

## PEER EDUCATION CENTER

Peer educators are students who present programs throughout campus on various health topics. The programs are for students and run by students.

## FREQUENTLY ASKED QUESTIONS

### **If I am injured, how do I get help from the Health Services Center?**

If you are on the Garden City campus, dial 5 from any campus phone or 516.877.3511 and a public safety officer will bring a nurse to you.

### **If I don't have the University insurance plan, can I still be treated by the nurse practitioner?**

Yes. All registered Adelphi students can be seen at the Health Services Center at the Garden City campus for free. The nurse practitioner can treat students for any illness or injury.

### **Will the University insurance plan cover all my medical bills?**

No. This is a limited policy for sickness and injury only. It is important to read the brochure to understand the limitations.

### **Are there any deadlines for the purchase of this insurance?**

Yes. In the fall semester, you may purchase the insurance until October 1. In the spring semester, you may purchase the insurance until March 1.

### **Does the center provide medication to students?**

Limited over-the-counter medications are available on an as-needed basis. The center can assist students to receive prescribed medications through a delivery agreement with a local pharmacy.



## RESIDENT STUDENTS

Helpful items for resident students to have on hand include:

- Thermometer
- Humidifier
- Throat lozenges
- Cough medicine
- Acetaminophen (e.g., Tylenol®)
- Ibuprofen (e.g., Advil®)
- Band-Aids®
- Antibiotic cream (e.g., Neosporin®)

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## Health Services Center

Adelphi University

Waldo Hall

One South Avenue

P.O. Box 701

Garden City, NY 11530-0701

**Office: 516.877.6000**

**Fax: 516.877.6008**

### **Email:**

**healthservicescenter@adelphi.edu**

Visit [health.adelphi.edu](http://health.adelphi.edu) for more information about Adelphi University and the Health Services Center.

Follow us on Twitter: [@AUHSC](https://twitter.com/AUHSC)

# Health Services Center



## INTRODUCTION

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The Adelphi University Health Services Center is in Waldo Hall, conveniently located midcampus. The center is under the direction of a nurse practitioner. Registered nurses or emergency medical technicians are available 24 hours a day, seven days a week, when classes are in session during the fall and spring semesters. During the summer and semester breaks, the center is open from 8:00 a.m. to 4:00 p.m., Monday through Friday. Our services are available to all registered students.

## PHILOSOPHY

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The Health Services Center provides multiple avenues of health education and awareness to the University community. The center has the interest and desire to listen to what you are saying. Feel free to ask the staff about any health concerns you have. The center's staff is a team whose primary job is to serve the campus community's health needs.

## SERVICES

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The Health Services Center offers the following services:

- Nurse practitioners trained in primary and urgent care
- Routine gynecological care
- Immunotherapy as ordered by private immunologist
- Clearances for student-athletes
- Clearances for University-sponsored travel abroad programs

- Staffed with registered nurses and emergency medical technicians
- Registered dietitian for consultation by appointment
- Registered professional nurses on staff
- Emergency response to accidents or injuries on the Adelphi campus
- Referrals to other healthcare professionals or community organizations for nonemergency concerns, as appropriate
- Peer educators who provide programs of interest and need to the campus population

In conjunction with other campus organizations, the center offers workshops and seminars on health and wellness topics that include:

- Risk-reduction strategies
- Stress-management techniques
- Nutritional counseling
- Weight-loss programs
- Smoking-cessation programs

## HEALTH PORTAL

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Students can view their electronic health records by adding the Health Portal to their eCampus account. The portal provides access to information regarding your immunizations, self-scheduling visits at the health center, secure messaging and required health forms. You can also view this through the mobile AU2Go App.

## INSURANCE

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Any Adelphi student, undergraduate or graduate, who is currently registered may purchase the Adelphi University Accident and Health Insurance policy. All residence hall and international students are automatically enrolled in Adelphi's student medical insurance plan. A student who is already covered by alternative medical insurance must waive the mandatory school insurance by October 1 (for the fall semester) or March 1 (for the spring semester). For information on completing this waiver, visit [health.adelphi.edu/insurance-information-requirements](http://health.adelphi.edu/insurance-information-requirements). Likewise, those students who do not have medical insurance coverage and wish to enroll in Adelphi's plan must do so by the same dates. There is an opportunity for dependents of insured students to also purchase insurance coverage.

Additional information is available at [students.adelphi.edu/sa/hs/insurance.php](http://students.adelphi.edu/sa/hs/insurance.php).

## IMMUNIZATION REQUIREMENTS

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New York State Immunization Law requires all students registered for 6 or more credits, and born after 1956, to prove immunity to measles, mumps and rubella.

**All immunization requirements must be met before the first day of classes. Students will not be permitted to attend classes without submitting proof of immunizations to the Health Services Center.**

For the purpose of college immunization law, proof of immunity to measles, mumps and rubella shall mean the following:

### Measles

- Two doses of the measles vaccine given no more than four days prior to the first birthday and after 1967, or
- Physician-documented history of the disease, or
- Titer (a blood test) showing immunity

### Mumps

- One dose of live mumps vaccine given no more than four days prior to the first birthday and after 1968, or
- Physician-documented history of the disease, or
- Titer showing immunity

### Rubella (German measles)

- One dose of live virus rubella given no more than four days prior to the first birthday and after 1968, or
- Titer showing immunity

New York State Immunization Law now requires colleges and universities to distribute information about **meningococcal meningitis** and vaccination to all students enrolled for 6 or more credits. Students (or parents of minors) must then provide Adelphi with either a record of **meningococcal meningitis** immunization within the past five years or a written and signed refusal to obtain such an immunization. The Health Services Center strongly recommends the vaccination for all students. For more information please visit [health.adelphi.edu/forms/meningitis](http://health.adelphi.edu/forms/meningitis).