International Orientation

Health Care, Insurance, Mental Health, and Substance Use
Understanding Health Care in the U.S.

International Student Insurance

“Overview of the U.S. Healthcare System for International Students”

https://vimeo.com/7268541
Seeking Medical Treatment

- **Minor illness or injury**
  - Colds, cough, sore throat or flu
  - Fever
  - Minor cuts
  - Sprain
  - Skin rashes

- **Major emergency**
  - Major injury (e.g., head injury)
  - Severe shortness of breath
  - Loss of consciousness
  - Bleeding that doesn’t stop after 10 min of direct pressure

- **Life threatening**

- 911
Student Health Center

Address:
750 Peter Bryce Boulevard
Tuscaloosa, AL 35401

Reception: 205-348-6262
Pharmacy: 205-348-6276
Email: shc@ua.edu
https://shc.sa.ua.edu/
Student Health Center

• No appointment necessary for medical or injury problems
• Appointment is required for Women’s Health, Psychiatry, and Dietician Visits
• Fall/Spring hours:
  • Monday – Thursday 8 am - 5 pm
  • Friday 9 am - 5 pm
  • Saturday/Sunday Closed
• Closed on University Holidays and Home Game Days
• Always bring your Action Card and Insurance Information
Immunizations

• Immunization Form: [https://shc.sa.ua.edu/forms/immunization-form/](https://shc.sa.ua.edu/forms/immunization-form/)

• The following immunizations are required for all incoming students:
  • Meningitis Vaccine – One dose at age 16 or greater
  • 2 Measles Containing Vaccines – One must be a MMR vaccination after 1980
  • TB Screening – Within one year

• Immunizations (MMR and Meningitis Vaccinations) are available Monday – Thursday from 8 am until 3 pm Friday from 9 am until 3 pm

• TB skin test available Monday-Wednesday 8 am until 3 pm, Friday 9 am until 3 pm

• No appointment necessary, bring your ACT card and Health Insurance Information

• If you have any questions, you can email immunizations@ua.edu or call 205-348-6262 or 205-348-4637. Be sure to include your CWID when you email or call.
UA Student Health Insurance

- Download instructions on setting up online account
- Visit uhcsr.com/myaccount and click Create Account
- Enter your First and Last Name, Date of Birth, and either your Email, Student ID or SR ID
- Create your Username and Password
- Verify your identity using either your email or cell phone number
- More information online at www.uhcsr.com/ua.
UA Student Health Insurance

• Covers services at the SHC, though a co-pay may be charged at time of service
• Covers hospital services if referred by SHC
• Covers most emergency hospital visits
• Covers University of Alabama Required Immunizations and TB skin testing
• Questions? Need forms? – Contact Student Health Insurance Office at 205-348-4086 or shc@ua.edu or visit www.uhcsr.com/ua.
Treating Mental Health is Healthcare

International Student Insurance “Mental Health Awareness for International Students”
https://youtu.be/GfCWUX9gnDc
How to Get Help at UA

UA Counseling Center
https://counseling.sa.ua.edu/

1101 Jackson Avenue, Tuscaloosa, AL
South Lawn Office Building, Suite 3000

Daytime Number: 205-348-3863
After Hours Number: 205-348-5454

Or Text BAMA to 741-741 to text with a trained volunteer
Alcohol, Tobacco, and Drugs

Understand the Law and Make Healthy Choices

- Alcohol and smoking are legal if you are 21 years of age or older.
- International students can never possess or consume Marijuana, even in states where it is legal, as it is a violation of federal law.
- Arrests for drinking alcohol and driving (DUI/DWI) lead to automatic visa revocation.
- Alcohol arrests will lead to Student Non-Academic Misconduct Charges at UA.
- Smoking and tobacco use are banned at UA.
- Smoking is not allowed in most bars and restaurants.
How to Get Help at UA

Collegiate Recovery and Intervention Services
https://cris.sa.ua.edu/

1101 Jackson Avenue, Tuscaloosa, AL

South Lawn Office Building, Suite 1000

Daytime Number: 205-348-2727
Hours of Operation:    Mon-Fri: 8 am - 4:45 pm
Walk-in/Virtual Advising:  Mon-Thur: 11 am - 3 pm
Location:     105 BB Comer Hall
Website:      http://international.ua.edu/isss/
Email:        international@ua.edu
Phone:        205 348-5402