unique needs presented by college students. Providers and staff are committed to delivering quality care to our graduate student body at our Rockford Health Sciences Campus.

We offer a variety of services, such as but not limited to:

- Individual, group, and couple's counseling
- Mind/body services
- Coaching
- Outreach services and programming
- Consultations and referrals as indicated.

Issues commonly addressed through individual or group counseling:

- Academic-related issues such as struggles with motivation, perfectionism, communication, and self-discipline.
- Problems with mood or self-esteem
- Depression
- Anxiety
- Loneliness
- Stress/burnout
- School and life balance
- Drugs and alcohol
- Relationship problems or family conflict
- Grief and loss
- Trauma
- Focus, concentration or memory concerns
- Sadness or feeling overwhelmed
- Difficulty coping with change or transition

MENTAL HEALTH CRISIS

- If you or someone you know is experiencing a mental health emergency with an immediate threat to safety, call **911**.

Emergency services

"I want to end my life. I have a plan, and I don't think I can stop myself"

- **Call 911**
- Contact the National Suicide Prevention Hotline at **800-273-8255** or **[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)**

- Go to the nearest hospital Emergency Room. One or more healthcare professionals will ask you several questions, and you may be admitted to stay in the hospital and receive treatment until you are feeling better. Many insurance policies will cover necessary emergency services obtained in most hospital emergency rooms. Going to the ER can be scary, but try your best to let the doctors and nurses take care of you.

“I think I am having a mental health crisis or I know someone else who may be in crisis”

- If you believe you are in crisis – please present to the nearest Emergency Room for prompt evaluation and treatment. Consider that you may be asked to stay in the hospital for further evaluation.
- During business hours (Monday/Tuesday/ Thursday 8 a.m.-4 p.m., Wednesday 8 a.m.-7 p.m., Friday 8 a.m.-noon), call UIC Student Health and Wellness Rockford at **815-395-5870**. You may be scheduled for a crisis consultation or connected to a counselor for an immediate assessment as needed or sent to the nearest Emergency Room.
- You can also consider contacting us after business hours at our answering service by calling **779-696-2050** to speak with our Director Noel Pycior MS, FNP-BC. She will be there to listen and help create a plan for the care you need in order to keep you safe.
- If you are currently under the care of a mental health professional: Follow the plan that you and your provider have established for managing crises and contact your provider in the manner as agreed upon.

Crisis Hotline Resources

- National Suicide Prevention Hotline. Call **800-273-8255** or go to **[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)**. An online chat is available all day, every day.
- Northwestern Memorial Hospital Outpatient Psychiatry Hotline. Call **312-926-8100**.
- **Crisis Text Line ([crisistextline.org](https://www.crisistextline.org))** lets you text your

feelings to someone who cares. **Text HOME to 741741** and a trained crisis counselor will text back.

- NAMI National Alliance on Mental Illness support/contact information can be found at nami.org/Home. Call the NAMI Helpline at **800-950-6264** M-F, 10 a.m.-8 p.m., ET or in a crisis, **text “NAMI” to 741741** for 24/7, confidential, free crisis counseling.
- **UIC Suicide Prevention Resources are available at counseling.uic.edu/outreach-consultation/concerned/suicide-prevention/**

Domestic Violence Resources

- If you are in immediate danger, call **911**.
- The non-emergency number for the Rockford Police department is **815-966-2900**. Call the Rockford Police department Domestic Violence Unit at **779-500-6555**.
- You can connect with Remedies at remediesrenewinglives.org Are you experiencing domestic violence? Do you feel unsafe in your relationship? Remedies Renewing Lives available to help! No one deserves to be abused. Trained Remedies advocates are available 24-hours a day at **815-962-6102**.
- Contact Safe Horizon at safehorizon.org or call **866-621-HOPE (4673)**. Safe Horizon also offers an online chat at safehorizon.org/safechat/ from 9am-6pm, Monday through Friday.
- Connect with the **Illinois Domestic Violence Help Line** at **877-863-6338 (or 1-877-863-6339 TTY)** any time.
- Call the National Domestic Violence Hotline at **800-799-7233**.
- Connect with the Campus Advocacy Network at can.uic.edu. Call during business hours at **312-413-8206** or email them at can-appointment@uic.edu.

Sexual Assault Resources

- Contact an advocate at Rockford Sexual Assault Counseling Inc. **815-636-9811** Trained volunteers provide 24-hour counseling for victims of sexual assault and abuse in Winnebago, Boone and Ogle Counties.

- All counselors and volunteers have received special training in working with victims and their families. Crisis Intervention is a key component of Rockford Sexual Assault Counseling. A 24-hour crisis hotline, which is maintained by master's level therapists is available to those that sexual assault has impacted. The medical advocacy crisis intervention services are also available 24 hours a day. Trained medical advocates respond to hospital ER staff in order to provide support to those in need. Crisis Intervention is a key component of Rockford Sexual Assault Counseling.
- The Metropolitan Chicago YWCA (ywcachicago.org) also offers a 24/7 Rape Crisis Hotline to help to those who have been affected by sexual assault. You can call them at **888-293-2080** (Chicago Metro Area), **630-971-3927** (DuPage County), or **708-748-5672** (South Suburbs).
- The National Sexual Assault Hotline is available 24/7 by calling **800-656-HOPE (4673)**. They also offer an online chat and app at rainn.org.

PSYCHIATRY SERVICES

Office visits for psychiatry services are available to you by referral on campus in Student Health and Wellness on the 2nd, 3rd, and 4th Wednesday of every month.

