

II. STUDENT LIFE

WELLNESS CENTER

The Wellness Center, located in the Harrington Student Center, identifies itself with a holistic approach to health while acknowledging that human growth is an ongoing, developmental process. The Center is committed to providing the Mount Community with a safe environment that facilitates self-knowledge and exploration, and promotes emotional, physical and psychological wellbeing.

1. COUNSELING SERVICES

The Counseling Services office is open Monday through Friday from 8 a.m.-5 p.m. Counseling Services are staffed by licensed mental health counselors who are available year round to students for confidential, short-term individual counseling sessions, psycho-educational workshops/groups, crisis intervention and referrals to appropriate outside resources when necessary. Options for in-person counseling sessions or sessions through tele-health are available for all of our students. More information can be found on myMount under Wellness Center Counseling Services.

Mount St. Joseph University's Wellness Center is committed to safeguarding the privacy of its students. Use of an electronic health records system (Titanium Schedule) is in compliance with the requirements of the Health Insurance Portability and Accountability Act (HIPAA) of 1996. The Notice of Privacy Policies is posted in our reception area and is available to students accessing our services.

Copies of our "Notice of Privacy Practices" (NPP) are available to all students receiving health or counseling services. The NPP can be obtained at our reception area in the Wellness and Health Services Center Office or by calling 513-244-4949.

2. HEALTH SERVICES

The Health Services office is open Monday through Friday from 8:30 a.m.-4:30 p.m. It is staffed by a full time Registered Nurse and Medical Assistant. Physicians are available by appointment during fall and spring semesters. There is a small fee to see a physician, payable by cash, credit card, and student account.

It is mandatory that all resident students submit a medical history form and immunization record, completed and signed by a health care provider, prior to moving into the residence hall. In addition, Ohio Revised Code, Section 3701.133, (B) requires resident students to sign a Meningococcal and Hepatitis B Vaccination Status Form. If a student's immunization records are not complete and a communicable disease should be documented in the residence hall population, the student may be asked to find housing off-campus until the risk is past.

3. COMMUNICABLE DISEASE POLICY

Communicable diseases are defined as an infectious disease transmissible (as from person to person) by direct contact with an affected individual or the individual's discharges or by indirect means (as by a vector). Student Health Service is a resource for treating and protecting students and the Mount St. Joseph University (MSJU) community from infectious disease. If a significant exposure is identified, the following steps will be taken:

- a. The student will be examined by a Health Service physician, a telemedicine physician or primary care provider (PCP) and receive information to protect himself/herself, the campus community, and the public.
- b. Health Service physician, telemedicine physician or PCP will determine whether the individual may continue with his/her activities and document any limitations in the student's medical record.

This information is part of Mount St. Joseph University's Student Handbook.

- c. Should notification of the communicable disease be required, the student will be contacted in writing and asked to sign a statement which identifies to whom and for what purpose information will be released.
- d. The student may be asked to convalesce off-campus, abstain from classes and/or sporting practice until he/she has been determined non-contagious by the Health Service physician or PCP*.
- e. The Health Service Manager will work with the Director of the Learning Center and Disability Services to assist the student in obtaining Temporary Illness Modifications if needed.
- f. Failure to behave in a medically responsible manner may provide grounds for an involuntary withdrawal from the Residence Hall or from the University itself.
- g. The entire policy on communicable disease is available in Health Services Office.

*Please note persons infected with a communicable disease will not be excluded from enrollment or restricted in their access to university services or facilities unless medically based judgments in individual cases establish that exclusion or restriction is necessary to the health and safety of the individual or to the health and safety of other members of the University community.

4. TimelyCare

If you feel sick or need support, Mount St. Joseph University has you covered with 24/7 access to quality telehealth for both mind and body – all at no cost during the time of visit. With the TimelyCareApp, full-time students can access a doctor, mental health provider or personal health coach anytime, from anywhere. Licensed providers can diagnose non-emergent medical conditions, prescribe medications and offer mental health support and wellness coaching via phone or secure video visits.

Full-time students can:

Get easy mobile access, anytime, anywhere

Speak with a licensed provider within minutes

Get support, diagnoses, care plans, electronic prescriptions, and referrals as needed.

It's Easy to Get Started:

1. Download the TimelyCare App on your smartphone, tablet or computer.
2. Log in with your student email address.
3. Provide your information, and start a phone or video visit with a provider.

TimelyCare is powered by TimelyMD, an independent company providing virtual visit services for Mount St. Joseph University. TimelyMD operates and administers this virtual visit program, and is solely responsible for its operations and that of its contracted providers.

5. STUDENT HEALTH INSURANCE

All Mount St. Joseph University students are expected to have health insurance as required by law. Mount St. Joseph University is not responsible for the costs of treatment as a result of accident, illness, or injury. The University requires all residence hall students, student athletes and students enrolled in certain health sciences majors (e.g. Clinical Nursing, Physical Therapy, and Physician Assistant Studies) to provide proof of health insurance annually. The University uses a web-based portal to verify each student's health insurance coverage.

Students who are required by the University to provide proof of valid health insurance and fail to provide such proof by the first day of classes each fall academic term will be enrolled in a short-term (non ACA-compliant*) health plan, which will be billed to their student account.

This information is part of Mount St. Joseph University's Student Handbook.

Qualified health insurance should provide, at a minimum, coverage for the following essential health benefits *within the greater Cincinnati area*: Emergency services, office visits, hospitalization (e.g. surgery), and diagnostic testing (e.g. x-ray, laboratory).

Students without access to a group or family medical plan can purchase insurance coverage by accessing an online health insurance marketplace. Students who meet certain economic criteria may also be eligible for a state-based Medicaid plan. Mount St. Joseph University offers a private health insurance marketplace operated by Campus Unity Benefits. This marketplace has options for Affordable Care Act (ACA) compliant* health insurance, short-term health plans (non-ACA compliant), and other types of coverage (e.g. dental, vision) at competitive rates.

For information about obtaining benefits via Campus Unity Benefits, students can contact the Wellness Center at wellness.center@msj.edu

*The Affordable Care Act (ACA) made provisions for the minimum standards of health coverage. Provisions include coverage for preexisting conditions, free birth control, and coverage for mental health, to name a few. It also enacted an expansion of Medicaid and cost-savings provisions. The ACA also allows children and young adults to remain on their parents' plan until age 26, if they choose.