Guide to

STUDENT HEALTH SERVICES

An Accredited Patient-Centered Medical Home

Supporting the vision of a Healthy Carolina community

sc.edu/healthservices
Welcome to STUDENT HEALTH SERVICES

The coronavirus pandemic has changed how we all view campus health. It has changed how we interact with each other by requiring us to space ourselves 6-feet from others, wear face coverings and not gather in large groups. Also, it has changed how we meet in classrooms and labs - and even how we stand in food lines and cheer our Gamecocks in Williams-Brice and the Colonial Life Arena.

This is our ‘new normal’ at UofSC.

The 2020-2021 academic year will be a time of change and uncertainty. The coronavirus will still be present in our community, so we must all take personal responsibility for our own health and that of our friends, family, professors and neighbors. It will also be important that we are resilient. Change will happen and we will need to find healthy ways to cope with stress and anxiety.

Required Immunizations

All students must provide required immunization records before enrolling to classes by uploading them to sc.edu/myhealthspace.

- MMR: Two doses of the measles, mumps and rubella vaccine or positive blood titer reports.
- Meningococcal Vaccine (Menevo or Menactra): Must have received at least one vaccine after 16th birthday to satisfy requirement
- TB Risk Screening Questions

Failure to meet the university’s immunization requirements may result in a hold on your student account.

Health Insurance Requirements

All undergraduate and graduate students taking 6 or more credit hours; graduate students with graduate assistantships; and international students are required to have health insurance.

Failure to provide proof of health insurance will result in automatic enrollment in the Student Health Insurance Plan; the premium is due with fall and spring tuition bills.

Students can stay on their personal or family’s health insurance plan by waiving out of the university plan and uploading their proof of insurance to sc.myahpcare.com. The university insurance plan is the ONLY in-network plan at Student Health Services. Other plans may incur out-of-network charges. If you have questions about the Student Health Insurance Plan, call 1-855-844-3015.

Student Health Services is ready to help you through these challenging times by providing comprehensive medical and mental health services. We have worked with university partners, regional hospital groups, our local health department and the CDC to prepare and meet these challenges. Your health, well-being and academic success are our top priorities.

Learn more about all we offer in this document or by visiting sc.edu/healthservices. We are all in this together.

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Guide to the CENTER FOR HEALTH & WELL-BEING

Primary Care
Floor 3

We offer students primary and urgent health care provided by experienced board-certified physicians, licensed nurse practitioners and certified physician assistants. Appointments can be made online at sc.edu/myhealthspace. Visit us for:

- Cold, strep, flu and other respiratory illnesses
- Ear infections
- Cuts, wounds and other skin injuries
- Conjunctivitis (pink eye) and other eye injuries
- Gastroenteritis (stomach concerns)
- Minor surgical services such as laceration repair
- Care for chronic conditions
- Sexually Transmitted Infections (STIs)
- Vaccinations, including flu shots, HPV, tetanus and other recommended immunizations
- Referrals to community specialty physicians

Virtual visits are available through Mend Telemedicine app. Download app from the Apple App Store or Google Play.

Women’s Health
Floor 4

We offer students gynecological services by highly qualified, board-certified gynecologists and licensed women’s health nurse practitioners. It is recommended that college-aged students begin periodic routine well visits and cervical cancer screening. Appointments can be made online at sc.edu/myhealthspace. Visit us for:

- Annual well-woman visits
- Long-acting reversible contraceptives (LARCs)
- Birth control consultations
- STI/UTI testing and treatment
- Reproductive consultations
- Gynecological problems (including irregular periods and bleeding issues)
- Pap tests
- Breast exams

Make appointments at sc.edu/myhealthspace. If you have any questions, visit sc.edu/healthservices.
Sports Medicine & Physical Therapy
Floor 4

Sports Medicine offers students evaluations, management and prevention of musculoskeletal injuries including concussions and fractures. In addition, our board-certified physicians perform sports physicals and multiple office procedures such as joint injections and the casting of simple fractures. Physical Therapy assists students in the recovery process following surgery or injury. Services are provided in a full-size rehab gym right in the health center. Make a Sports Medicine appointment online at [sc.edu/myhealthspace](http://sc.edu/myhealthspace). Please call 803-576-6383 to schedule a Physical Therapy appointment.

Pharmacy
Floor 2

The pharmacy provides professional, confidential and economical prescription services and over-the-counter medical products at competitive prices. We fill prescriptions written by on- or off-campus providers. For your convenience, transfer your refills here. Refill your prescriptions online at [sc.edu/myrxspace](http://sc.edu/myrxspace); or by downloading the PocketRx app from the Apple App Store or Google Play; or by calling 803-777-4890.

Lab
Floor 1

Our accredited laboratory accepts and orders lab tests from both Student Health Services and off-campus health care providers. We can perform COVID-19 antibody or diagnostic tests. Costs may apply.

Radiology
Floor 4

X-rays and EKGs are provided and interpreted by board-certified specialists. Procedures including contrast studies, CT scans and MRIs are referred to off-campus partners.

Allergy, Immunization & Travel
Floor 1

We provide allergy shots, required and recommended immunizations, plus travel consultations for Study Abroad or Spring Break travel. Appointments can be made online at [sc.edu/myhealthspace](http://sc.edu/myhealthspace).

Demonstration Kitchen
Floor 2

Free 60-90 minute classes where you experience cooking from start to finish. Learn how to prepare healthy and delicious recipes. No cooking experience required.

Wellness & Prevention
Floor 1

Healthy Campus Initiatives provides services and programs for healthy eating, physical activity, sexual health, stress management, bystander intervention, resiliency and positive mental health. Wellness Coaching is available for students for stress management; smoking or vaping cessation and treatment; and more. Make your appointment online at [sc.edu/myhealthspace](http://sc.edu/myhealthspace).