Psychiatrist Ben Shepherd, MD, and Judie Heinschel, PhD, APN, Psychiatric-Mental Health Nurse Practitioner, are both in-network providers for CampusCare and copays for office visits are \$15 due at the time of service. They also are on a number of private and public aide health plans – which you can easily verify on your own by calling your insurance network. Please be prepared with your ID and insurance card at the time of visit.

To obtain a referral, please schedule a visit to establish care with our Student Health and Wellness primary care provider Noel M. Pycior, MS, FNP-BC, at the number listed above.

Be prepared to plan ahead for office visits by scheduling necessary follow up appointments and planning ahead for any medication refills. Appointments are conveniently available both in the office and telehealth, along with evening opportunities every Wednesday.

If you are unable to attend your appointment, we ask that you kindly cancel 24 hours ahead of time to avoid a no-show charge and to allow others the opportunity to schedule.

EXTERNAL REFERRAL OPTIONS FOR MENTAL HEALTH CARE AND SUPPORT

We recognize that many factors – including culture, racial/ethnic identities, socioeconomic status, sex, gender, sexual orientation, political viewpoints, religious/spiritual and/or philosophical beliefs, and physical and cognitive abilities – are salient in students' lives, and we are committed to welcoming students with respect and sensitivity.

Mental health professionals understand that the quality of your relationship with them is a crucial factor in how effective your treatment will be. This means that choosing a provider who will be a good fit for you is important. Creating this relationship requires collaboration and work on both parts.

If you would like to explore other options for counseling and psychiatry services we can help you. Please call today to discuss our large local referral network of providers 815-395-5870.

MENTAL HEALTH RESOURCES FOR STUDENTS OF COLOR

While all students need a variety of supportive resources during their time at our UIC Health Sciences Campus-Rockford, we acknowledge that students who identify as Black, Brown, Latinx or with other marginalized identity groups, often experience additional challenges where mental health is concerned due to structural inequities and institutional racism.

Recognizing those distinctive needs for our students, we have a referral network available for both local (Rockford) and Chicago practices: Lantern Therapy Services lanterntherapy.com and Perryville E-Counseling perryvilleecounseling.com. Both local Rockford practices are available to you by referral.

from our providers at Student Health and Wellness.

Additionally, these practices are on many private health insurance plans; therefore, you may also consider checking with your insurance network coverage for either location. If you have CampusCare for your health plan, you must have a **prior approval** before an office visit with either location in order to avoid a large out-of-pocket expense. With approval, you will be responsible for a copayment due at the time of service of \$15.

To establish care with one of the providers at these offices or to simply obtain more information, please contact student health at 815-395-5870. Director Noel M. Pycior, MS, FNP-BC, will assist you with the referral and appointment process as well as answer any other questions on obtaining mental health/counseling/wellness support from therapists of color. All questions or concerns are kept confidential. Phone: **815-395-5870**. Email: npycio1@uic.edu.

LGBTQIA+ RESOURCES

At UIC and the UIC Health Science Campus Rockford, we remain committed to supporting students of all gender identities and expressions. As above, we agree that finding a therapist you share common ground with can alleviate some of the fear and anxiety that therapy can bring.

The UIC Gender and Sexuality Center Chicago is available to you (gsc.uic.edu) and provides many virtual programs, and supportive resources to meet your needs. We understand that gender identity and expression can be complex, unique, and evolving depending on the individual. Moreover, we recognize that gender identity and expression function as components of an individual's multiple intersecting identities.

In addition to the Gender and Sexuality Center, we again have a network of mental health support and providers that we can refer to for your care. Fortunately, these therapeutic services are even more accessible with the ease of telehealth for office visits.

To obtain more information, please contact Student Health at 815-

395-5870. Director Noel M. Pycior, MS, FNP-BC, will assist you with the referral and appointment process as well as answer any other questions on obtaining mental health/counseling/wellness. All questions or concerns are kept confidential. Phone: 815-395 5870. Email: npycio1@uic.edu.

RESILIENCY CENTER

Students at our UIC Health Sciences Campus-Rockford have access to the University of Illinois College of Medicine Student Resiliency Center with a referral from providers at Student Health and Wellness. chicago.medicine.uic.edu/education/md-student-services-and-support/resiliency-center/

Services at the Resiliency Center are provided by clinicians who do not have any evaluative role for College of Medicine students. The Resiliency Center provides short-term psychotherapy, Cognitive Behavioral Therapy (CBT) and medication management.

All appointments take place at Psychiatric Institute (PI) building at 1601 W Taylor Street Room 441 Chicago, a location separate from the clinical department of Psychiatry, in order to maintain student privacy.

Resiliency Center practitioners will provide up to six sessions of talk therapy lasting between 45 and 60 minutes each. Appointments can be scheduled in advance or on an as-needed basis with the patient's assigned provider, which will be determined after the intake evaluation. Patients will be triaged to either supportive psychotherapy with social worker Linzi Swisher, LCSW, or cognitive behavioral therapy (CBT) with psychologists Jaclyn Weisman, PhD, or Gustavo Medrano, PhD.

