The Student Health Center partners with Geisinger Medical Center to offer comprehensive, high-quality, compassionate and confidential medical care in a safe and supportive environment.

Student Health Center:
MONDAY–FRIDAY
8 A.M.–4:30 P.M.
Closed from noon–1 p.m.
570-372-4385
After hours: 570-374-9164
*Closed during all university breaks.

Our team of physicians, nurse practitioners and nurses are available Monday through Friday for sick visits, physical exams, women’s and men’s health issues, preventive care, campus outreach, education and more.

An on-call nurse from the Student Health Center is available for medical advice 24 hours a day, 7 days a week from Move-in Day to Commencement.

What is the Student “Insurance” Plan?
This is a benefits package, not an insurance plan. Most care provided in the Student Health Center is covered (office visit, basic laboratory testing and some preventative tests).

If a student needs advanced diagnostic tests, treatments or specialty referrals, these charges will first be billed to the student’s private insurance. For any charges not covered by the private insurance, this package helps to reduce out-of-pocket expenses.

Can I use this student benefits package to get care by any provider in the local area for health care?
All students need a referral from the Student Health Center. If care is needed after hours, the nurse on call can provide medical advice and referrals for urgent evaluation. If emergency care is needed, the student should notify the Student Health Center after they are back on campus to discuss next steps both for follow-up care and for claim form completion.

Can I get prescription medications at the student health center?
A limited number of prescription medications ordered by the provider are dispensed at the Student Health Center, for a reasonable fee. Prescriptions can be sent to a local pharmacy, if the student prefers. Prescriptions ordered by a private physician can be filled at a local pharmacy. We encourage all students to keep basic over-the-counter (OTC) medications in their dorm to be used as needed.

Are there any medications that are not prescribed by the SU student health center provider?
We encourage students to continue treatment for chronic conditions with their home provider team. Controlled substances, including ADD/ADHD medications, are not prescribed or refilled by the SU Student Health Center providers.

Can I receive allergy injections through the student health center?
Yes, we are able to provide this limited service with strict adherence to the Student Health Center policies and with explicit collaboration with the home allergy team. See more details at www.susqu.edu/health-center.

Are vaccinations available?
Flu vaccinations are available from mid-September through February, until supplies last, and are given at no additional cost to students. The Student Health Center does not provide any other vaccines.

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TAKE CARE OF U AT SU

Here are some steps parents and students can take to make sure students are equipped to handle illness and self-care when living away at college.

1. Make sure you are getting a good healthy start!
   a. Complete your SU Health Form by July 1.
      The form can be found on mySU.
   b. See your primary care provider before you go to college.
      If you aren’t already responsible for scheduling your own appointments as well as checking in and keeping your own paperwork, now is a good time to do so.
   c. Make sure you have the vaccinations you need for routine health and for trips abroad, if already planned.
      The Centers for Disease Control & Prevention makes it easy to know what vaccines you need based on your age and destination: cdc.gov/vaccines/vpd/vaccines-age.html. The flu vaccine is particularly valuable to students given how quickly the flu can spread in residence halls and other shared living spaces. It is recommended to get the vaccine every fall.

2. Have a plan for prescription medications.
   Make sure you have enough refills of prescribed medication to get you through until you return home or see your provider. The Student Health Center provider may be able to provide that continuity of care so scheduling an appointment early in the semester to discuss your needs would be helpful.
   a. Remember that prescription medications are tailored to each individual. Keep your medications in a private location, ideally, only accessible to you. It is not recommended for you to take medication from others or to share your medication with others.
   b. If you have chronic conditions, it would be helpful to research local specialists and hospitals that are on par with your private insurance. Students will need their insurance card to use those resources so make an extra copy of that card to keep handy.
   c. It is also important to think about consensual and safe sexual activity. www.susqu.edu/protect-the-nest

3. Assemble a first aid kit and understand how to use it.
   See the convenient checklist below.

4. Compile a list of resources and copies of your insurance card.
   a. Identify the best way to get medical advice for both routine and urgent health questions. Usually the home provider would be for routine questions and the Student Health Center team would be for help with urgent issues. Make sure you know where the Student Health Center is on campus and what the hours are. www.susqu.edu/health-center
   b. If you have chronic conditions, it would be helpful to have a list of resources and copies of your insurance card to use those resources so make an extra copy of that insurance card to keep handy.

