Student Health & Wellness 2019

Health Services – olin.msu.edu
MSU Safe Place – safeplace.msu.edu
Sexual Assault Program - go.msu.edu/sap
Health Promotion - olin.msu.edu/healthpromo/
Counseling & Psychiatric Services - caps.msu.edu
North Campus

Olin
- CAPS
- Health Promotion
- Health Services

Student Services
- SAP
- Health Promotion
Health Services  Olin Health Center
olin.msu.edu
Neighborhood Clinics

**East** – 127 S. Hubbard Hall
   (Hubbard, Akers, Holmes)

**Brody** - 148 Brody Hall
   (Armstrong, Bailey, Bryan, Butterfield, Emmons, Rather)

**South** - G17 Holden Hall
   (Case, Holden, Wilson, Wonders)

**River Trail** – W9 McDonel Hall
   (McDonel, Shaw, Van Hoosen, Owen)

The Neighborhood Clinics are available by appointment for minor injuries, illness, and preventive services.
Getting Started – Where to go?
Call 517-353-4660

Prepaid Clinic Visits

Three medical office visits each year

Patient is billed for fourth and subsequent visits as well as services* not included in office visit.

*Lab, X-ray, procedures, medical equipment, etc.
Billing & Insurance

We participate with:

- Traditional BCBS, BCN, MSU Student Insurance (BCN)
- McLaren, Aetna PPO, Priority Health
- McLaren Medicaid, BC Complete

Out of Network for most other HMO’s and PPO’s

Student should have copies of Medical and Prescription insurance cards.

Important to know what is and is not covered by your insurance plan.
Health Promotion

olin.msu.edu/healthpromo/
The State of Spartan Health
https://olin.msu.edu/spartanhealth/

MSU surveys show that students **turn to parents first** when looking for information on being ill.

*Action:* Be available, be informed and learn to refer.

Being ill with a **cold or the flu** is one of the main reasons students miss class – **48%** report having had a cold or flu.

*Action:* Wash your hands, cover your cough!

*(NCHA) National College Health Assessment, 2018*
The State of Spartan Health

47%* of MSU students experienced sleep difficulties in the past year, and 18% reported that those difficulties seriously impacted their academic performance.

**Action:** Help your student to recognize the importance of getting enough sleep daily.

68%* of MSU students said they experienced stress last year and 29%* report that stress seriously affected their academic performance.

**Action:** Encourage regular activities that counter stress for the student (i.e. listening to music, exercise, talking to family & friends, prayer, SLEEP, etc.)

*NCHA 2018
The State of Spartan Health

Most MSU students (67%*) report exercising three or more days per week to improve cardiovascular fitness.

Action: At MSU there is plenty to do to stay active: walk, ride, run, use IM sports and facilities. The SPARTANfit program can provide support and guidance.

67%* of MSU students drink 0 - 4 drinks (alcohol) when they party, about half limit themselves to one or two drinks. 29%* of MSU undergraduates report not having drank alcohol in the past 30 days. Most MSU students are not high-risk drinkers.

Action: Affirm moderate use and use of protective behaviors, i.e. eat before and during, use a designated driver, avoid drinking games, etc.

*NCHA 2018
Health Promotion Services

• SPARTANfit Exercise & Wellness
• Nutrition Services
• Sexual Wellness
• Alcohol & Other Drugs Programming
  • MSU’s Collegiate Recovery Community (CRC) Program
  • Recovery Housing - Must apply online for CRC first.
    • [https://olin.msu.edu/recovery](https://olin.msu.edu/recovery)

• MSU Student Food Bank
Counseling & Psychiatric Services
caps.msu.edu
“CAPS connects each student to the most appropriate level of care needed to address their unique needs and concerns.”
Counseling & Psychiatric Services (CAPS)

- **24/7/365 My SSP**
  - Text, talk or video chat with a professional counselor.
  - Download the “My SSP” app.

- **Same-day screening (Olin 3rd floor)**

- **On-campus resources**
  - Short-term individual, long-term group counseling, long-term psychiatric care.
  - Student Health, Health Promotion, Sexual Assault Program

- **Off-campus network of providers**
  - Long-term or weekly counseling
Counseling & Psychiatric Services

- All CAPS services are confidential.
- Counseling services are no charge.
- Psychiatry appointments are charged.

  ➢ First three lifetime visits are at no charge
  ➢ Insurance or patient is billed for fourth and subsequent.