

USC Student Health
Keck Medicine of **USC**

“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)**.

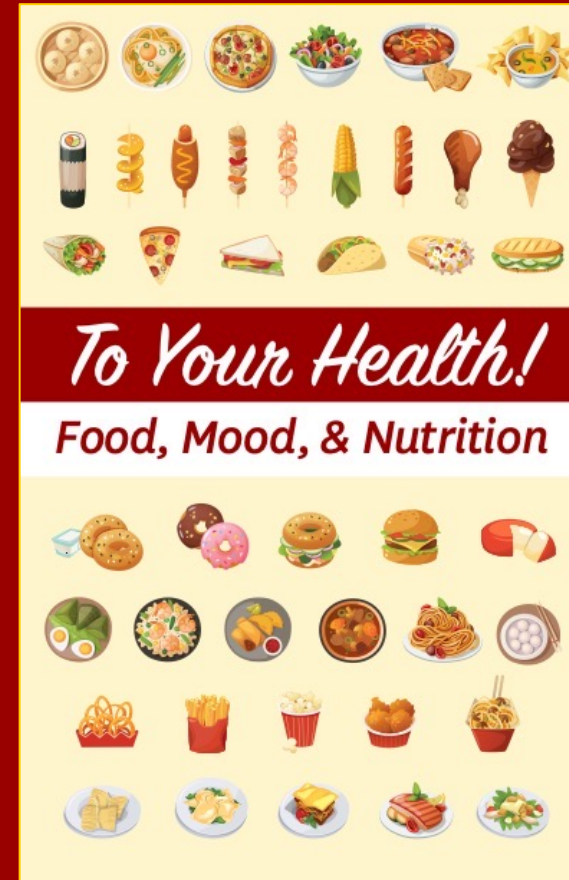
Overnight and after-hours calls will still connect with the USC Student Health care team for continuity of care.

**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

A promotional poster for "KEEP CALM AND FIND SLEEP" workshops. The background is a dark blue sky with white clouds. At the top left, there are three "Z"s with motion lines, suggesting sleep. The main text "KEEP CALM AND FIND SLEEP" is in large, bold, yellow letters. To the right, there is a section titled "NEW! Workshops for Well-being" in white. Below this, it says "Go to usc.edu/MySHR to sign up." and "Additional sessions will be added throughout the semester, check MySHR for new workshop dates." It then lists the workshops: "Keep.Calm", "Test Anxiety", "Sleep Well", "Stress Less", "Building Our Resilience to Deal with Life's Traumas". Below this, there are two sections: "Keep Calm" and "Sleep Well", each with a paragraph of text describing the workshop. At the bottom left, there is a QR code and the text "These programs are made possible by your USC Student Health Fee." and "USC.edu/MySHR".

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
- BIPOC and Community-Centered mental health support
<https://bit.ly/USCbipocmentalhealth>
- USC Student Health patient education materials:
<https://bit.ly/USCpatienteducation>
- Trojans Care for Trojans: bit.ly/tc4t
- [Safety.usc.edu](https://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](#)

USC Student Health
Keck Medicine of USC
213-740-9355 (WELL) • studenthealth.usc.edu

LAST NAME	FIRST NAME
DATE OF BIRTH	USC ID#

Health Degree Programs: New Student Requirements Health Clearance Information

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

- 1. **MMR (Measles, Mumps, and Rubella)**: two lifetime doses administered 28 days apart; FOLLOWED BY lab results proving immunity
- 2. **VZV (Varicella, or "Chicken Pox")**: two lifetime doses administered 28 days apart; FOLLOWED BY lab results proving immunity
- 3. **Hepatitis B**: three lifetime doses of vaccine (or for HEP LISAV-B vaccines, 2 doses is sufficient); FOLLOWED BY lab results proving immunity, drawn at least 30 days after the last dose
- 4. **TDAP (Tetanus, Diphtheria, and Pertussis)** one current (within the last 10 years) dose TDAP. If your TDAP is more than 10 years old, you must receive a booster (TD/DTAP). **No follow-up lab draw is required for this immunization, vaccination documentation alone is sufficient.**

Laboratory Report

Ordered by: [REDACTED] 9380
 Patient: PATIENT TEST
 Age: 34 yrs at resolution
 Date: 6/1/1982
 Sex: F
 Collected: 10/31/2016 1:50 PM
 Received: 10/31/2016 1:50 PM

IT TESTING *** NO SPECIMEN SENT

8234 - Mumps Virus Antibody IgG #8234
 Report#: 10/31/2016 1:50 PM
 Status: Final

IT TESTING *** NO SPECIMEN SENT

Test Name	Result	Flags	Reference Range
MUMPS VIRUS ANTIBODY (IGG)	1.66		
< 0.02 = 0.00	Negative		
0.02-1.09	Equivocal		
> 1.09 = 1.00	Positive		

© 2012 Quest Diagnostics. The patient has antibody to mumps virus. It does not differentiate between an active or past infection. The clinical diagnosis must be interpreted in conjunction with the clinical signs and symptoms of the patient.

- 5. **COVID-19 Vaccination** (Current with USC Policy <https://policy.usc.edu/covid-19-vaccination-program>)

Acceptable Documentation: Please submit vaccination records/lab results for all of the requirements listed above as proof of compliance. Lab results must show patient name, test date, test name, exact values, and reference ranges in order to be accepted. (See inset box for example.)

UPLOADING RECORDS: Scan or take photos of each vaccination record/lab report, and upload to the secure student health record portal, usc.edu/myshr, available once you have obtained a USC NetID through netid.usc.edu. Alternatively, you may email records to studenthealth@usc.edu; users are advised that email is not a secure method of transmitting private information.

TB Screening: All students in health degree programs are required to have screening for TB (tuberculosis) that were administered within the past 6 months. The following tests are accepted:

- T-Spot or Quantiferon Gold lab results (international students must have these tests, PPD skin tests are not accepted)
- PPD skin tests (two tests—test 1 within 11 months / test 2 within 3 months prior to your fall academic start date.) Tests must be at least 1 week apart.

NOTE: If you have had past treatment for active or latent tuberculosis, you must submit your medical records from that period of time.

PPD Test 1 Placed	PPD Test 1 Read	Induration/Result	Initial
PPD Test 1 Placed	PPD Test 1 Read	Induration/Result	Initial

USC Student Health
Keck Medicine of USC

Last Name:	First Name:
DOB:	USC Student ID:
Academic Program:	Anticipated Graduation Year:
Cell Phone:	USC Email:

F. PHYSICAL EXAM: To be performed by an M.D., P.A., N.P., or D.O.

VITALS: B/P: _____ Height _____ Weight _____ Pulse _____ Rep. _____ Temp. _____

Please check box if patient is within normal limits.

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

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

Any restrictions on physical activity?

- Yes No

Date Examined _____

Any recommendations for medical care?

- Yes No

Address _____

(Explain any restrictions and recommendations)

Provider Name _____

Provider Signature _____

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 is 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>

SHIP/Aetna

(<https://www.aetnastudenthealth.com/en/school/474947/members.html>)

- 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 and 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

Herman Ostrow School
of Dentistry of USC

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>
- 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, please include your USC ID #, name, and date of birth in the email.