Appointments are currently available via telephone or video. To obtain more information about a referral to the Resiliency Center please contact the Director of Student Health and Wellness, Noel M Pycior, MS, FNP-BC, by calling the clinic at 815-395-5870 or email npycio1@uic.edu. All questions or concerns are kept confidential

ADDITIONAL RESOURCES

- The UIC Gender and Sexuality Center (gsc.uic.edu) understands intersecting identities and the multiple layers of diversity within LGBTQIA identities including race, class, ability, geography, immigration status, and religious affiliation. You can contact them during limited business hours by calling **(312) 413-8619** or emailing them at lgbtqa@uic.edu.
- The Trevor Project (thetrevorproject.org) specializes in supporting people in the LGBTQ community. You can call them any time at **866-488-7386**. Their chat service and text service (**text START to 678-678**) are available 24/7/365.
- Student Veterans Affairs at UIC (dos.uic.edu/student-veterans-affairs/) provides caring and personalized support to UIC undergraduate and graduate student veterans. We help our veterans navigate the campus and provide a welcoming space, mentoring from student veterans, guidance on educational benefits, and tools to succeed academically and personally. Though the Dean of Students' office (1200 West Harrison St., Suite 3030) is currently physically closed, you can reach out about Student Veteran Affairs by emailing dos@uic.edu or by calling during business hours **312-996-4857**.
- The Veterans Crisis Line (veteranscrisisline.net) is a 24/7 service available to all veterans, service members, National Guard and Reserve, and their family and friends. Call **800-273-8255** and press **1**, **text 838255**, or chat online at veteranscrisisline.net to talk to a VA professional, many of whom are veterans themselves.
- African-American Cultural Center (aacc.uic.edu)
- Arab American Cultural Center (arabamcc.uic.edu)
- Asian American Resource and Cultural Center (aarcc.uic.edu)
- Latino Cultural Center (lares.uic.edu)
- Disability Cultural Center (dcc.uic.edu)
- Women's Leadership and Resource Center (wlrc.uic.edu)
- Campus Advocacy Network (can.uic.edu)
- Diversity and Inclusion (diversity.uic.edu)
- Early Outreach Program (earlyoutreach.uic.edu)
- Native American Support Program (nasp.uic.edu)

- Latin American and Recruitment and Educational Resource Center (lares.uic.edu)
- Social Justice Initiative (sji.uic.edu)
- Institute for Research on Race and Public Policy (irrpp.uic.edu)

UIC Health Sciences Campus-Rockford Wellness

WELLNESS ACTIVITIES

UIC Student Health and Wellness proudly provides a wide array of wellness activities to you at no cost. Supporting student learning and academic success by providing wellness services that promote healthy attitudes, behaviors and lifestyle is our goal. We believe that healthy and well students will make healthy and well future providers. Empowering students to make informed choices and enhance holistic well-being with information sessions, educational programs, skill-building activities and fun events are our key focus.

Wellness activities can take place in person, or virtually. Do you have a study group, student organization, or friend group you would like to schedule a wellness event with? We are here for you and happy to provide either a one-time activity or several weeks of activities to enhance your wellbeing.

Wellness programming may include:

- Resiliency
- Burnout
- Stress Management
- Mindfulness
- Self-Compassion
- Worry, Anxiety and Panic
- Nutrition for Mental Health
- Sleep Hygiene
- Relaxation Training
- Guided Imagery
- Yoga
- Sexual Health
- Aromatherapy

- Massage Therapy
- Plant Therapy
- Art Therapy

To schedule a Wellness activity please contact our Student Health counselor Anne Zuba MS, LCSW, by calling **815-395-5870** or email azuba1@uic.edu.

UIC Health Sciences Campus-Rockford Insurance Requirements and Student Health Coverage

The University of Illinois requires all students be covered by major medical health insurance throughout their student careers.

Students do have options for coverage. Because of the Federal Health reform law that was signed, children are allowed to stay on their parents' insurance plan until age 26, whether or not they are enrolled in school. Therefore, many students opt to remain on their parents' insurance during the majority of their student career.

The Student Health Fee (or Health Services Fee) is assessed to all students at UIC. The Health Fee should not be confused with CampusCare, the student health insurance program.

UIC Student Health and Wellness Rockford should NOT be confused with CampusCare. Our clinic is a medical office that accepts all students regardless of health coverage. We are not CampusCare, but a clinic that is the primary location/network for all CampusCare-insured students in Rockford. Together, the Student Health Fee and CampusCare (or your personal insurance) work in conjunction to provide comprehensive medical coverage to our students.

These are your coverage options during your student career:

- Parents' private insurance coverage
- Private individual health insurance coverage
- Illinois Affordable Health care plans or Public Aid plans
- CampusCare (Student Health Benefit plan offered by UIC)

A number of students enroll in CampusCare, the student health benefit program that is provided by UIC. This program qualifies under the Affordable Care Act as a self-funded health benefit program. CampusCare is not a licensed insurance company. The CampusCare fee is automatically assessed along with other tuition and fees to the student account (E-Bill) once the student registers for courses. There is no enrollment form to complete.

ENROLLMENT AND OPTING OUT OF CAMPUSCARE COVERAGE

As a registered student, you will be automatically enrolled in CampusCare and your student account will be assessed the cost of coverage each semester, unless you **opt-out** of coverage.

Those of you who have alternative insurance coverage as above and do not want CampusCare must submit an online waiver form. An approved waiver is good for one academic year and will need to be resubmitted prior to the Fall deadline date in order to continue to waive the fee. This waiver must be submitted at the start of each academic year (Fall semester) prior to the deadline. If you miss a waiver deadline for a semester, you will be assessed the CampusCare fee; however, you can waive out for the following semester in the same academic year.

Review their website (campuscare.uic.edu/dates-fees/) under "Dates and Fees" for details and deadlines

Students who enroll in CampusCare may also enroll spouses and/or dependents in the program by the enrollment period deadlines.

Students who would like to "opt-in" for coverage after open enrollment may also do so by going to their website. Coverage is not pro-rated, but by semester.

Once enrolled, please note that CampusCare does not send

you an insurance card. You can however print the card directly from their website by logging in with your UIC netid and password.

