“You-Centered Care”

From your providers at USC Student Health

2022-2023 Academic Year
Whole Health & Well-being for Students

Patient-centered approach to health services that integrate:

- preventative screenings, programs and patient education
- medical services
- mental health services
- athletic medicine
- insurance plan management
- care coordination and referrals
- support and advocacy for survivors of sexual assault and gender-based violence

Campus public health coordination including:

- COVID-19 safety and testing
- Promotion of health and safety
- Student org collaboration
- Survey and data collection
Health Care on Campus
A patient-centered medical home for students, made possible through the Student Health Fee (SHF)*

• Health care visits (medical and mental health) and ongoing programs are funded through the semesterly SHF.

• A range of services are bookable as appointments in MySHR (usc.edu/myshr), your student health records portal.

• Urgent appointments are available for same-day/next day booking.

• Our services do not require co-pays.

A 24-hour line to reach an advice nurse, mental health professional, or survivor advocate services is available: 213-740-9355 (WELL).

Overnight and after-hours calls will still connect with the USC Student Health care team for continuity of care.

*SHF appears on the tuition bill each semester and cannot be waived.

https://studenthealth.usc.edu/fees-deadlines/
Staying Well

- Skill-building workshops (stress management, sleep hygiene, mindfulness)
- "Let's Talk" (30 minutes talking through an issue, with a licensed mental health professional)
- Nutrition programs
- Psychotherapy groups
- Educational modules
- Consent and boundaries prevention education
Preventive Care Screenings

- Depression and mental health screening (all new students)
- Adverse childhood events
- Recommended STI screenings
- Alcohol and other substances
Resources to Note

- Counseling and mental health workshops, therapy groups
- Embedded counselor program in schools and cultural centers
- Relationship and Sexual Violence Prevention (RSVP) and services office; Advocates program for gender- and power-based harm survivors, including sexual assault survivors
- [Safety.usc.edu](http://Safety.usc.edu)
Providers and Patient Privacy

• All medical/mental health providers are clinical faculty or staff of the Keck School of Medicine of USC and credentialed through Keck Medicine of USC.

• Students have patient rights and responsibilities when under the care of Student Health.

• Medical records are private to the patient under both HIPAA and FERPA. Students must provide explicit permission to share information with family members unless it is an emergency.

• Emergency contact information can be updated in MySHR. Does not require Power of Attorney for family members to be contacted in case of emergency.
Health Clearances

Can be downloaded from our website studenthealth.usc.edu

Go to: Menu → For New Students → Health Professions Program Students

Click on the link Health Professions Degree Programs Clearance Packet

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Health Degree Programs: New Student Requirements

Health Clearance Information

All students in health degree programs are required to have the following immunizations:

- Tdap (Tetanus, Diphtheria, and Pertussis): one dose (even if already administered at least 10 years ago)
- MMR (Measles, Mumps, and Rubella): two doses adminstered at least 4 weeks apart
- Hepatitis A: two doses administered at least 6 months apart
- Hepatitis B: three doses administered over 6 months
- Negative Tuberculosis skin test or Mantoux test

VITALS:
- Height
- Weight
- Pulse
- Resp.
- Temp.

Please check box if patient is within normal limits. If patient is not within normal limits, please include a detailed description of any abnormal findings.

- GENERAL
- HEENT
- CHEST/CXR
- CARDIOVASCULAR
- ABDOMEN
- MUSCULOSKELETAL
- SKIN
- NEUROLOGIC
- MENTAL STATUS

Any restrictions on physical activity?
- Yes
- No

Any recommendations for medical care?
- Yes
- No

(Explain any restrictions and recommendations)

Provider Name

Provider Signature

USCStudent Health
Kirk McKnight of USC

Last Name
First Name
DOB
UCS Student ID
Academic Program
Expected Graduation Year
Cell Phone
Email

VITALS:
- Height
- Weight
- Pulse
- Resp.
- Temp.

Tdap
Tuberculosis

Any restrictions on physical activity?
- Yes
- No

Any recommendations for medical care?
- Yes
- No

(Explain any restrictions and recommendations)

Provider Name

Provider Signature

Website: https://studenthealth.usc.edu | Phone: (213) 740-4440 | Email: studenthealth@usc.edu | Email: studenthealth@usc.edu
Requirements (Incoming Students)

Incoming Requirements

- Physical Exam
- Baseline “2 Step TST” or TB blood test (*Quantiferon gold or IGRA*) may be accepted in lieu of the “2 Step”
- Antibody Titers for Measles, Mumps, Rubella, Varicella and Hepatitis B (*Quantitative test results required*)
- Current TDAP vaccine
- COVID-19 Vaccination
- Childhood/Previous immunization records (*Highly recommended, please reach out to student health if unable to locate*)

Deadline to Submit Documents

*The deadline has been set at 30 days prior to your program start date.*
Insurance and Referral

• **SHIP (Student Health Insurance Plan, provided through Aetna)** covers a range of providers nationally including locally-based inpatient hospitalizations, specialists in Keck Medicine, and extended mental health care coverage.

