

HERE TO *help*

The Center for Wellness is here to help you with your health concerns.

- There is a \$5 fee (billed to your student account) for medical office visits at the Center for Wellness. Counseling sessions are free of charge.
- Some frequently-used medications (antibiotics, decongestants, etc.) may be purchased through the Center for Wellness for a nominal fee after you are examined. It will be billed to your student account. No money is needed at the time of visit.
- We can assist you in finding information concerning many health topics.
- We can assist you in finding an eye doctor or dentist in the area if needed.

SERVICES AVAILABLE AT THE CENTER FOR WELLNESS INCLUDE:

- Physical exams
- Immunizations
- Treatment of minor illnesses and injuries
- Allergy injections
- STD testing
- Contraception
- Counseling

If you have any special health or counseling needs, concerns, or questions, please contact the Center for Wellness to make special arrangements.

THE CENTER FOR WELLNESS

Health Services: 814-393-2121

Counseling Services: 814-393-2255

Fax: 814-393-2035

Monday-Friday

8:30 a.m.-11:45 a.m. and 12:45 p.m.-4:45 p.m.

256 Becht Hall



Accredited by the Accreditation Association
for Ambulatory Health Care Inc.

It is the policy of Clarion University of Pennsylvania that there shall be equal opportunity in all of its educational programs, services, and benefits, and there shall be no discrimination with regard to a student's or prospective student's gender, gender identity, race or color, ethnicity, national origin or ancestry, age, mental or physical disability, religion or creed, genetic information, affectional or sexual orientation, veteran status, or other classifications that are protected under Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and other pertinent state and federal laws and regulations. Direct inquiries to the Title IX Coordinator, Clarion University of Pennsylvania, 103 Carrier Administration Building, sfenske@clarion.edu or phone 814-393-2251, or the Director of Social Equity, 210 Carrier Administration Building 16214-1232; Email asalsgiver@clarion.edu or phone 814-393-2109. Inquiries may also be directed to the Director of the Office for Civil Rights, Department of Education, 330 Independence Avenue, SW, Washington, DC 20201. 3/17



THE CENTER FOR WELLNESS PACKING TIPS FOR STUDENTS



COURAGEOUS. *confident.* CLARION.

CLARION UNIVERSITY

PACK *your bags!*

Students are very excited when getting ready to come to college, often packing months in advance for the event. When you begin to pack—remember to include some of the things that will help you if you should become ill.

SOME SUGGESTIONS:

- Tylenol or Advil—for fever or pain
- Decongestant—for head congestion
- Throat lozenges—for sore throat
- Antibiotic ointment—for minor cuts/scrapes
- Assortment of bandages
- Ice pack and/or heating pad
- Medications for minor problems such as upset stomachs, diarrhea, heartburn, toothaches, etc.
- Thermometer
- Small cool mist humidifier—residences are often very dry. Humidifiers help decrease the number of dry throats and dry coughs you may experience.
- A list of your current medications
- Insurance card—you may need to call your insurance company for your own copy of your insurance card.

*On your own,
but not alone.*



INSURANCE INFORMATION

You will be utilizing health insurance cards and the health care system by yourself and often for the first time. Please bring your insurance cards with you.

- Do you have prescription coverage and what is the co-pay?
- Do you need to go to a particular hospital, drug store, or provider for insurance companies to pay?

Talk to your family about the type of coverage that they have.

For example:

- Do you need to call your Primary Care Physician (PCP) prior to lab work or X-rays?
- What do you need to do prior to going to the emergency room if a serious problem occurs?

Health insurance coverage can be very confusing and an appointment with your PCP or your insurance carrier can often help to decrease any problems or concerns in the event of a health problem.