



Capstone International Center
International Student & Scholar Services



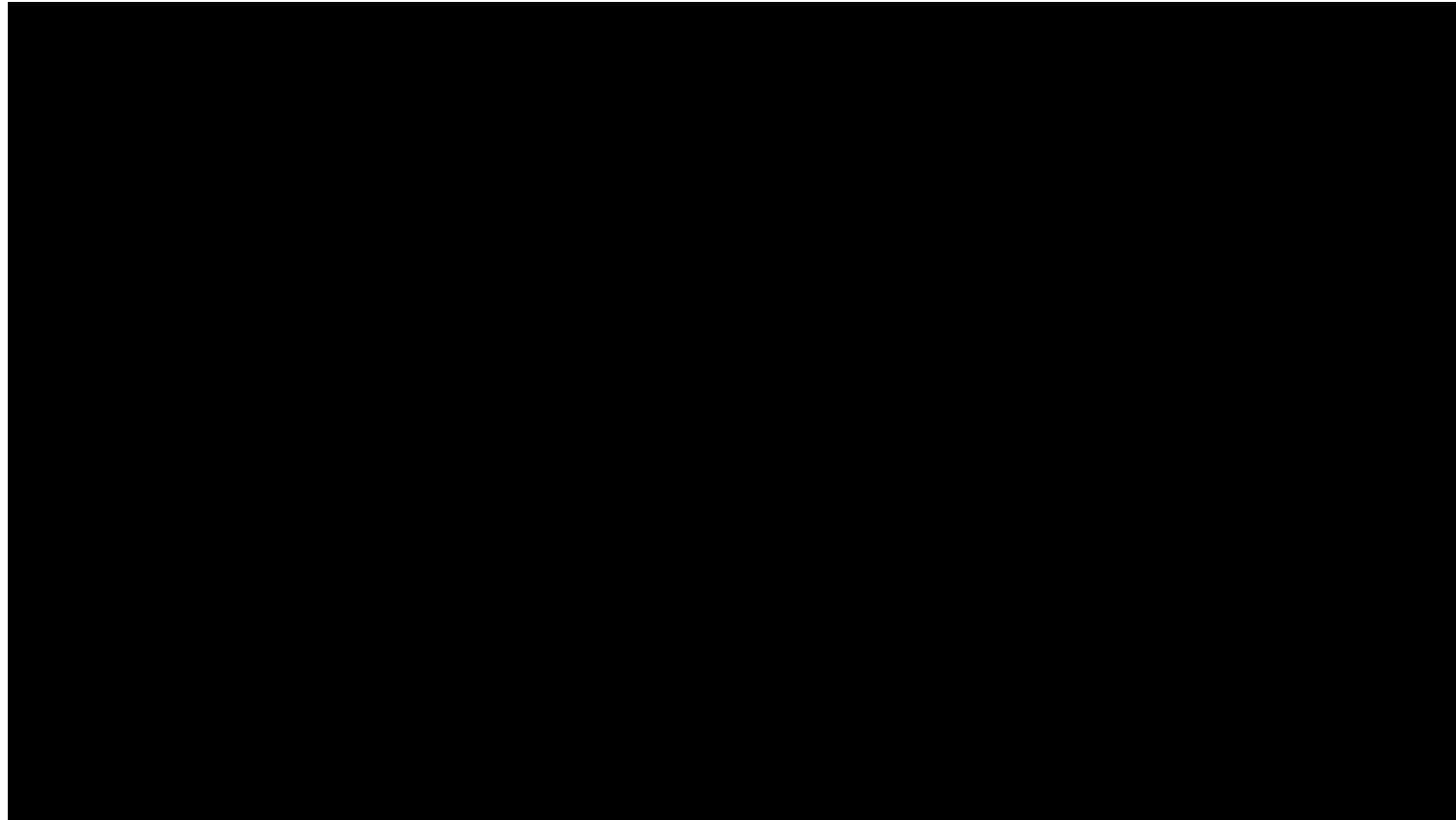
International Orientation

Health Care,
Insurance, Mental Health, and
Substance Use



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Understanding Health Care in the U.S.



