Preparing for Fall 2021

Welcome to USC
Goals

- To help students become informed health care consumers, to encourage students to learn self-efficacy and express agency in health decisions, and to work with providers so they have the best health outcomes.

- To work with students and campus partners to improve the health and well-being of the student community.
Clinical services (medical, mental health), including primary care, mental health services and a range of in-house specialty services — physical therapy, dermatology, occupational therapy, allergist, sexual and reproductive health services including OB/GYN care, gender-affirming care, and male sexual health; psychiatric medication management, imaging (radiology) and lab. Comprehensive “You”-centered care.

Prevention education (consent, nutrition, stress, sleep hygiene, upstanding behaviors related to overdose prevention, sexual assault prevention)

Public health guidance (COVID-19 safety, testing, contact tracing, campus-wide student wellbeing initiatives data collection and coordination).
How do you prepare an emerging adult to manage their own care? *Summer homework.*

- Do they have a copy of their insurance card? (And vaccination card?)
- Have they made an appointment with a provider, and gone on their own?
- Have they picked up a prescription?

Have they completed their health requirements?

Requirements Rundown

We are encouraging all new students to **complete as much of their vaccinations as possible** prior to arriving on campus.

All through **MySHR (Patient Portal)** [https://usc.edu/myshr](https://usc.edu/myshr)

- Complete the **consent for treatment**

- **Upload documentation** (consent, **COVID-19 vaccine documentation 7/15 deadline**, other immunization documentation—MMR, chicken pox, meningococcal disease); TB test for int’l students.

- Make a decision on **insurance coverage**.

Keeping your student covered: Student Health Fee and SHIP (Student Health Insurance Plan, provided through Aetna)

- Fee: $427 (Fall/Spring) – Required, cannot be waived
- SHIP: $2116 (12 months) – Waiver process 9/10 deadline
- [https://studenthealth.usc.edu/fees-deadlines/](https://studenthealth.usc.edu/fees-deadlines/)

Access to Student Medical Records, Patient Privacy, HIPAA

- Emergency contact in MySHR (under “Profile”) — *Recommended*
- Advanced Directive or Medical Power of Attorney — *Not routinely necessary for emergency purposes*
- [https://studenthealth.usc.edu/faq-regarding-family-member-access-to-medical-records/](https://studenthealth.usc.edu/faq-regarding-family-member-access-to-medical-records/)
What to do when it’s urgent

- **Student Health:** 24/7 number: 213-740-9355 (WELL)
- **Medical:** Same day/next day appointments
- **Mental Health:** Walk in to see a mental health triage counselor (or walk someone over)
- **Secure message** in MySHR (under “Messages”)
  Advice Nurse • Counseling • RSVP Advocate

**USC Dept of Public Safety (DPS):** 213-740-4321

**Nearest urgent care:** Optum Urgent Care, 1120 W Washington Blvd, Los Angeles, CA 90015 • 213-861-5950

**Trojans Care for Trojans:** [https://bit.ly/tc4t](https://bit.ly/tc4t)
University Requirements

- Take the **Required Educational Modules**:
  - “AlcoholEdu” (TrojanLearn)
  - “Sexual Assault Prevention for Undergraduates” (TrojanLearn)
  - “Staying Safe” (TrojanLearn), and
  - “Hygiene Health and Safety” (begins 8/1) at trojanlearn.usc.edu
  - “Trojans Respect Consent” (live session, Zoom, schedule on MySHR, available now)

- **Trojan Check** (daily symptom check), trojancheck.usc.edu
- **COVID-19 vaccination** requirement 7/15
Contact/Information

Studenthealth.usc.edu
studenthealth@usc.edu
213-740-9355 (WELL)
MySHR (Patient Portal) https://usc.edu/myshr

COVID-related
Coronavirus.usc.edu / We-are.usc.edu
Covid19@usc.edu
213-740-6291
Cultivating Well-being

- Wellness Dog: [https://www.instagram.com/beau_usc/?hl=en](https://www.instagram.com/beau_usc/?hl=en)
- Mindfulness Classes: [https://mindful.usc.edu](https://mindful.usc.edu)
- Student Orgs: [https://campusactivities.usc.edu/organizations/](https://campusactivities.usc.edu/organizations/)
- Workshops: Building skills for sleep hygiene, managing anxiety, mindful eating, and more [https://studenthealth.usc.edu/workshops-single-session/](https://studenthealth.usc.edu/workshops-single-session/)
- Thrive Class: OT 100 Foundations of Well-being [https://chan.usc.edu/academics/minor-in-os/minor-courses](https://chan.usc.edu/academics/minor-in-os/minor-courses)