

UMASS BOSTON UNIVERSITY HEALTH SERVICES

UMASS BOSTON UNIVERSITY HEALTH SERVICES PLAY A VITAL ROLE IN SUPPORTING THE WELL-BEING AND ACADEMIC SUCCESS OF STUDENTS AT THE UNIVERSITY OF MASSACHUSETTS BOSTON. THESE SERVICES OFFER A COMPREHENSIVE RANGE OF MEDICAL, MENTAL HEALTH, AND WELLNESS RESOURCES TAILORED TO MEET THE UNIQUE NEEDS OF THE UNIVERSITY'S DIVERSE STUDENT POPULATION. FROM ROUTINE HEALTH CARE AND IMMUNIZATIONS TO COUNSELING AND CRISIS INTERVENTION, UMASS BOSTON UNIVERSITY HEALTH SERVICES ENSURE THAT STUDENTS HAVE ACCESS TO QUALITY CARE ON CAMPUS. THIS ARTICLE PROVIDES AN IN-DEPTH OVERVIEW OF THE VARIOUS HEALTH SERVICES AVAILABLE, ELIGIBILITY CRITERIA, APPOINTMENT PROCEDURES, AND WELLNESS PROGRAMS. ADDITIONALLY, IT HIGHLIGHTS THE IMPORTANCE OF THESE SERVICES IN FOSTERING A HEALTHY CAMPUS ENVIRONMENT AND PROMOTING STUDENT RETENTION AND ACADEMIC ACHIEVEMENT. THE FOLLOWING SECTIONS WILL GUIDE READERS THROUGH THE SCOPE OF UMASS BOSTON UNIVERSITY HEALTH SERVICES, INCLUDING PRIMARY CARE, MENTAL HEALTH SUPPORT, PREVENTIVE CARE, AND HEALTH EDUCATION INITIATIVES.

- PRIMARY CARE SERVICES AT UMASS BOSTON
- MENTAL HEALTH AND COUNSELING SERVICES
- PREVENTIVE CARE AND IMMUNIZATIONS
- HEALTH EDUCATION AND WELLNESS PROGRAMS
- ACCESSING UMASS BOSTON UNIVERSITY HEALTH SERVICES

PRIMARY CARE SERVICES AT UMASS BOSTON

PRIMARY CARE IS A CORNERSTONE OF UMASS BOSTON UNIVERSITY HEALTH SERVICES, OFFERING STUDENTS ACCESSIBLE AND COMPREHENSIVE MEDICAL CARE. THE ON-CAMPUS HEALTH CENTER PROVIDES DIAGNOSIS, TREATMENT, AND MANAGEMENT OF ACUTE AND CHRONIC ILLNESSES. SERVICES INCLUDE PHYSICAL EXAMINATIONS, TREATMENT OF COMMON ILLNESSES AND INJURIES, LABORATORY TESTING, AND REFERRALS TO SPECIALISTS WHEN NECESSARY. THE MEDICAL STAFF CONSISTS OF BOARD-CERTIFIED PHYSICIANS, NURSE PRACTITIONERS, AND REGISTERED NURSES DEDICATED TO STUDENT HEALTH.

ROUTINE MEDICAL CARE

STUDENTS CAN RECEIVE ROUTINE MEDICAL CARE INCLUDING ANNUAL PHYSICALS, SPORTS PHYSICALS, AND MANAGEMENT OF ONGOING HEALTH CONDITIONS SUCH AS ASTHMA OR DIABETES. THE HEALTH CENTER EMPHASIZES PREVENTIVE CARE TO DETECT POTENTIAL HEALTH ISSUES EARLY AND MAINTAIN STUDENT WELLNESS THROUGHOUT THE ACADEMIC YEAR.

ILLNESS AND INJURY TREATMENT

THE HEALTH SERVICES TEAM IS EQUIPPED TO HANDLE MINOR INJURIES AND ILLNESSES THAT STUDENTS MAY EXPERIENCE DURING THEIR TIME ON CAMPUS. COMMON CONDITIONS TREATED INCLUDE RESPIRATORY INFECTIONS, SEASONAL ALLERGIES, MINOR WOUNDS, AND MUSCULOSKELETAL COMPLAINTS. FOR EMERGENCIES OR CONDITIONS REQUIRING ADVANCED CARE, STUDENTS ARE DIRECTED TO LOCAL HOSPITALS OR SPECIALISTS.

