Your student’s health and wellness are a top priority at Purdue. In this session, Purdue University Student Health (PUSH), will share information about health insurance and how your student can use PUSH services for health and well-being.

www.purdue.edu/push/
No National Health Insurance in US

University Health Insurance Plan is **MANDATORY** for International Students
2016–2017 Student Injury and Sickness Insurance Plan

Designed Especially for the Students of

PURDUE UNIVERSITY™

International Students of
West Lafayette, Indiana

Policy Year
August 1, 2017 - July 31, 2018

UnitedHealthcare®
Student Resources
Basically, the insurance covers medical bills related to illness or injury and some preventive care exams and tests.
FALL  September 8th

SPRING  January 31st
TB Test & Submission of Medical History Information

Purdue University Student Health Center

Immunization History Form

1. This form must be completed in English. Please PRINT.
   The only requirement of those born before 1937 is to have had a booster of Tetanus/diphtheria (Td) in the last 10 years.

2. Requests for a medical or religious exemption must be submitted to the Health Center Director and signed by the student.

3. If the student is under the age of 18, and co-signed by the student.

Last Name_________________________First_________________________Middle_________________________International☐Domestic☐
Date of Birth_________________________

Purdue ID#

Emergency contact name and phone:

Important: Include MONTH/DAY/YEAR in all answers (example: 11/21/1993).

Section A: Vaccines recommended, but not required:

MMR – Mumps, Measles, Rubella
   Two (2) doses required after 1st birthday
   1. ___________________________2. ___________________________

Hep B

Meningococcal Quad Vaccine

Meningococcal B Vaccine (Available 2/16/16)

Gardasil

Gardasil 9 (Available 12/11/15)

Section B: Vaccines required only if you did not complete section A.

For the 1st birthday and:
   1. ___________________________
   2. ___________________________

Section C: Vaccines required only if you did not complete section A for the 1st birthday after 6/30.

765-494-1723 for TB test appointment
PUSH is located on the corner of Stadium Mall Drive and University Street, just a few buildings away from the ISS offices in Schleman Hall.
START AT PUSH TO SAVE MONEY
Appointments – Online or by phone
About PUSH

9 Physicians, 9 Nurse Practitioners

Approximate number of students seen per day: 300

Office visits for illness or injury are NO CHARGE for Full Time Students

All other medical services have a charge:
  Medical Services
  Extended Care
  Laboratory
  Radiology
  Physical Therapy
  Women’s Services
  Allergy and Immunization Services
  Nutrition Counseling
  Sports Medicine
Office visit fees = classes not in session
Fall & Spring Semesters
Medical Services Hours
Monday - Friday 8 am - 5pm

Purdue University
Student Health Center
PUSH Extended Care Hours

Saturday
10am - 5:30 pm
Insurance QUESTIONS

Please send email to:
Student-insurance@purdue.edu
Or visit Room 338/340 in PUSH

PUSH
www.purdue.edu/push
765-494-1700
Mental Health and Wellbeing of International Students

Luis J Balcazar Jr., M.S.W., LSW
Mei Ng, Ph.D., HSPP
Pei-Chun Hou, M.Ed, NCC, Ph.D. Candidate

Counseling and Psychological Services (CAPS)
Purdue University
August 14th, 2016
Adjustments for Both Family and Students

It’s Also IMPORTANT to Keep in Mind

- It’s normal and common to face challenges and difficulties
- It takes time to get familiar with and adjust to the U.S. education system
- Mental health + Physical health = students’ academic success
- Understanding students’ anxiety and uncertainties about the transition can help you better relate to their experiences
- Ask **how** they are doing rather than **how** well they are doing
- It may be hard to have students to be away from you for the first time, but they can do this and **SO CAN YOU!** 😊
What is CAPS?

- Multicultural sensitive professionals
- Specifically Trained in College Mental Health
- Confidential Service
- Respectful and Understanding
- Conveniently located
Homesickness

Relationship Problems

Pressure to perform

Difficulty fitting in and establishing friendships

Increased reliance on alcohol or drugs

Physical complaints or observations (headaches or stomachaches)

Problems Sleeping
Objectives of Therapy

- To help students gain an awareness and understanding of themselves and their environment

- To assist students in developing personal skills in coping with problem situations and relationships

- To aid students in translating the understanding and skills they have learned into satisfying decisions and effective actions
Most initial services are **Free**!

- Initial assessment
  - Mon-Fri 8:30 am – 3:00 pm
- Time-limited therapy sessions based on severity
  - Maximum of 12 per year
  - from May to May
- Unlimited group therapy
- Emergency / Crisis consultations
- Initial LD/ADHD screening
- Psychoeducation Workshops
Other Services have additional fees:

- **Psychiatry**
  - Initial Consultation & 30min Follow-Up Appointments - $25
  - Follow-Up Appointments >30mins - $50

- **Psychological Testing**
  - Depends on Services Provided

- **Alcohol and Other Drug (AOD) Evaluations**
  - *$130
Referring Students to CAPS

- Refer when your best efforts are not adequate support
- Refer when you feel helpless, uncomfortable, or reached your limit
- Assure the student about confidentiality
- Getting help is a sign of strength and resiliency

- Visits to CAPS are not on academic transcripts
- Contact CAPS at (765) 494-6995