CAMPUSCARE CONTACT INFORMATION

| LOCATION | HOURS | CONTACT INFO |
|--|---|---|
| CampusCare 818 S. Wolcott Ave. 7 th Floor Chicago, IL 60612 | Monday - Friday 8:30 a.m.-4:30 p.m. | Phone: 312-996-4915 Opt 1 Referrals, preauthorization and admission Opt 2 Claims Opt 3 Administration (or email below) Email: cchealth@uic.edu Website: campuscare.uic.edu/contact-us |

CERTIFICATE OF COVERAGE

The Certificate of Coverage provides details regarding the coverage provided by CampusCare, with a new certificate released each year on 8/1. The Certificate of Coverage can be accessed through the CampusCare website campuscare.uic.edu/certificates-of-coverage

You are responsible for knowing your benefits and coverage details; therefore read your Certificate of Coverage annually.

CampusCare operates similarly to many HMO insurance plans. Establishing with a primary care provider at an in-network location (i.e. Student Health and Wellness/Noel Pycior APN) is important.

Before receiving any medical service (except for a medical emergency, see Section IV. E.), students with CampusCare must contact their Primary Care Provider (PCP). A referral and approved authorization number is always necessary for specialty care. If not authorized, the visit will not be covered, and you will be responsible for 100% of the bill. There are no retroactive referrals authorized. If you choose to receive care outside of UI Health, you could be responsible for your entire bill. CampusCare is authorized to deny services outside the covered services defined by the Certificate of Coverage and that are not a true life-threatening medical emergency.

Further information included in the Certificate of Coverage

- Summary of Benefits and the Cost of Service
- Covered Services
- Limitations and exclusions for services provided
- Definitions of various service
- Eligibility and Enrollment
- Premium rates (charged to your student account when enrolled)
- Appeal procedures
- How to file a claim
- Transgender healthcare policy
- A list of birth control options covered

BENEFITS SUMMARY

See CampusCare website: campuscare.uic.edu/benefits.

| Type of Coverage | Benefit |
|----------------------------|--|
| Hospital In Network | |
| Inpatient | 100% minus a \$50 per day co-payment |
| Outpatient | 100% |
| Emergency Care | |
| In Network | 100% minus a \$50 co-payment |
| Out of Network | 70% minus a \$50 co-payment. (100% Usual and Customary*) Member liability: 30% + \$50 co-payment |

| Type of Coverage | Benefit |
|--|--|
| Physician Services | |
| Physician Visits In Network | 100% minus a \$15 co-payment |
| Occupational Therapy | 100% minus a \$15 co-payment (max 20 sessions/AY) |
| Physical Therapy | 100% minus a \$15 co-payment (max 40 sessions/ AY) |
| Speech Therapy | 100% minus a \$15 co-payment (max 20 sessions/AY) |
| Respiratory Therapy | 100% minus a \$15 co-pay |
| Preventative Services (Excludes services covered by Student Health Service Fee) | Plan year preventative services covered at first dolla |
| Routine Vision Exam | One per plan year. Covered at first dollar when provided by select providers |
| Ancillary Services | |
| Ambulance | 80% |
| Pharmacy Formulary | 100% for prescriptions with: |
| | \$10 Generic co-payment |
| | \$20 Brand co-payment |
| | \$40 Non-formulary co-payment with 10% co-insurance |
| Diabetic Supplies and DME | 90% |
| Home Health Care | 90% |
| Medical Supplies (in hospital or physician's office) | 100% |
| Mental Health Care & Substance Abuse Care | |
| Inpatient | 100% minus a \$50 per day co-payment |
| Outpatient | 100% minus a \$15 co-payment |

DEPENDENT AND SPOUSAL COVERAGE

Students who obtain CampusCare coverage have the option to cover their dependents. Additional premium charges will

be billed to your student account along with your premium for each dependent. You can easily follow the steps to Add/Drop dependents on their website at campuscare.uic.edu/dependent-information

Coverage for your dependents(s) or spouse that receives CampusCare will be the same as outlined in the current Certificate of Coverage. The difference between a student and a dependent is simply that your dependents do NOT pay the Student Health Service Fee as they are not registered students, therefore visits are always billed to your insurance (CampusCare) and charged accordingly (i.e. Copayment).

Eligible Dependents

- Spouse (Marriage License provided)
- Civil Union Partner (Certificate provided)
- Dependent child under the age of 26, including a natural or legally adopted child as well as a child for whom the Subscriber or his/her spouse is the legal guardian. (Birth certificate, hospital certificate, adoption or legal guardianship papers must be provided).

Students can also add dependents after the Enrollment Period Deadlines within 31 days of the event by filling out the Add Dependent Form AND submitting the required documentation. Review the website for details.

PHARMACY COVERAGE

Similar to most insurance plans, CampusCare has a network of pharmacies preferred for your prescriptions. In addition to this network, medication costs are outlined below and are dependent on brand, generics, and those considered “non-formulary.”

Medication formularies are on the website at campuscare.uic.edu/benefits/pharmacy

| Prescription Copays | |
|----------------------------|---|
| Formulary Generic | \$10 copay |
| Formulary Brand | \$20 copay |
| Non-Formulary | \$40 copay + 10% co-insurance *unless under the exclusions listed in the Certificate of Coverage |

Members will be charged the prescription copay when picking up medications at an In-Network Pharmacy. Please show your CampusCare ID Card or I-Card when picking up prescriptions.

Members will need to pay the full cost at **Out-of-Network Pharmacies** and submit a claim for reimbursement. See information below regarding external pharmacy options & reimbursement.

