

# Preparing for a healthy freshman year

The on-site UPMC *MyHealth@School*  
is free for all students.  
Call 412-397-6220 for an  
appointment.





## Before you arrive at RMU:

### 1. Complete the student healthform.

All resident students are required to complete a student health form. Commuter students are strongly encouraged to complete this form so the staff in the UPMC *MyHealth@School* center can better serve you.

You can access the health form at [www.rmu.edu/studenthealth](http://www.rmu.edu/studenthealth). You must print the form; it cannot be completed online.

### **All information must be printed, legible, and in English.**

Students are responsible for completing all sections on pages 1, 2, and 4.

A medical provider must complete page 3. This means you will need to have a physical examination. Physicals done in the past year, and/or by RMU Athletics, are also acceptable; please include a copy with the completed health form. Make sure the provider signs the student health form and supplies a copy of your immunization record.

Make a copy of the front and back of your insurance card and submit it with the health form. Health information submitted to any other university department does not take the place of this department's student health form.

You must return the student health form to the UPMC *MyHealth@School* center in Jefferson Center **by July 31, 2020**. The form can be faxed as long as it is legible. Keep a copy for your records.

**Health information submitted to any other university department does not take the place of this department's student health form.**

## **2. Obtain your immunization record.**

While at the medical provider's office, make sure all of your immunizations are current.

### **Required immunizations:**

- MMR — Two doses required
- Tetanus-diphtheria-acellular pertussis (Tdap) — Given between the ages of 11 and 18
- Tetanus-diphtheria (Td) — Every 10 years
- Hepatitis B vaccine series — Doses one through three
- Varicella (chicken pox) if no history of disease — Two doses required
- Meningococcal Quadrivalent ACYW (Menactra) — At least one dose is required on or after the 16th birthday

### **Additional immunizations for international students:**

- Polio — Series
- Tuberculosis

### **Recommended immunizations:**

- Hepatitis A — Two doses
- Human papillomavirus (HPV) — Doses one through three
- Annual influenza immunization

## **3. Become knowledgeable about medical insurance.**

The university requires that all traditional undergraduate students — both full- and part-time — carry health insurance comparable to the established RMU student health insurance plan. Please note that travel insurance is not considered comparable coverage.

Visit [www.rmu.edu/studentinsurance](http://www.rmu.edu/studentinsurance) for more information about the university's health insurance requirements or to enter your current policy information. You may also view the benefit information for an available RMU student health insurance plan, provided by UPMC Health Plan, that you may wish to consider.

**To avoid being charged by RMU** for health insurance coverage, you must enter your insurance information to the RMU website prior to the start of each academic year.

**How to enter health insurance coverage on the website,  
[www.rmu.edu/studentinsurance](http://www.rmu.edu/studentinsurance):**

- Click on “Student Insurance” near the bottom of the page.
- In Sentry Secured Services, log in with the student's username and password (you cannot use a guest username and password).
- Scroll down the page until you see “Academic Year 2020–2021.”
- Click on “Add or Update.”
- At the insurance screen, enter all required information, including the effective date. If there is no effective date, enter “08/01/2020.”

If you do not provide proof of comparable insurance coverage by the required deadline, you will be enrolled in the RMU student health insurance plan provided by UPMC Health Plan. The annual cost of \$2010.84 will be charged to your RMU student account. Students who start in the Spring 2020 semester will be charged a prorated amount of \$1172.99 for the annual coverage.

If you enroll in the RMU student health insurance plan, you will receive your insurance card directly from UPMC Health Plan after the university has provided the carrier with your enrollment information.

You should obtain a copy of your current and valid medical insurance card and learn how to use it.



