STUDENT WELL-BEING

STUDENT HEALTH SERVICE
NORTH DAKOTA STATE UNIVERSITY
Our mission:
To support the academic success of our students by providing access to quality health care while promoting overall student well-being

Our Vision:
Promoting the well-being of students by empowering them with the knowledge, skills and spirit to take responsibility for personal, family and community health.

About us
Student Health Service provides preventive, acute and chronic care to enrolled and eligible NDSU students. Our team of highly qualified professionals supports the health and well-being of our diverse student population in an environment of confidentiality, compassion, respect and openness to each person’s story. Our team of licensed and certified professionals includes:

- Physicians
- Nurse practitioners (advanced practice nurses)
- Nurses
- Dietitian
- Pharmacists
- Medical laboratory scientists
- Radiologic technologist (X-ray)
- Health promotion

Students may schedule an appointment with Student Health Service online through the secure Student Health Portal at [www.ndsu.edu/studenthealthservice](http://www.ndsu.edu/studenthealthservice) or by calling the clinic at 701-231-7331.

Confidentiality: For students 18 years of age or older, Student Health Service is unable to disclose any information regarding a student’s care to family or other individuals unless written consent has been provided by the student. The form needed for written consent is called Authorization and Request for Release of Medical Information and is available at [www.ndsu.edu/studenthealthservice/forms](http://www.ndsu.edu/studenthealthservice/forms).
Clinical Services

Services that are available to NDSU students at Student Health Service:

**Acute care**
short-term care for conditions that need active, immediate (but not emergency) care. Some examples include colds, fever, flu; common infections (respiratory, urinary tract, skin); nausea, vomiting, diarrhea or other GI concerns; simple laceration repair.

**Primary care**
general, routine care that helps maintain health. It includes physical exams, gynecological exams, sports physicals, help with management of chronic conditions (asthma, allergies, diabetes, etc.), sexual health/screening and treatment, and more.

**Preventive care**
helps to lessen or remove the risk of harm due to illness or injury and includes immunizations, health screenings and help with managing lifestyle health choices.

**Mental health care**
helps support a person’s ability to cope with the stressors of life that impact the ability to work/learn productively, function effectively in relation to others and feel an overall sense of well-being. Some examples: anxiety, depression, ADHD management (not testing) and eating behavior concerns.

**Dietitian**
services include consultation to discuss healthful eating, meal planning, food sensitivities, eating behavior concerns, weight management and other dietary-related questions. Works in collaboration with Health Promotion team addressing issues such as the body positivity (outreach, peer education)

**Medical laboratory**
testing is performed for diagnostic purposes on samples including blood, urine, throat and nasal swabs and more. The Student Health Service Medical Laboratory is a CLIA certified laboratory staffed by licensed laboratory professionals.

**Pharmacy**
services are available to all enrolled students regardless of whether they are a patient of Student Health Service. The pharmacy can accommodate prescription transfers, new prescriptions and over-the-counter medications. The pharmacy is staffed by licensed pharmacists and pharmacy interns.

**X-ray**
imaging is provided by a licensed radiologic technologist, and x-rays are read by a licensed radiologist to support diagnosis and care. X-ray exam images can be burned to a CD by patient request with completion of an Authorization and Request to Release Medical Information form.
Immunizations Requirements

NDSU requires the following immunizations for all enrolled students:

**Measles, Mumps, Rubella (MMR)**
- 2 documented doses after first birthday (must be at least 28 days apart)
  - Or
  - Positive MMR titer results
    Titer = blood test to prove immunity

**Meningitis (Meningococcal)**
- Students 21 years of age and younger must provide documentation of immunization after age 16.
- Must be the vaccination that protects against strains A, C, W and Y
- Meningitis-B does not meet this requirement

**Tuberculosis (TB) Screening:**
- TB testing is required for any student who has lived in or traveled to a country outside of the United States for more than 30 days where there is a high incidence of tuberculosis. Please call and ask to speak to a nurse to help determine if this is needed.
- International Students: Within one week of arriving on campus, all new international students are required to schedule a screening appointment with Student Health Service.