IN-NETWORK ROCKFORD PHARMACIES

| Location | Hours | Contact |
|--|---|------------------------------|
| North Park Pharmacy 7924 North Second St. Machesney Park, IL 61115 | Monday - Friday 8:30 a.m.-8 p.m. Saturday 8:30 a.m.-4 p.m. Sunday 9 a.m.-1 p.m. | Phone 815-633-3431 |
| O'Brien & Dobbins Pharmacy 216 S. State St. Belvidere, IL 61008 | Monday - Friday 9 a.m.-7 p.m. Saturday 9 a.m.-4 p.m. Sunday 9 a.m.-1 p.m. | Phone 815-544-3433 |
| Downtown Discount Drugs 331 W. State St. Rockford, IL 61101 | Mon - Friday 9 a.m.-5 p.m. Saturday 9:30 a.m. - 12 p.m. Sunday Closed | Phone 815-962-2166 |

IN-NETWORK PHARMACIES OUTSIDE OF ROCKFORD

| Location | Hours | Contact |
|---|--|---|
| <p>University Village Pharmacy 722 W. Maxwell St. 2nd Floor Chicago, IL 60607</p> | <p>Monday 8:30 a.m.-5:30 p.m. Tuesday 8:30 a.m.-5:30 p.m. Wednesday 9 a.m.-5:30 p.m. Thursday 8:30 a.m.-8 p.m. Friday 8:30 a.m.-5:30 p.m. Saturday 9 a.m.- 1 p.m.</p> | <p>Phone 312-355-2345</p> |
| <p>Taylor Street Pharmacy (Eye & Ear Infirmary) 1855 W. Taylor Street 1st Floor Chicago, IL 60612</p> | <p>Monday 8:30 a.m.-5:15 p.m. Tuesday 8:30 a.m.-5:15 p.m. Wednesday 8:30 a.m.-5:15 p.m. Thursday 8:30 a.m.-5:15 p.m. Friday 8:30 a.m.-5:15 p.m.</p> | <p>Phone 312-996-6540</p> |
| <p>Alwan Pharmacy 311 N. Western Ave. West Peoria, IL 61636</p> | <p>Monday 9 am.-6 p.m. Tuesday 9 am.-6 p.m. Wednesday 9 am.-6 p.m. Thursday 9 am.-6 p.m. Friday 9 am.-6 p.m. Saturday 9 am.-1 p.m.</p> | <p>Phone 309-676-6333</p> |

OUT OF NETWORK PHARMACY REIMBURSEMENT

If you are out of network, you do have access to other pharmacies such as Walgreens or CVS. You must however:

- Pay the amount in full upfront
- Mail in all original receipts, the pharmacy identification sheet and a cover letter requesting reimbursement.

You will still be responsible for the copay according to the CampusCare Formulary. Note all details and address/phone for out of network pharmacy claims are located on their website.

URGENT CARE SERVICES FOR CAMPUSCARE

MEMBERS IN ROCKFORD

In the event that you are urgently ill and need care. CampusCare members can get care at the Mercyhealth Urgent Care facilities locally.

Mercyhealth Urgent Care–Perryville
3401 N. Perryville Rd.
Rockford, IL 61114
Phone: (815) 971-8000

Mercyhealth Urgent Care–Roscoe
5000 Prairie Rose Dr.
Roscoe, IL 61073
Phone: (815) 971-3450

All other private health insurance carriers' policies should be consulted for Urgent Care and After Hours visits or Emergency Room services. It is your responsibility to research your own medical plan/ insurance coverage rules.

Follow Up for Urgent and Emergency Care

Schedule an appointment with your primary care provider within 48 hours of hospital/emergency visit discharge, or following convenient care visits. This helps with referral processes if indicated and allows for better communication and coordination of your health care.

EMERGENCY SERVICES PROTOCOL FOR CAMPUSCARE MEMBERS IN ROCKFORD

In the event of an emergency, please proceed to the nearest Emergency Department or call 911. Emergency services do NOT require a prior authorization from CampusCare.

When it is possible it is highly recommended that you seek care from a local in-network Emergency Room. Our local network here in Rockford is Mercyhealth Hospitals and Clinics. It is the preferred hospital for emergency and urgent care services. As noted earlier and within the certificate of coverage, you will see that there is a \$50 copayment for all emergency and urgent care services.

If you choose to receive care outside of Mercyhealth Rockford, you could be responsible for your entire bill. In addition to the primary in-network locations, you must know that CampusCare can deny a service if it is “not deemed a true life threatening medical emergency.”

Life-Threatening Emergency

CampusCare defines a “Life-Threatening Emergency” as such and has the ability to deny coverage for those visits to both an Emergency room/Urgent care facility if it does not meet their criteria for an emergent illness. This is not uncommon language for insurance companies.

The easy version of this language is: do not seek care at the emergency department for something that is not a true emergency (i.e. sore throat, benign rash, sinus infection) as they can deny coverage for the visit.

The Certificate of Coverage provided by CampusCare defines medical emergency as “a medical condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that a prudent layperson, who possesses an average knowledge of health and medicine, could reasonably expect the absence of immediate medical attention to result in a condition described in clause (i), (ii), or (iii) of section 1867(e) (1) (A) of the Social Security Act.”

This is not the easiest thing to interpret, but this is standard language used by insurance companies. The cited material from above (clause (i), (ii), or (iii) of section 1867(e) (1) (A) of the Social Security Act) is included here to clarify that which should be covered:

A. A medical condition manifesting itself by acute symptoms of sufficient severity (including severe pain) such that the absence of immediate medical attention could reasonably be expected to result in—

- Placing the health of the individual (or, with respect to a pregnant woman, the health of the woman or her unborn child) in serious jeopardy,
- Serious impairment to bodily functions, or
- Serious dysfunction of any bodily organ or part; or

B. With respect to a pregnant woman who is having contractions—

- That there is inadequate time for safe transfer to another hospital before delivery, or
- That transfer may pose a threat to the health or safety of the woman or unborn child.