LABORATORY AND DIAGNOSTIC SERVICES

ON-SITE LABORATORY TESTING IS AVAILABLE TO SUPPORT ACCURATE DIAGNOSIS AND TREATMENT PLANS. SERVICES INCLUDE BLOOD TESTS, URINE ANALYSIS, AND RAPID DIAGNOSTIC TESTING FOR INFECTIONS SUCH AS STREP THROAT AND INFLUENZA. THIS

CAPABILITY ALLOWS FOR TIMELY CARE AND MINIMIZES THE NEED FOR OFF-CAMPUS VISITS.

MENTAL HEALTH AND COUNSELING SERVICES

RECOGNIZING THE CRITICAL IMPORTANCE OF MENTAL WELL-BEING, UMASS BOSTON UNIVERSITY HEALTH SERVICES PROVIDE ROBUST MENTAL HEALTH AND COUNSELING RESOURCES. THESE SERVICES AIM TO SUPPORT STUDENTS' EMOTIONAL HEALTH, MANAGE STRESS, AND ADDRESS PSYCHIATRIC CONCERNS, CONTRIBUTING TO OVERALL ACADEMIC AND PERSONAL SUCCESS.

INDIVIDUAL AND GROUP COUNSELING

THE COUNSELING CENTER OFFERS CONFIDENTIAL INDIVIDUAL THERAPY SESSIONS FOR STUDENTS DEALING WITH ANXIETY, DEPRESSION, RELATIONSHIP ISSUES, AND OTHER MENTAL HEALTH CHALLENGES. GROUP THERAPY OPTIONS ARE ALSO AVAILABLE, PROVIDING PEER SUPPORT AND COPING STRATEGIES IN A STRUCTURED ENVIRONMENT.

CRISIS INTERVENTION AND EMERGENCY SUPPORT

FOR STUDENTS EXPERIENCING ACUTE MENTAL HEALTH CRISES, UMASS BOSTON UNIVERSITY HEALTH SERVICES MAINTAIN A CRISIS INTERVENTION PROTOCOL TO PROVIDE IMMEDIATE ASSISTANCE. THIS INCLUDES 24/7 EMERGENCY CONTACT OPTIONS AND COORDINATION WITH LOCAL MENTAL HEALTH FACILITIES FOR URGENT CARE NEEDS.

WORKSHOPS AND STRESS MANAGEMENT PROGRAMS

TO PROMOTE RESILIENCE AND MENTAL WELLNESS, THE UNIVERSITY ORGANIZES WORKSHOPS ON TOPICS SUCH AS MINDFULNESS, STRESS REDUCTION, AND TIME MANAGEMENT. THESE PROGRAMS ARE DESIGNED TO EQUIP STUDENTS WITH PRACTICAL TOOLS TO HANDLE ACADEMIC PRESSURES AND LIFE TRANSITIONS EFFECTIVELY.

PREVENTIVE CARE AND IMMUNIZATIONS

PREVENTIVE CARE IS A FUNDAMENTAL ASPECT OF UMASS BOSTON UNIVERSITY HEALTH SERVICES, FOCUSING ON DISEASE PREVENTION AND HEALTH PROMOTION. THE UNIVERSITY HEALTH CENTER OFFERS A VARIETY OF VACCINATION SERVICES, SCREENINGS, AND HEALTH ASSESSMENTS TO PROTECT STUDENTS AND THE CAMPUS COMMUNITY.

VACCINATION REQUIREMENTS AND SERVICES

UMASS BOSTON REQUIRES STUDENTS TO COMPLY WITH IMMUNIZATION REQUIREMENTS TO REDUCE THE RISK OF VACCINE-PREVENTABLE DISEASES ON CAMPUS. THE HEALTH SERVICES DEPARTMENT ADMINISTERS VACCINES INCLUDING MMR (MEASLES, MUMPS, RUBELLA), MENINGOCOCCAL, INFLUENZA, AND COVID-19 VACCINES. STUDENTS CAN SCHEDULE IMMUNIZATION APPOINTMENTS TO MEET THESE REQUIREMENTS CONVENIENTLY.

HEALTH SCREENINGS

REGULAR HEALTH SCREENINGS SUCH AS BLOOD PRESSURE CHECKS, CHOLESTEROL TESTING, AND TUBERCULOSIS SCREENING ARE AVAILABLE TO DETECT POTENTIAL HEALTH ISSUES EARLY. THESE SCREENINGS SUPPORT PREVENTATIVE HEALTH MEASURES AND ENCOURAGE STUDENTS TO MAINTAIN HEALTHY LIFESTYLES.

SEXUAL HEALTH SERVICES

THE HEALTH CENTER ALSO PROVIDES SEXUAL HEALTH RESOURCES INCLUDING STI TESTING, CONTRACEPTION COUNSELING, AND EDUCATION ON SAFE SEXUAL PRACTICES. THESE SERVICES ARE CONFIDENTIAL AND AIMED AT PROMOTING RESPONSIBLE HEALTH DECISIONS AMONG STUDENTS.