C.A.L.M. Oasis
(Carolinians Actively Living Mindfully)
Floor 2

The C.A.L.M. Oasis is a space for yoga and meditation that can help you develop, enhance and solidify your mindfulness practices.

Indy (Therapy Dog)
Floor 1

She is an AKC Canine Good Citizen and works at Student Health Service as a therapy dog. Always “paws” before you pet and ask if it is OK!

Make appointments at sc.edu/myhealthspace. If you have any questions, visit sc.edu/healthservices.
Guide to the THOMSON BUILDING

Counseling & Psychiatry
Floors 2, 3, 4

Our mental health providers include board-certified psychiatrists, licensed psychologists, licensed counselors and social workers.

Services include:

Individual Counseling - a limited number of visits are included with the Student Health Fee paid with tuition.

Group Counseling - We offer a number of process groups, support groups, skill-building and life-hack groups.

Teletherapy / Telepsychiatry - Appointments available for students living in South Carolina.

Individual Crisis Intervention - If you are concerned about a UofSC student and not sure what to do, call counseling 803-777-5223.

Walk-In Assessments - If you are in crisis, walk-in assessments with a counselor are available during business hours.

After Hours - Students can call the main counseling office number 803-777-5223 to speak with a counselor.

Case Management - to help with off-campus care.

Therapist Assisted Online (TAO) - online therapy via video-conferencing or self-directed modules to help manage mild and/or periodic symptoms.

Psychiatric Evaluations & Medication Management - Our providers can recommend treatment for mental, emotional and behavioral problems and can prescribe medications if needed and arrange for ongoing monitoring and coordination with other health care professionals.

Preventive mental health programs include:

- Suicide prevention training
- Stress management consultations
- Resiliency workshops
- Wellness coaching
- Kognito online program to help students recognize signs of psychological distress
- Programming to promote mental health resources and stress management skills

If you have any questions, call our office 803-777-8283.

Learn more about mental health services at UofSC by visiting sc.edu/mentalhealth.

Sexual Assault and Violence Intervention & Prevention
Floor 2

We provide confidential support and advocacy services for interpersonal violence victims/survivors. We strive to eliminate acts of interpersonal violence at UofSC through advocacy, education and outreach. Our advocates are accessible 24/7. If you have any questions, please call our SAVIP office at 803-777-8248. After hours, call UofSCPD at 803-777-4215 and ask to speak to the SAVIP advocate. You do not have to give your name when calling UofSCPD.

Learn more about interpersonal violence support at UofSC by visiting sc.edu/stopsexualassault.

Changing Carolina Peer Leaders
Floor 2

Changing Carolina Peer Leaders are a diverse group of UofSC student leaders with specialized training in leadership, health and wellness. They advocate for a healthy UofSC campus.

Gamecocks LiveWell & Wellness Coaching
Floor 1

The Gamecocks LiveWell initiative provides faculty and staff preventive services and programs to assist them in attaining and maintaining wellness in body, mind and spirit. This office is also the home of Wellness Coaching for students, faculty and staff. Call 803-777-8283 for information.
Hours of Operations:
(Subject to change due to COVID-19.)

Fall & Spring
Mon.-Thurs.: 8 a.m. - 6 p.m.
Fri.: 9 a.m. - 5 p.m.
Sun: 2-8 p.m.

Summer & Breaks
Mon.-Fri.: 8:30 a.m. - 4:30 p.m.
Closed on university holidays

Student Health Services
University of South Carolina
1409 Devine Street
Columbia, SC 29208
sc.edu/healthservices

24/7 Coronavirus Phone Bank
803-576-8511
Main Hours: Monday - Friday, 9 a.m. to 4 p.m.
After Hours: Medical questions only

Primary Care
803-777-3175

Women’s Health
803-777-8920

Counseling
803-777-5223

Psychiatry
803-777-1833

Sports Medicine & Physical Therapy
803-576-6383

Allergy, Immunization & Travel
803-777-9511

Financial Services
803-777-3174

Pharmacy
sc.edu/myrxspace
PocketRx app on smartphone
803-777-4890

Healthy Campus Initiatives
803-777-8283

Nutrition Services
803-777-8283

Sexual Health
803-777-8283

Sexual Assault and Violence Intervention & Prevention
803-777-8248
803-777-4215
(after hours ask to speak with a SAVIP advocate)

Visit MyHealthSpace at sc.edu/myhealthspace
to make appointments online; MyRxSpace at
sc.edu/myrxspace to refill prescriptions.

Like or follow us on social media for the latest campus health
news, program announcements and event information:

@UofSC_SHS
UofSCshs
@UofSC_SHS
@uofsc_ccpl
GamecocksLiveWell

@healthycarolina_uofsc
HealthyCarolina
@healthycarolina
mentalhealthmattersuofsc
@indy_barkenstocks

After-hours Care
Doctor’s Care has three urgent care clinics near campus and are open after
hours and weekends:

- 2601 Rosewood Dr., Columbia, SC 29205 (1.9 miles from campus),
  803-782-4051

- 1538 Main St., Columbia, SC 29201 (1.1 miles), 803-726-6737

- 4500 Forest Dr., Columbia, SC 29206 (4 miles), 803-738-9522

For medical emergencies, students can visit a hospital emergency room:

- Prisma Health Baptist, 1301 Taylor St.,
  Columbia, SC 29220 (0.9 miles)

- Providence Hospital, 2435 Forest Dr.,
  Columbia, SC 29204 (2 miles)

- Prisma Health Richland, 3301 Harden St.,
  Columbia, SC 29203 (2.75 miles)

Accreditations:

AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

COLA

American Psychological Association

The University of South Carolina is an equal opportunity institution.