Link to the cited section 1867 of the Social Security Act at ssa.gov/OP_Home/ssact/title18/1867.htm

CampusCare Emergency Room In-Network Locations Outside of Rockford

| Location | Hours | Contact |
|--|---|------------------------------|
| University of Illinois Hospital Emergency Room 1740 West Taylor Street Chicago, IL 60612 | 24 hours a day 7 days a week 365 days a year | Phone 312-996-7296 |
| Unity Point Health Methodist Emergency Room 221 North East Glen Oaks Ave. Peoria, IL 61636 | 24 hours a day 7 days a week 365 days a year | Phone 309-672-5522 |

Secondary: For Emergency Room ONLY Locations

Secondary facilities are available to you (Emergency Room ONLY) that will also be covered by CampusCare if a beneficiary receives

care at these locations. However, please be cautionary when seeking care at these facilities. Hospitals often employ independent contractors in the Emergency Departments, which would be excluded from the network benefits described in the Certificate of Coverage. For detailed information on these locations please see their website at campuscare.uic.edu/benefits/in-network-hospitals/

Out of Network Emergency Services

Should you find yourself urgently needing medical attention out of network – anticipate that CampusCare will cover 70% of the total bill (minus the copayment) and you will cover the copayment and 30% of the total charge.

WOMEN'S HEALTH SERVICES

UIC Student Health and Wellness Rockford provides women's health services. In addition to routine gynecologic care, contraceptive management, pregnancy tests, prenatal counseling, screening, management of acute infections, and screening for sexually transmitted disease can all be performed on campus.

If you have a medical condition that cannot be addressed in Student Health and Wellness, then Noel Pycior, APN, your PCP will begin the referral process to an in-network OB/GYN provider at Mercyhealth Rockford. If there is ever a doubt about what services are covered, please make an appointment and/or review your Certificate of Coverage for details.

Contraceptive Options

Students at the UIC Health Sciences Campus-Rockford have options regarding contraceptives that are covered with your Student Health Service Fee. Below is a list of Contraceptives that are covered as a part of your student health benefit fee. In order to inquire further, please schedule a medical office visit with Noel M. Pycior MS, NP-BC, in Student Health and Wellness.

Medications (with the exception of Plan B) are by prescription only, and can only be obtained at North Park Pharmacy if you plan to utilize this health service fee benefit

| Medication Name | Student Health Fee Benefit via Courier |
|---|--|
| GENERIC Equivalent of: Alesse® Ortho Cyclen® Ortho Tri Cyclen® Ortho Novum 7/7/7® Ortho Novum 1/35® Ortho Micronor® (progestin only) Loestrin Fe 1/20® | \$0 Out of pocket expense when obtained at North Park Pharmacy |
| GENERIC Equivalent of: Depo-Provera® injection | \$0 Out of pocket expense when obtained at North Park Pharmacy |
| GENERIC Equivalent of: Emergency Contraception Plan B One Step® | \$0 Out of pocket expense when obtained at North Park Pharmacy |
| GENERIC Equivalent of: Ortho Evra topical patch | \$0 Out of pocket expense when obtained at North Park Pharmacy |

Students may also obtain the above select contraceptives under the Student Health Service Fee at a discounted rate at the University Village and Eye & Ear Infirmary Pharmacies on the Chicago campus. Find the Pharmacy locations and information at campuscare.uic.edubenefits/pharmacy/.

IUD and Implantable Devices

Beginning 8/16/2020 *CampusCare* now covers Intrauterine Device (IUD) and implantable contraceptive devices (not the insertion or removal) that are obtained at a *CampusCare* Primary Care Provider. For more information please schedule an appointment with Noel Pycior, APN. **815-395-5870**

MENTAL HEALTH SERVICES AND CAMPUSCARE MEMBERS

As documented above, all students have access to an unlimited amount of visits for counseling and student coaching/support

services here in our UIC Student Health and Wellness clinic. You do not need a referral to see our student health counselor Anne Zuba, MSW, LCSW, or for counseling services with Judith Heinschel, PhD, MHNP. You can simply call to schedule an appointment.

Outside Referral Networks for CampusCare Members

CampusCare members who request or require an appointment with a counselor off campus, can do so by scheduling an appointment with Noel Pycior MS, FNP-BC. This appointment remains confidential and will focus on identifying the best provider to meet your individual needs. Once identified, you will need a referral and a prior authorization from CampusCare.

The outside referral network for mental health providers and practices includes a wide range of services to meet the needs of ALL students. Please refer to pages 13-14 for networks available. Referrals for such services typically take a week to approve. These approvals or “prior authorizations” expire in 6 months and always have a set number of visits approved during this time. For example, a 6 month approval of 12 therapy sessions with an in-network provider.

It is your responsibility to note which number of visit you are on, and when the authorization will expire. Copays are expected for these visits – and remain \$15 per visit. When you are in need of additional visits, you’ll again schedule an appointment with Noel Pycior, APN, as your PCP. Review the above sections for additional details under Counseling and Psychiatry. If you have questions about your benefits – student health fee or insurance, always reach out by calling the clinic or email **815-395-5870**, npycio1@uic.edu.

DENTAL CARE

Students enrolled in CampusCare have access to a dental care discount program through United Health Programs. See the CampusCare Benefits > Dental section and its website for more information at campuscare.uic.edubenefits/dental/.

You will print off your ID card and then “Locate Dental Provider” by ZIP codes to access a convenient location and tier discounted program. If you have additional questions, please review the webpage for details and contact information.