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

<https://vimeo.com/72268541>

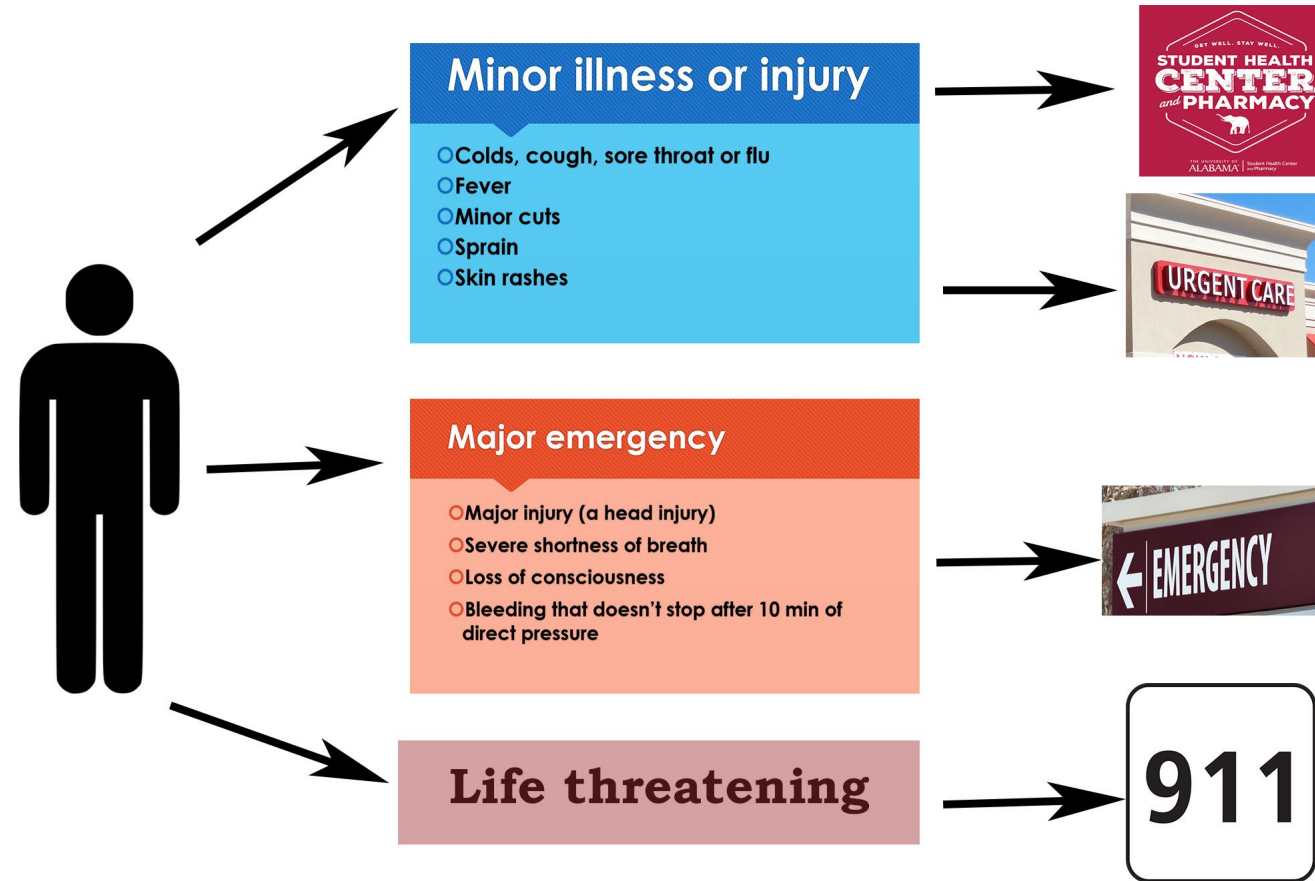


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Seeking Medical Treatment

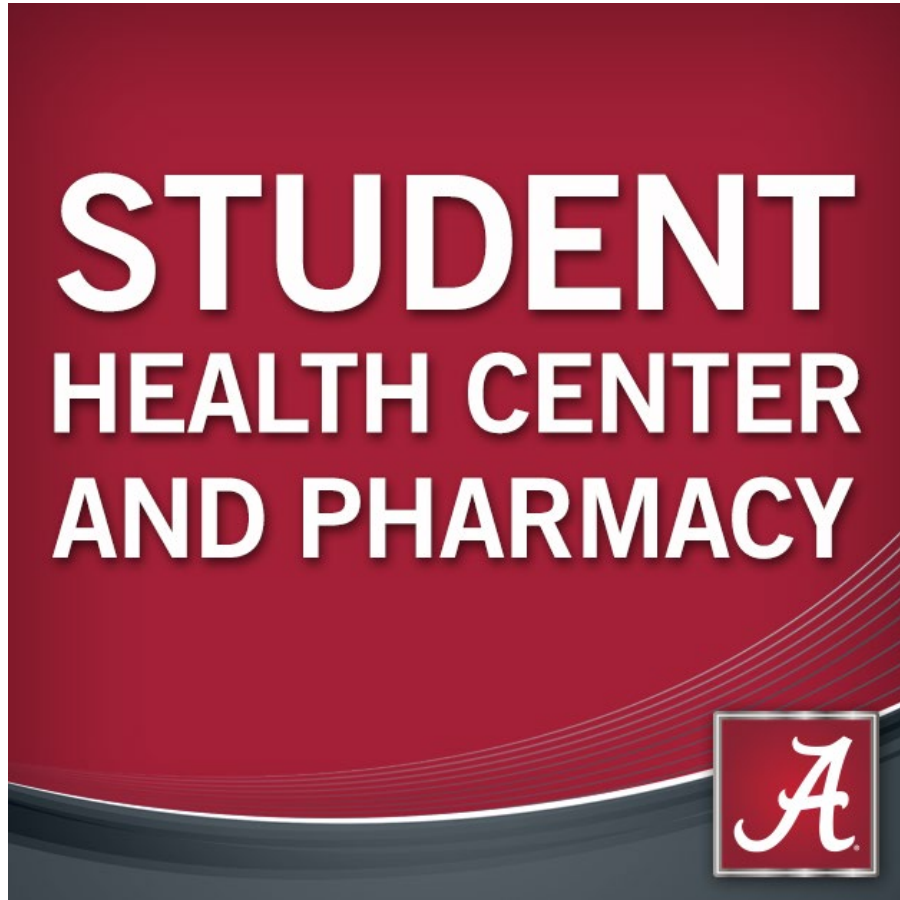


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Student Health Center



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/>



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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



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Immunizations

- 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.