• Students must submit a waiver in the third week of the semester (**Friday, Sept. 9**) or be automatically enrolled. Waivers are submitted annually.

• Plan is split August – Jan, Jan – August and will appear on the tuition bill.

• **Specialists within Student Health:** dermatology, allergy desensitization, limited physical therapy, gynecology, mental health assessments, psychotherapy groups, medication management. Does not require insurance, does not require co-pay.

• Additional specialist care may be referred to external providers and would be covered through insurance.

• You may bring your own plan to campus but is must provide access to local care.

• [https://studenthealth.usc.edu/fees-deadlines](https://studenthealth.usc.edu/fees-deadlines)
SHIP/Aetna

- Broad national network covers students wherever they are living, working, or studying.
- Includes prescription coverage
- Extended telehealth mental health through Array Behavioral Health Services
- Eye care (through EyeMed)
- Accepted by USC Psychiatry and Behavioral Sciences Clinical practice
- Tier 1 (covered 90%)
  - Keck Medicine of USC
  - Children’s Hospital Los Angeles
  - USC Verdugo Hills Hospital
  - Good Samaritan Hospital
  - USC/Norris Comprehensive Center and Hospital
  - Las Encinas (Behavioral Health)
  - BHC Alhambra (Behavioral Health)
  - Glendale Adventist (Behavioral Health)
  - The Haven @ College (Behavioral Health)

Separate dental plan is available through Delta Dental.
Emergent Care / 213-740-9355 (WELL)

Call **Student Health 24/7** for urgent mental health, confidential advocates and advice nurse services.

- 911 is the general emergency phone number in the United States.
- For non-life-threatening medical services after-hours, the nearest 24/7 urgent care is Optum Urgent Care, 1120 West Washington Blvd., 213-623-2225.
- The **Department of Public Safety** is available 24/7 on both USC campuses, 213-740-4321 (UPC) and 323-442-1000 (HSC)
- Emergency Department services are available at nearby **Good Samaritan Hospital**.
COVID-19 Safety (as of May 2022)

Scheduling testing in MySHR.

- **Read your USC emails** for important updates. Visit [coronavirus.usc.edu](http://coronavirus.usc.edu) and [studenthealth.usc.edu](http://studenthealth.usc.edu) for health updates.
- **Follow guidance** on masking, boosters, and other safety recommendations.
- **If you test positive** with an outside or home test, upload your results and complete the contact tracing form in MySHR. The form contains a link to request isolation accommodations. Isolation is a minimum of 5 days, with antigen testing on day 6 to return to activities (if symptoms are resolving and there is no fever).
- **On-campus Housing units** with positive SARS-nCoV2 viral signals in the wastewater will be directing all residents to test within 24 hours.
**Needlestick Hotline (Health Professions)**

USC Student Health provides services, associated with needlestick and bodily fluid exposures, for currently enrolled/matriculated USC students at low or no out-of-pocket, except for the prophylactic medication.

**Med students and health professions students should NOT seek treatment at their work placements** (LAC or other facility) as this may incur costs not covered by insurance.
Needlestick Hotline (Health Professions)

For USC students in health profession degree programs who are exposed to potential bloodborne pathogens:

During Business Hours: 213-740-9355 (WELL)

After-Hours Needlestick Hotline

(323) 442-7900 (Leave a message and a provider will get back to you within 30 minutes)

Follow these detailed instructions:
https://studenthealth.usc.edu/bloodborne-pathogen-exposure/
Dental Trauma (Knocked Out Tooth)

- “Save A Tooth” kit available from Student Health and DPS.
- Save tooth in cold, whole milk; OR inside your cheek.
- Seek care within 30 minutes.
- Full Guide: https://issuu.com/uscedu/docs/toothknockedout_dentaltrauma_care

My tooth got knocked out! What should I do?

1. Pick up the tooth by the crown, NOT the root.
2. If it is dirty, gently rinse the tooth with water.
3. Reposition the tooth in the socket immediately, if possible. No matter what, keep the tooth moist at all times.
4. If it isn’t possible to keep the tooth in your mouth, put the tooth in cold whole milk OR request a “Save A Tooth” kit from USC Student Health or DPS.
5. Arrange for immediate treatment within 30 minutes.
Have questions? Make an “appointlet”!
(July – Sept, Tues 8-9 AM / Wed 5-6 PM)

- Our teams are happy to field your specific questions about your **immunization records**, **insurance**, and **transferring medical care** to USC Student Health.
- Visit: [https://uscstudenthealth.appointlet.com](https://uscstudenthealth.appointlet.com)
- These 10-minute “appointlets” provide an opportunity to start a conversation about a specific question and are available throughout the summer.
- A new student can also send questions by email to [studenthealth@usc.edu](mailto:studenthealth@usc.edu), please include your USC ID #, name, and date of birth in the email.