#### 4. Consider these helpful hints.

- If you take medication daily, you should get the prescription filled. Make sure that the medication's name, dosage, and frequency of use are on your student health form.
- If you have a health condition, such as diabetes, asthma, epilepsy, or allergies, you should wear a MedicAlert tag. You should also discuss your condition with a few key people (for example, a classmate, roommate, faculty member, community advisor, or area coordinator). Your medical provider's name and telephone number should be readily available. If you require an EpiPen, you should carry it at all times and note it on your health form.
- The UPMC MyHealth@School center does not administer allergy injections or Depo-Provera injections.
- You can obtain an emergency information card from our website. You are encouraged to complete it and return a copy to our office with your health form.
- You should have an annual dental examination. You are encouraged to have an eye examination to determine your visual acuity. If you wear contact lenses and/or glasses, you should bring an extra pair of glasses in case you suffer an eye injury or infection.
- Bring a small first aid kit to campus. You should consider including the following items:
  - Acetaminophen/Ibuprofen
  - Cough drops
  - Reusable ice/heating pack
  - Antacid tablets
  - Bandages
  - Hand sanitizer
  - Anti-diarrheal products
  - Day/Night cough medicine
  - Non drowsy allergy medicine
  - Antibiotic ointment
  - Hydrocortisone cream
  - Oral digital thermometer
- Plan to have a three days' worth of food items and water for sick days.
- Refer to our website at [rmu.edu/studenthealth](http://rmu.edu/studenthealth) for the most up-to-date information on our services and resources.
- Visit [rmu.edu](http://rmu.edu) for important Coronavirus information from the university.

## 5. Learn about campus services.

Services in the UPMC *MyHealth@School* center are free for all currently enrolled students, and there are no insurance requirements.

Contact the *MyHealth@School* center by phone at 412-397-6220 to learn more about how to use our services.

A full-time nurse is onsite during the center's hours of operation. You can also be seen by an advanced practice provider using state-of-the-art telemedicine technology in the center. Our staff will assist with minor health issues and injuries. Referrals will be provided to community resources for laboratory testing, emergency care, or specialized services. Staff at the UPMC *MyHealth@School* center will help coordinate care with your primary care provider as needed, and you will have access to wellness resources to help you stay healthy.

## 6. Identify local resources.

### Pharmacies in close proximity to campus:

**Giant Eagle** — Moon Plaza, 412-269-0254

**Rite-Aid** — 5990 University Blvd., 412-262-2161

**Walgreens** — 6906 University Blvd., 412-269-2501

**Walmart** — 925 Brodhead Road, 412-893-0142



UPMC  
**MyHealth@School**



**When the UPMC MyHealth@School center is closed, consider:**

**Med Express** — 8702 University Blvd., 412-299-3627

**Heritage Valley Edgeworth Convenient Care** — 100 Hazel Lane, 412-749-6816

**Heritage Valley Sewickley** — 720 Blackburn Road, Sewickley, PA 15143; Emergency: 412-749-7076 Main line: 412-741-6600

The Heritage Valley Hospital in Sewickley is close to campus. The emergency department is staffed 24 hours a day by emergency medicine specialists who can provide skilled, personalized care. In addition, the hospital participates in both LifeFlight and STAT MedEvac helicopter transport services for access to specialized trauma centers.

## **7. Discuss emergency and medical transportation options.**

Transportation to hospitals, pharmacies, and emergency care facilities is your responsibility. Valley Ambulance Authority offers 24-hour ambulance service. Students who are on campus can access these services by contacting RMU police at 412-397-2424. If you are off-campus, Valley Ambulance can be accessed by calling 412-262-2620.

The university has an arrangement with the Ambulance Authority that allows resident students to purchase an annual membership. If you are interested, you can contact Valley Ambulance at 412-262-2621.

You should understand your health insurance coverage and plan requirements in case there is an emergency or you need a local medical provider.



# Robert Morris University

UPMC *MyHealth@School*

Jefferson Center

6001 University Boulevard

Moon Township, PA 15108

Phone: 412-397-6220

Fax: 412-397-6319

Hours: Monday through Friday from 8:30 a.m. to 5 p.m.

Advanced practice provider available 8:30 a.m. to 4 p.m.

## **Nondiscrimination statement**

UPMC Health Plan<sup>1</sup> complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

<sup>1</sup>UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

## **Translation Services**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。

## UPMC HEALTH PLAN

U.S. Steel Tower, 600 Grant Street  
Pittsburgh, PA 15219

[www.upmchealthplan.com](http://www.upmchealthplan.com)