VISION CARE

CampusCare enrolled students also have access to an annual routine eye examination at our in-network local health system Mercyhealth. See the CampusCare Benefits page > vision section for details at campuscare.uic.edubenefits/vision/. You do not need a referral for an annual comprehensive eye examination. However, please note that the contact lens exam and fitting is not covered and is an additional fee

CampusCare does not cover expenses for frames, lenses, or contact lenses eyewear. Please see the CampusCare website for in-network providers through United Health Programs for a discount on your glasses or contacts. Many students shop around for sales locally and online for all eyeglasses or contact lens wear.

CAMPUSCARE CLAIMS

Any questions regarding your services, bill or a claim should be directed to your insurance provider or the healthcare facility that rendered your services. The contact information for the CampusCare student benefit can be found at the beginning of Section IV. All CampusCare billing, medical, and pharmacy claims should be mailed to: CampusCare PO Box 8030, Westchester, IL 60154.

CAMPUSCARE FAQs

CampusCare website has a set of frequently asked questions, which may be useful to you. Visit the link for timely answers to your questions at campuscare.uic.edu/faqs/.

Additional Information You May Find Helpful During Your Student Career

BILLING INQUIRIES

Medical bills can be complicated, and even more so when you have partial coverage from various student health fee services and insurance. Learn how to read bills and statements. For example after you see a provider you may see a charged amount. However, this amount may be visible before it has been sent to your insurance provider or removed and taken out of the student health fee for our campus. You might also see bills that are from separate locations such as provider services, hospital services, and laboratory tests.

Any and all questions regarding your bills or a statement requires that you reach out to the number on the bill first and reach out to your insurance and the clinic second. CALL THE NUMBER ON YOUR BILL, YOUR INSURANCE, AND STUDENT HEALTH with questions. We are your first line for all questions, no other department or organization can work through your personal billing statements with you. Never send private health information via a personal or university email.

Also, never ignore a billing statement – as you do not want to get a late fee or get sent to collections. Did you obtain services at Mercyhealth and have a statement you have questions about? Call the number on the billing statement. You are the only one that can discuss the billing statement with them.

Activate your MyChart account! You can view your records and labs, communicate with your healthcare providers AND pay your bills through MyChart.

OCCUPATIONAL EXPOSURES

Exposures to potentially infectious blood or body fluids as a result of needle sticks, cuts or splashes that occur on assignment

(Clinical sites, labs, etc.) could result in transmission of blood-borne diseases such as Hepatitis B, Hepatitis C or HIV.

Seek treatment within 1-2 hours after initial exposure, as is recommended by the Centers for Disease Control and Prevention.

In the event of an exposure use the following procedure:

1. **Clean it:** Wash the area immediately and thoroughly with soap and water. Eyes should be flushed with saline or water. There is no evidence that expressing fluid from wound reduces the risk of blood-borne infection.
2. **Get Treated:** Hospital 7 a.m.-5 p.m.: Report to their employee health services department for care right away. Hospital AFTER 5 p.m.: Report to their emergency department for care. Clinic site: Report to Noel Pycior, APN, in Student Health for care. Call the clinic immediately 815-395-5870. If after clinic hours, to the emergency department near you.
3. **Report it:** Notify your preceptor/clerkship director/faculty right away. Notify Noel Pycior, APN, within 24 hours of the incident to fill out and review the incident report document (see Appendix)
4. **Follow up:** Any follow up care deemed necessary by your initial evaluation in the emergency department or employee health services must take place in Student Health by scheduling an appointment with Noel Pycior, APN. If you are not in Rockford, then you can schedule this per your insurance network with your health care provider.

Insurance Billing for the Incident

In most cases, payment for an ER visit is based on the guidelines of the student's own health insurance coverage or CampusCare. Students are not covered by Workers' Compensation.

UIC Health Sciences students that report an injury and present to the hospital or site for care, must provide your private (public, or CampusCare) card at the time of service. Your insurance plan will be billed for the services rendered.

Keep in mind that injuries or needlesticks need to be reported

in 24 hours or insurance may choose to not cover payment. Any remaining balance or deductible that you incur after your insurance has paid for the visit will be covered by our Student Health Fee budget. A remaining balance can then be billed from the health system directly to the UIC College of Medicine Rockford – attention Student Health and Wellness 1601 Parkview Ave. Rockford 61107. UIC is not able to reimburse students for a bill, but will cover a balance if the campus is billed directly. If you have further questions, or concerns, please do not hesitate to ask. Email npycio1@uic.edu.

CampusCare Insurance Coverage

CampusCare has adopted the policy that all exposures to blood or body fluids that occur because of a needle-stick, puncture cut, or spray injury are defined as a true, life-threatening medical emergency. In the event of such an emergency, the student should proceed to the nearest Employee Health Office or Emergency Room as directed above for treatment.

The student or someone on the student's behalf is required to notify Noel Pycior APN as your PCP within 24 hours of receiving care to approve urgent services for Campus Care coverage. Such notification does not guarantee that Campus Care will be responsible for the incurred charges. The determination as to whether the condition meets Emergency Care guidelines is made by the Medical Director of Campus Care or their designee. If further questions or concerns arise after reporting the incident to the Director of Student Health and Wellness Noel Pycior APN, students may call Campus Care directly at **312-996-4915**.

Note: An exposure must be billed as an injury. If you have any occupational exposure to bodily fluids immediately notify the doctor/team you are working with of the incident and that you need to seek medical attention right away
Protect yourself

- Plan for safe handling and disposal before using needles.
- Dispose of used needles promptly in sharps disposal containers.

- Complete annual blood borne pathogen training.
- Get your hepatitis B vaccines.
- Report all sharps-related injuries to your preceptor/ clerkship director, and Student Health to ensure appropriate follow-up.