HEALTH EDUCATION AND WELLNESS PROGRAMS

BEYOND CLINICAL CARE, UMASS BOSTON UNIVERSITY HEALTH SERVICES EMPHASIZE HEALTH EDUCATION AND WELLNESS INITIATIVES TO FOSTER A CULTURE OF WELL-BEING ON CAMPUS. THESE PROGRAMS TARGET VARIOUS ASPECTS OF PHYSICAL, EMOTIONAL, AND SOCIAL HEALTH.

HEALTH PROMOTION CAMPAIGNS

THROUGHOUT THE ACADEMIC YEAR, THE UNIVERSITY LAUNCHES CAMPAIGNS ADDRESSING TOPICS SUCH AS NUTRITION, EXERCISE, SUBSTANCE ABUSE PREVENTION, AND MENTAL HEALTH AWARENESS. THESE EFFORTS INCREASE STUDENT ENGAGEMENT AND KNOWLEDGE ABOUT HEALTHY BEHAVIORS.

FITNESS AND NUTRITION RESOURCES

COLLABORATION WITH CAMPUS RECREATION FACILITIES ENABLES STUDENTS TO ACCESS FITNESS PROGRAMS AND NUTRITIONAL COUNSELING. WELLNESS WORKSHOPS AND GROUP FITNESS CLASSES ENCOURAGE ACTIVE LIFESTYLES AND BALANCED DIETS AS PART OF OVERALL HEALTH MAINTENANCE.

PEER HEALTH EDUCATION

PEER-LED EDUCATION PROGRAMS EMPOWER STUDENTS TO BECOME HEALTH AMBASSADORS, FACILITATING OUTREACH AND SUPPORT WITHIN THE STUDENT BODY. THIS PEER-TO-PEER APPROACH ENHANCES THE REACH AND EFFECTIVENESS OF HEALTH MESSAGES ACROSS DIVERSE CAMPUS COMMUNITIES.

ACCESSING UMASS BOSTON UNIVERSITY HEALTH SERVICES

UNDERSTANDING HOW TO ACCESS UMASS BOSTON UNIVERSITY HEALTH SERVICES IS ESSENTIAL FOR STUDENTS SEEKING TIMELY AND EFFECTIVE CARE. THE HEALTH CENTER OPERATES WITH CONVENIENT HOURS AND PROVIDES MULTIPLE AVENUES FOR SCHEDULING APPOINTMENTS AND OBTAINING INFORMATION.

APPOINTMENT SCHEDULING

STUDENTS CAN MAKE APPOINTMENTS VIA PHONE, ONLINE PORTALS, OR IN PERSON AT THE HEALTH CENTER. THE UNIVERSITY ENCOURAGES EARLY SCHEDULING TO ENSURE AVAILABILITY AND ACCOMMODATE URGENT HEALTH NEEDS.

ELIGIBILITY AND INSURANCE

HEALTH SERVICES ARE AVAILABLE TO ALL ENROLLED UMASS BOSTON STUDENTS. WHILE SOME SERVICES ARE COVERED BY STUDENT FEES, CERTAIN TREATMENTS MAY REQUIRE INSURANCE COVERAGE OR OUT-OF-POCKET PAYMENT. THE HEALTH CENTER STAFF ASSIST STUDENTS IN UNDERSTANDING INSURANCE OPTIONS AND BILLING PROCEDURES.

LOCATION AND HOURS

THE UNIVERSITY HEALTH CENTER IS CENTRALLY LOCATED ON CAMPUS TO MAXIMIZE ACCESSIBILITY. REGULAR OPERATING HOURS ARE DESIGNED TO FIT STUDENT SCHEDULES, INCLUDING EXTENDED HOURS DURING PEAK PERIODS SUCH AS FLU SEASON AND EXAM TIMES.

- COMPREHENSIVE PRIMARY CARE INCLUDING ACUTE AND CHRONIC DISEASE MANAGEMENT
- CONFIDENTIAL MENTAL HEALTH COUNSELING AND CRISIS INTERVENTION
- PREVENTIVE SERVICES SUCH AS IMMUNIZATIONS AND HEALTH SCREENINGS
- HEALTH EDUCATION CAMPAIGNS AND WELLNESS INITIATIVES
- ACCESSIBLE APPOINTMENT SCHEDULING AND INSURANCE SUPPORT

FREQUENTLY ASKED QUESTIONS

WHAT HEALTH SERVICES ARE AVAILABLE TO STUDENTS AT UMASS BOSTON UNIVERSITY HEALTH SERVICES?