**Deadlines for submitting immunization documentation:**
- Fall Semester – August 1
- Spring Semester – January 1
- Summer Semester – May 1

**Submit your records:**
- Upload through the Student Health Portal
- Email: ndsu.immunizations@ndsu.edu
- Fax: 701-231-6132

**Resources for finding your records:**
- Primary care providers (hospital/clinic records)
- State Immunization registry
- High school transcripts
- Military records

**Please reference the following for more information:**
- Website: www.ndsu.edu/studenthealthservice/immunizations
- Email: ndsu.immunizations@ndsu.edu
- Call: 701-231-7331
Health Promotion

Through prevention, peer education, awareness campaigns, programs and presentations, NDSU Health promotion engages with the broader campus community to inform, educate and empower students to make healthy decisions that enhance their success and well-being. We envision NDSU as a health-promoting campus characterized by a culture that improves and sustains the well-being of its students and community.

Health promotion programs and activities include but are not limited to:

Peer Education Programs

Peer Education programs are based on research that shows that students are highly effective in influencing the health attitudes and behaviors of other students. Peer leaders are valuable in providing opportunities and information for their fellow peers to engage in healthy behaviors while serving as positive role models. Peer education programs are a great way to engage in supporting one another and contributing to overall campus health. Please see the “Health Promotion” page on the Student Health Service website for more information.

Peer Education programs and opportunities within Health Promotion include:

- Enough
- Healthy Herd Champions
- The Body Project
- Violence Prevention Educators

Sexual Assault Prevention and Advocacy

The Sexual Assault Prevention and Advocacy program creates, coordinates and implements awareness and prevention programming and educational efforts regarding power-based personal violence, including sexual assault, relationship violence and stalking. Advocacy and support referrals are provided for students who have experienced incidents of sexual assault, sexual misconduct and/or relationship violence.

An important part of becoming a member of the NDSU campus community is taking part in the “We Take a Stand” training, an interactive program focused on preventing violence on our campus. In the training, students will learn how to recognize signs of sexual violence, dating violence and stalking, and how you can safely intervene if you see a friend or classmate in a potentially unhealthy situation. All incoming NDSU students (freshmen and transfer) are required to attend one session. Please see the “Sexual Assault Prevention and Advocacy” page on the Student Health Service website for registration information.

Substance Use Education

Our substance use education program strives to educate students and the campus community about the risks associated with alcohol use, communicate harm reduction techniques, and provide on-campus programs and activities. First-year students are required to complete Alcohol eCHECKUP TO GO, a brief interactive online activity that provides personalized feedback regarding the use of alcohol. Please see “Substance Use Education” page on the Student Health Service website (located under the Health Promotion page) to complete this requirement.

NDSU complies with all state and federal laws prohibiting the use of illicit drugs on campus, including marijuana.
Insurance and Billing

Student Health Service will submit insurance claims for clinical and pharmaceutical services. Prior to receiving care, students are responsible to contact their insurance company to verify coverage, network status and referral requirements.

Please make sure to bring the following information to all appointments.

- Current health insurance information including the front and back of the insurance card (a photo of this information is acceptable)
- The policy holder’s full name, address and date of birth

Without this information, we are unable to submit the claims to the insurance company. If the insurance information is not received within three business days from the date of service, all charges will be posted to the student’s account.

Once the claim(s) has been submitted and processed through the insurance company, all patient responsibility amounts will be posted to the student account.

Student accounts can be paid the following ways:

- Online through Campus Connections (fees apply)
- Cash or check payments at NDSU One Stop
- Health Savings Accounts or Flexible Spending Accounts accepted at Student Health Service by phone or in person.

Visit www.ndsu.edu/studenthealthservice for more detailed information.

We are here to serve you

Our Promise:

With each individual student’s unique needs, background and belief systems at the center of care, Student Health Service takes a holistic approach to providing the latest evidence-based treatment with compassion, respect and openness to each person’s story.

Hours of operation:

9-month Academic Year
8 a.m. – 5 p.m. (M-F)

Summer and Recognized Break
7:30 a.m. – 4 p.m. (M-F)

Please see the SHS website for observed holiday closings and dates for recognized breaks

IN CASE OF EMERGENCY, CALL 911. 911 Service covers the campus and provides rapid response in a health emergency. Student Health does not provide emergency services.
NORTH DAKOTA STATE UNIVERSITY
NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to: Vice Provost, Title IX/ADA Coordinator, Old Main 201, 701-231-7708, ndsu.eoaa@ndsu.edu. 2/19

Member of the American College Health Association
Accredited by Accreditation Association for Ambulatory Health Care, Inc.

ndsu.edu/studenthealthservice

Clinic 701-231-7331 • Pharmacy 701-231-7332 • Fax 701-231-6132

Located in the Wallman Wellness Center, #102
1707 Centennial Boulevard
Dept. 2842, PO Box 6050, Fargo, ND 58108-6050