IMMUNIZATIONS AND COMPLIANCE

The majority of our UIC Health Sciences Campus-Rockford students have to provide immunization records upon matriculating. In addition to these requirements, annual immunization requirements or screenings are often required (i.e. Medicine, Pharmacy, and Nursing in particular).

Student Health and Wellness provides the following services annually for all students in need. Inquire for details by calling the clinic **815-395-5870**:

- Influenza shot
- PPD (Single step, or Two-Step TB Skin Testing)

In addition to these, we also have the following vaccines available at a discounted rate (inquire for details by calling the clinic 815-395-5870):

- Tdap
- MMR
- Hepatitis B.

Often times, Student Health provides week-long walk-in vaccine or screening clinics for a discount or free of charge for such annual requirements. Pay attention to these services and take full advantage of these services when they are offered.

Take Note

CampusCare and the Student Health Services Fee DO NOT COVER IMMUNIZATIONS that are associated with school requirements at matriculation or for clinical sites.

- Lab tests to assess immune titers are not covered by CampusCare or the Student Health Services Fee.
- Completing your titers and immunizations while on personal insurance or inquiring about best prices locally can be a cheaper option.
- When you find you need to repeat any lab titer after you have matriculated, you may inquire with our clinic for our rates as well.

College of Medicine and CastleBranch

The UIC College of Medicine utilizes a third-party software system to manage student immunization records – CastleBranch. Accepted and confirmed students are responsible for setting up and maintaining a CastleBranch account. The software system and Noel Pycior, APN, monitor all immunization compliance and expirations for the College of Medicine based mandatory items.

Admitted M1/Incoming Students have requirements that must be met PRIOR to the start of medical school. Information on these requirements and set up are sent out by the Office of Admissions.

CastleBranch Setup: Students should receive instructions from the Office of Admissions on how to set up CastleBranch through their online portal using a Rockford-specific access code (UG33).

Immunizations Requirements: All immunizations and titers must be submitted prior to the start of medical school, by the designated deadline (July 1). The following are required:

- Measles, Mumps & Rubella (MMR). 2 vaccinations AND a positive antibody titer for each
- Varicella/Chicken Pox. Positive antibody titer
- Hepatitis B. 3 vaccinations AND a positive antibody titer
- Tetanus, Diphtheria & Pertussis (Tdap/Tdap booster). Must be current (exp. every 10 years. If it expires, an updated shot must be completed)
- Tuberculosis test. 2-step PPD skin test or Quantiferon blood test. Completed every year. If test is positive, a chest X-ray is required

- Polio. Childhood or adult series of vaccinations
- Influenza shot. Yearly shot required
- COVID-19 Vaccination
- OSHA training. Certificate of completion (administered and completed the first week of class)
- Blood-borne Pathogens. Certificate of completion (administered and completed the first week of class)
- HIPAA training. Certificate of completion (administered and completed the first week of class and renewed training annually)
- CPR/BLS training. Done after matriculation and every 2 years. On campus, AHA in-person course.
- Respirator Fit (administered prior to start of any in person/ patient or clinical rotations)
- Proof of health insurance. Insurance ID card (front and back of card uploaded) and renewed annually.
- 10-panel drug test. Negative-result. Uploaded in the UG33 Document manager section, and renewed annually or when required. See below section for details.

Post enrollment – All other Medical students are professionally responsible to complete and maintain all compliance requirements. Annual updates must be uploaded to CastleBranch or you will not be in compliance with the medical school policy. Yearly requirements for all of College of Medicine include:

Two-step TB skin Test, or the Quantiferon Gold blood test. (Annual questionnaire or Chest X-ray if history of a positive)
 Influenza vaccination
 Proof of Health Insurance.

DRUG TESTING

The UIC Policy on Alcohol and Other Drug Use Policy and Resource Guide can be found at: go.uic.edu/aod. The specific policy regarding Alcohol and Other Drug Use by Students and Employees can be found at policies.uic.edu/uic-policy-library/student-affairs/policy-regarding-alcohol-drug-use-students-employees.

As a clinical site compliance requirement for UI Health, students

are required to complete and pass a yearly 10-panel drug screen. This drug test costs approximately \$40 and is administered at one of the [local/Rockford](#) area Physicians Immediate Care Clinics. [physiciansimmediatecare.com](#). There are 5 clinic sites locally all near Rockford.

Students are responsible for the cost of the drug screens. You must notify the clinic that you are a UIC Health Sciences student (Medicine, MBT, Pharmacy or Nursing) when you present to the appointment and also pay for the screening at the time of the visit.

To obtain these results, please call Student Health and Wellness to arrange for the report. If you are a College of Medicine student, you will upload these results at matriculation into CastleBranch. [mycb.castlebranch.com](#).

Some affiliate clinical sites consider the drug screen an annual requirement or can request a student be tested. It is possible that a student will need to be re-tested for clinical activity while in school. A student returning from a Leave of Absence will also have to be retested. Again, you will obtain these repeated screens at the local area Physicians Immediate Care clinics as outlined above.

If you have further questions or concerns, please do not hesitate to reach out to Student Health for direction.

COVID-19 ADDENDUM

UIC Student Health and Wellness provides guidance and direction for students who may travel, present with illness, are identified as a contact to an individual with COVID, or have a positive COVID test. We provide support, guidance, and clearance for absence and return to curriculum for all Health Sciences students in Rockford.

Call Student Health and Wellness with questions today at **815-395-5870**.

For questions or corrections/updates,
please contact Student Health and Wellness Rockford

Phone: 815-395-5870

Email: npycio1@uic.edu

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