UMASS BOSTON UNIVERSITY HEALTH SERVICES OFFERS A RANGE OF SERVICES INCLUDING PRIMARY CARE, MENTAL HEALTH COUNSELING, IMMUNIZATIONS, SEXUAL HEALTH SERVICES, AND HEALTH EDUCATION TO SUPPORT STUDENT WELL-BEING.

HOW CAN UMASS BOSTON STUDENTS MAKE AN APPOINTMENT WITH UNIVERSITY HEALTH SERVICES?

STUDENTS CAN MAKE AN APPOINTMENT BY CALLING THE UNIVERSITY HEALTH SERVICES OFFICE DIRECTLY OR BY USING THE ONLINE PATIENT PORTAL AVAILABLE ON THE UMASS BOSTON HEALTH SERVICES WEBSITE.

ARE MENTAL HEALTH COUNSELING SERVICES PROVIDED BY UMASS BOSTON UNIVERSITY HEALTH SERVICES?

YES, UMASS BOSTON UNIVERSITY HEALTH SERVICES PROVIDES CONFIDENTIAL MENTAL HEALTH COUNSELING AND SUPPORT FOR STUDENTS FACING STRESS, ANXIETY, DEPRESSION, AND OTHER PSYCHOLOGICAL CONCERNS.

DOES UMASS BOSTON UNIVERSITY HEALTH SERVICES OFFER COVID-19 TESTING AND VACCINATION?

YES, UNIVERSITY HEALTH SERVICES AT UMASS BOSTON OFFERS COVID-19 TESTING AND VACCINATION TO STUDENTS, FACULTY, AND STAFF IN ACCORDANCE WITH CURRENT PUBLIC HEALTH GUIDELINES.

WHAT ARE THE OPERATING HOURS OF UMASS BOSTON UNIVERSITY HEALTH SERVICES?

THE OPERATING HOURS FOR UNIVERSITY HEALTH SERVICES ARE TYPICALLY MONDAY THROUGH FRIDAY, 8:30 AM TO 4:30 PM, THOUGH THESE HOURS MAY VARY DURING HOLIDAYS OR SPECIAL CIRCUMSTANCES.

IS HEALTH INSURANCE REQUIRED FOR UMASS BOSTON STUDENTS TO ACCESS UNIVERSITY HEALTH SERVICES?

WHILE STUDENTS ARE ENCOURAGED TO HAVE HEALTH INSURANCE, UMASS BOSTON UNIVERSITY HEALTH SERVICES PROVIDES CARE REGARDLESS OF INSURANCE STATUS AND CAN HELP STUDENTS NAVIGATE INSURANCE OPTIONS IF NEEDED.

WHERE IS UNIVERSITY HEALTH SERVICES LOCATED ON THE UMASS BOSTON CAMPUS?

UNIVERSITY HEALTH SERVICES IS LOCATED IN THE HEALEY LIBRARY BUILDING ON THE UMASS BOSTON CAMPUS, PROVIDING EASY ACCESS FOR STUDENTS SEEKING CARE.

CAN UMASS BOSTON UNIVERSITY HEALTH SERVICES ASSIST WITH SEXUAL HEALTH CONCERNS AND CONTRACEPTION?

YES, UNIVERSITY HEALTH SERVICES OFFERS SEXUAL HEALTH SERVICES INCLUDING STI TESTING, CONTRACEPTIVE COUNSELING, AND PROVISION OF BIRTH CONTROL METHODS TO SUPPORT STUDENTS' SEXUAL HEALTH.

ADDITIONAL RESOURCES

1. *COMPREHENSIVE GUIDE TO UMASS BOSTON UNIVERSITY HEALTH SERVICES*

THIS BOOK OFFERS AN IN-DEPTH OVERVIEW OF THE HEALTH SERVICES AVAILABLE AT UMASS BOSTON. IT COVERS EVERYTHING FROM PRIMARY CARE AND MENTAL HEALTH RESOURCES TO WELLNESS PROGRAMS TAILORED FOR STUDENTS. READERS WILL GAIN INSIGHT INTO HOW TO ACCESS VARIOUS HEALTH SERVICES ON CAMPUS AND THE BENEFITS OFFERED.

2. *MENTAL HEALTH SUPPORT AT UMASS BOSTON: RESOURCES AND STRATEGIES*

FOCUSED SPECIFICALLY ON MENTAL HEALTH, THIS BOOK EXPLORES THE COUNSELING AND PSYCHOLOGICAL SERVICES PROVIDED BY UMASS BOSTON UNIVERSITY HEALTH SERVICES. IT PROVIDES PRACTICAL STRATEGIES FOR MANAGING STRESS, ANXIETY, AND DEPRESSION, ALONG WITH DETAILS ABOUT SUPPORT GROUPS AND CRISIS INTERVENTION.