5. Prioritize mental health and consider learning more about stress management.
   College counseling centers nationally report an increasing number of college students with psychological issues, but counseling centers are able to help! Make sure you know where the Counseling Center is on campus, the hours and phone numbers if help is needed. If you already struggle with mental health issues, it is recommended you schedule an appointment to get ongoing care during this important transition. www.susqu.edu/counseling

6. Address sexual health to emphasize importance of safe and consensual behavior.
   a. It is important to review information about safe sex and pregnancy prevention. There are many resources online to help students and parents discuss sexual health. cdc.gov/sexualhealth/default.html
   b. Care at the Student Health Center is free and confidential and will not be shared with anyone without the explicit permission of the student, so feel free to talk to the providers with any questions or issues you have.
   c. It is also important to think about consensual and safe sexual activity. www.susqu.edu/protect-the-nest

7. Ask for help along the way.
   Communicate, communicate, communicate. There is a lot to learn and many people who can help you. Try to be independent, but don’t hesitate to ask for help NO MATTER WHAT THE ISSUE.

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Susquehanna Geisinger

BUILD YOUR FIRST AID KIT!

- Acetaminophen (Tylenol®), 500 mg every 4–6 hours for fever or mild/moderate pain
- Ibuprofen (Motrin® or Advil®), 600 mg three times a day for fever or moderate pain
- Antihistamine/Allergy (Benadryl® or generic Claritin® or Zyrtec®) for rash or allergies
- Decongestant (Sudafed PE®) for nasal/sinus or ear congestion
- Nasal steroid spray (generic Flonase® or Nasacort®) for sinus or ear congestion
- Antacid (generic Maalox® or Rolaids®, Pepito-Bismol®) for acid stomach pain or heartburn
- Hand sanitizer for room and travel size
- Hydrocortisone cream for minor rashes
- Anti-diarrhea (Orencia® or Imodium®) as needed for diarrhea
- Hot/cold pack (reusable)
- Thermometer
- Bandages—various sizes
- Gauze pads & medical tape
- Throat lozenges (generic Chloraseptic® spray or lozenges) and cough drops
- Moisturizer—Lubriderm® or Eucerin®
- Sleep aids—eye shade, soothing tea, white noise app
- Healthy snacks—trail mix, protein bars, fruit, yogurt, nut butters (if not allergic), soup packets
- Sun protection—sunscreen, lip balm

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Drinking is common in college and there are real health concerns related to binge drinking and drug use. The first six weeks of college are very high risk for experimentation. Talk to parents or other adults about how to navigate safely—How to refuse a drink? What are signs of alcohol poisoning?—through these pressures. responsibility.org
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ARE THERE ANY MEDICATIONS THAT ARE NOT PRESCRIBED BY THE SU STUDENT HEALTH CENTER PROVIDER?
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CAN I RECEIVE ALLERGY INJECTIONS THROUGH THE STUDENT HEALTH CENTER?
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CAN I USE THIS STUDENT BENEFITS PACKAGE TO GET CARE BY ANY PROVIDER IN THE LOCAL AREA FOR HEALTH CARE?
All students need a referral from the Student Health Center. If care is needed after hours, the nurse on call can provide medical advice and referrals for urgent evaluation. If emergency care is needed, the student should notify the Student Health Center after they are back on campus to discuss next steps both for follow-up care and for claim form completion.

CAN I GET PRESCRIPTION MEDICATIONS AT THE STUDENT HEALTH CENTER?
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DO I NEED AN APPOINTMENT TO BE SEEN IN THE SU STUDENT HEALTH CENTER?
Yes, patients are seen by appointment, with limited availability for walk-in care. A nurse may offer health advice and/or assist you in coordinating an appointment, if needed.

IS THERE A CHARGE TO BE SEEN BY A PROVIDER AT THE SU STUDENT HEALTH CENTER?
All full-time students can be seen without an additional fee, except for services such as tuberculosis skin testing (PPD), physical examinations (non-SU-related), and medical supplies (slings, dressing changes, crutches, etc.).

CAN THEY CALL THE STUDENT HEALTH CENTER AND GET INFORMATION FROM THE NURSE AND/OR PROVIDER WITHOUT MY CONSENT?
No, due to the patient privacy (HIPAA) law, the Student Health Center staff is unable to give any medical information without the explicit consent of the patient.