Eastern Washington University and

Your Health
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Your Health
3 Pronged Approach to Comprehensive Wellness
Counseling & Psychological Services (CAPS)

- Group & Individual Therapy
- Referral services to assist students in finding community services
- Therapy Assisted Online (TAO) self help
- Consultation Services
- "SAD Lights" available for check out
- Weekly Workshops
- Self-Help Library

Cheney Campus walk in hours:
Monday-Friday 1-4pm
Spokane Campus: As available
Education, Prevention & Outreach

- Alcohol, Tobacco and Marijuana
- Mental Health Promotion
- Sexual Assault Prevention
- Sexual Health Education
- Nutrition, Physical Activity & Sleep Promotion
Parent Webpage
Go to www.sites.ewu.edu/bewell

Wellbeing Coaching
One-on-One sessions with a certified wellbeing coach to help with healthy life choices, available for all EWU students.
Access at ANY Multicare Rockwood urgent care or family medicine location

Contractual agreement- NOT an insurance plan

Covered Services
- Covers most routine medical needs of college students.
- The following specialties are also covered:
  - Behavioral Health
  - Dietitian/nutrition counselors
  - Physical therapy-limited visits

Visits
- Unlimited number of visits to urgent care or family medicine.
- Appointments vs Walk-in Urgent Care

Pharmacy Use
- Prescriptions and visits via iWise secured.

Cost
- Services are covered for the comprehensive student health and wellness.
- Appointments vs Walk-in Urgent Care
- Additional visits for specialty care.
- Non-covered services require a financial hardship review in case of limited financial assistance.

Multicare MyChart (mobile app)
- Make appointments
- Contact your provider
- Get test results

www.ewu.edu/bewell
Covered Services

Covers most routine medical needs of college students.

The following specialties are also covered:

- Behavioral Health
- Dietician/nutrition consults
- Physical therapy-limited visits

**NOTE:** All other specialist/specialty care, emergency room visits, indigo urgent care, surgery, & other hospital services are **not covered** under this. **Additional major medical insurance is strongly encouraged.**
Visits

UNLIMITED number of visits to urgent care or family medicine

Appointments vs Walk-In/Urgent Care

Pharmacy Use
Prescription medication is NOT covered.
Cost

Services are included in the comprehensive Health & Wellness fee

No co-pays for student health visits to Multicare Rockwood urgent care or family medicine clinics

- Small co-pay for Physical Therapy
- Small co-pay for covered titers

Non-covered services are the financial responsibility of the student and may be billed to private insurance
Multicare MyChart

- Make appointments
- Contact your provider
- Get test results
HIPAA

Prohibits Multicare Rockwood from sharing any information with parents, relatives or friends, unless the student signs a release.

www.multicare.org/ewu

Covered services
Eligibility
Phone number & locations
Optional Health Insurance

*available Fall 2019

- Students enrolled in **TEN** or more credits
- 80/20 plan when used in network
- Tiered prescription coverage
- Preventative services covered at 100%
- No Vision
- No Dental

Find more information & application at www.ewu.edu/bewell
NEW Immunization Requirements

Board of Trustees passed a requirement for Fall 2019

- MMR verification required for all students
- Various types of records accepted
- Upload to Med+Protor
Recommended Immunizations

Living in a Residence Hall?
- Tdap
- Meningococcal
- Influenza
- HPV

Up-to-date?
- Varicella
- Hepatitis A/B
Eagle Upstanders! Online Training

What to Expect

- Healthy Relationships
- Interpersonal Violence Prevention
- Alcohol & Marijuana
- Mental Health & Resiliency
- Bystander Intervention

Eagle Upstanders! Online Training Module
What to Expect

- Healthy Relationships
- Interpersonal Violence Prevention
- Alcohol & Marijuana
- Mental Health & Resiliency
- Bystander Intervention
Health, Wellness & Prevention Services
201 University Recreation Center
509.359.4279
stuhealth@ewu.edu
www.ewu.edu/bewell

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