3. *STUDENT WELLNESS PROGRAMS AT UMASS BOSTON: PROMOTING HEALTHY CAMPUS LIFE*

THIS TITLE DELVES INTO THE WELLNESS INITIATIVES DESIGNED TO FOSTER A HEALTHY LIFESTYLE AMONG UMASS BOSTON STUDENTS. IT HIGHLIGHTS PROGRAMS RELATED TO NUTRITION, FITNESS, SUBSTANCE ABUSE PREVENTION, AND SEXUAL HEALTH EDUCATION. THE BOOK SERVES AS A RESOURCE FOR STUDENTS AIMING TO IMPROVE THEIR OVERALL WELL-BEING.

4. *ACCESSING MEDICAL CARE AT UMASS BOSTON: A STUDENT'S HANDBOOK*

A PRACTICAL GUIDE FOR STUDENTS ON HOW TO NAVIGATE THE MEDICAL SERVICES OFFERED ON CAMPUS. IT EXPLAINS APPOINTMENT SCHEDULING, INSURANCE INFORMATION, IMMUNIZATION REQUIREMENTS, AND THE PROCESS FOR URGENT CARE. THE BOOK ENSURES STUDENTS FEEL CONFIDENT IN UTILIZING UNIVERSITY HEALTH FACILITIES.

5. *PREVENTIVE HEALTH AND IMMUNIZATIONS AT UMASS BOSTON*

THIS BOOK EMPHASIZES THE IMPORTANCE OF PREVENTIVE CARE, INCLUDING VACCINATION PROTOCOLS AND HEALTH SCREENINGS AVAILABLE THROUGH UMASS BOSTON UNIVERSITY HEALTH SERVICES. IT ALSO DISCUSSES EDUCATIONAL EFFORTS TO PREVENT COMMUNICABLE DISEASES ON CAMPUS, AIMING TO MAINTAIN A SAFE AND HEALTHY COMMUNITY.

6. *HEALTH SERVICES STAFF AND PROVIDERS AT UMASS BOSTON: ROLES AND EXPERTISE*

AN INFORMATIVE RESOURCE DETAILING THE QUALIFICATIONS AND FUNCTIONS OF HEALTHCARE PROFESSIONALS WORKING WITHIN UMASS BOSTON'S HEALTH SERVICES. IT INTRODUCES READERS TO PHYSICIANS, NURSES, MENTAL HEALTH COUNSELORS, AND WELLNESS COORDINATORS, HIGHLIGHTING HOW EACH CONTRIBUTES TO STUDENT HEALTH.

7. *EMERGENCY PREPAREDNESS AND HEALTH SAFETY AT UMASS BOSTON*

THIS BOOK ADDRESSES THE PROTOCOLS AND RESOURCES RELATED TO HEALTH EMERGENCIES ON CAMPUS. IT INCLUDES INFORMATION ABOUT FIRST AID, EMERGENCY RESPONSE PROCEDURES, AND COLLABORATION WITH LOCAL HOSPITALS. STUDENTS AND STAFF WILL FIND VALUABLE GUIDELINES TO STAY PREPARED FOR UNEXPECTED HEALTH INCIDENTS.

8. *HEALTH EDUCATION AND OUTREACH AT UMASS BOSTON UNIVERSITY*

COVERING THE EDUCATIONAL PROGRAMS AND OUTREACH EFFORTS LED BY UMASS BOSTON UNIVERSITY HEALTH SERVICES, THIS

BOOK EXPLAINS HOW HEALTH AWARENESS CAMPAIGNS ARE CONDUCTED. TOPICS INCLUDE SEXUAL HEALTH, MENTAL HEALTH STIGMA REDUCTION, AND CHRONIC DISEASE MANAGEMENT, AIMING TO EMPOWER THE STUDENT BODY.

9. *INTEGRATIVE AND HOLISTIC HEALTH APPROACHES AT UMASS BOSTON*

EXPLORING ALTERNATIVE AND COMPLEMENTARY HEALTH SERVICES AVAILABLE TO STUDENTS, THIS TITLE DISCUSSES PRACTICES LIKE MINDFULNESS, YOGA, AND NUTRITION COUNSELING OFFERED THROUGH THE UNIVERSITY. IT PROMOTES A HOLISTIC APPROACH TO STUDENT HEALTH, INTEGRATING PHYSICAL, MENTAL, AND EMOTIONAL WELLNESS.

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