The advertisement is split into two horizontal sections. The top section features a photograph of a smiling woman with curly hair wearing a scarf, looking at a tablet. To her left is the UA logo (three vertical bars) and the text "Create your My Account Today!". The bottom section has a dark blue background. On the left is the UA logo. In the center, it says "Cost Estimator Tool". On the right, there are three yellow pill icons and a white pill icon with a blue vertical line through its center.



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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.



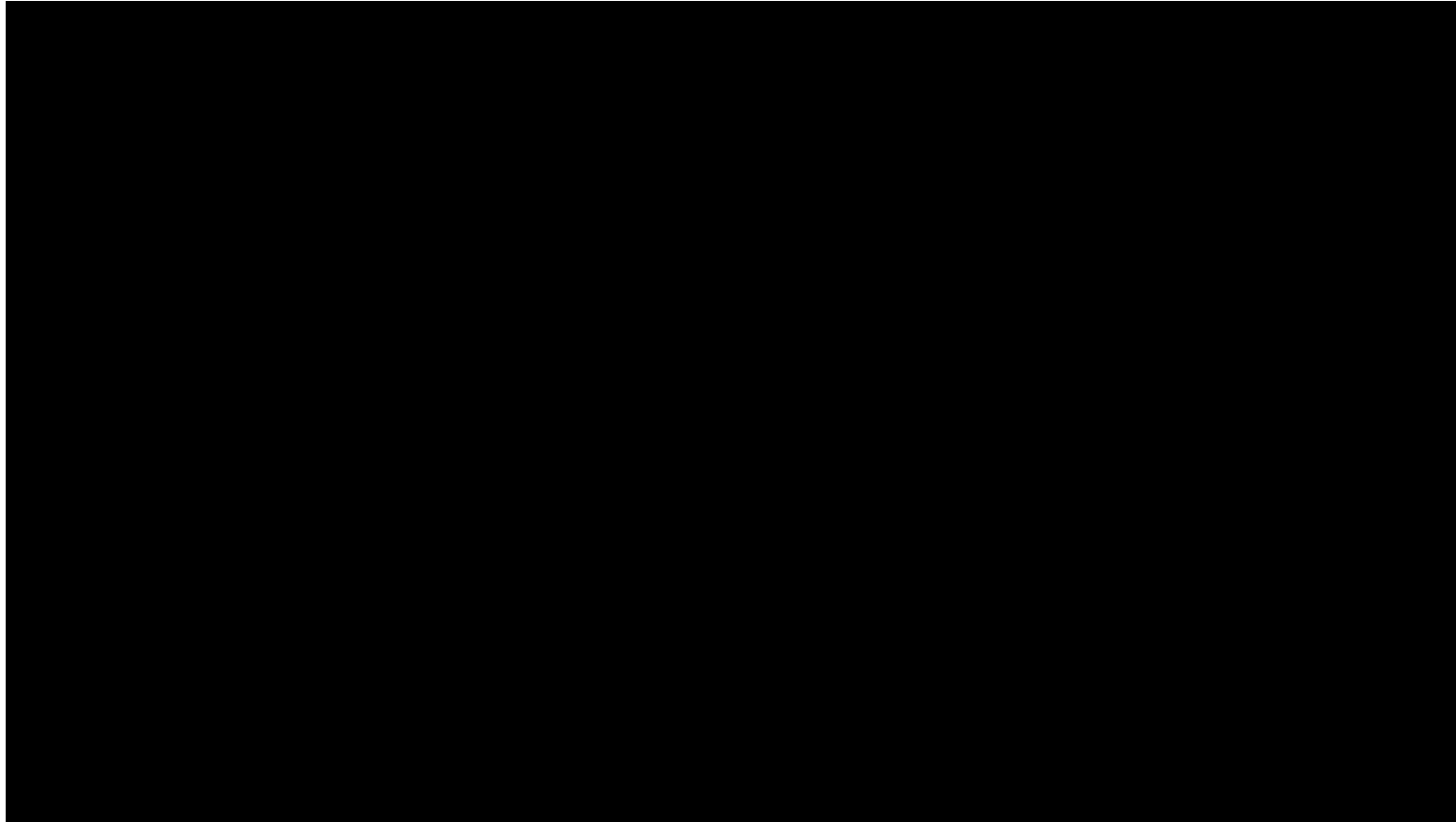
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Treating Mental Health is Healthcare



International Student Insurance “Mental Health Awareness for International Students”

<https://youtu.be/GfCWUX9gnDc>



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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



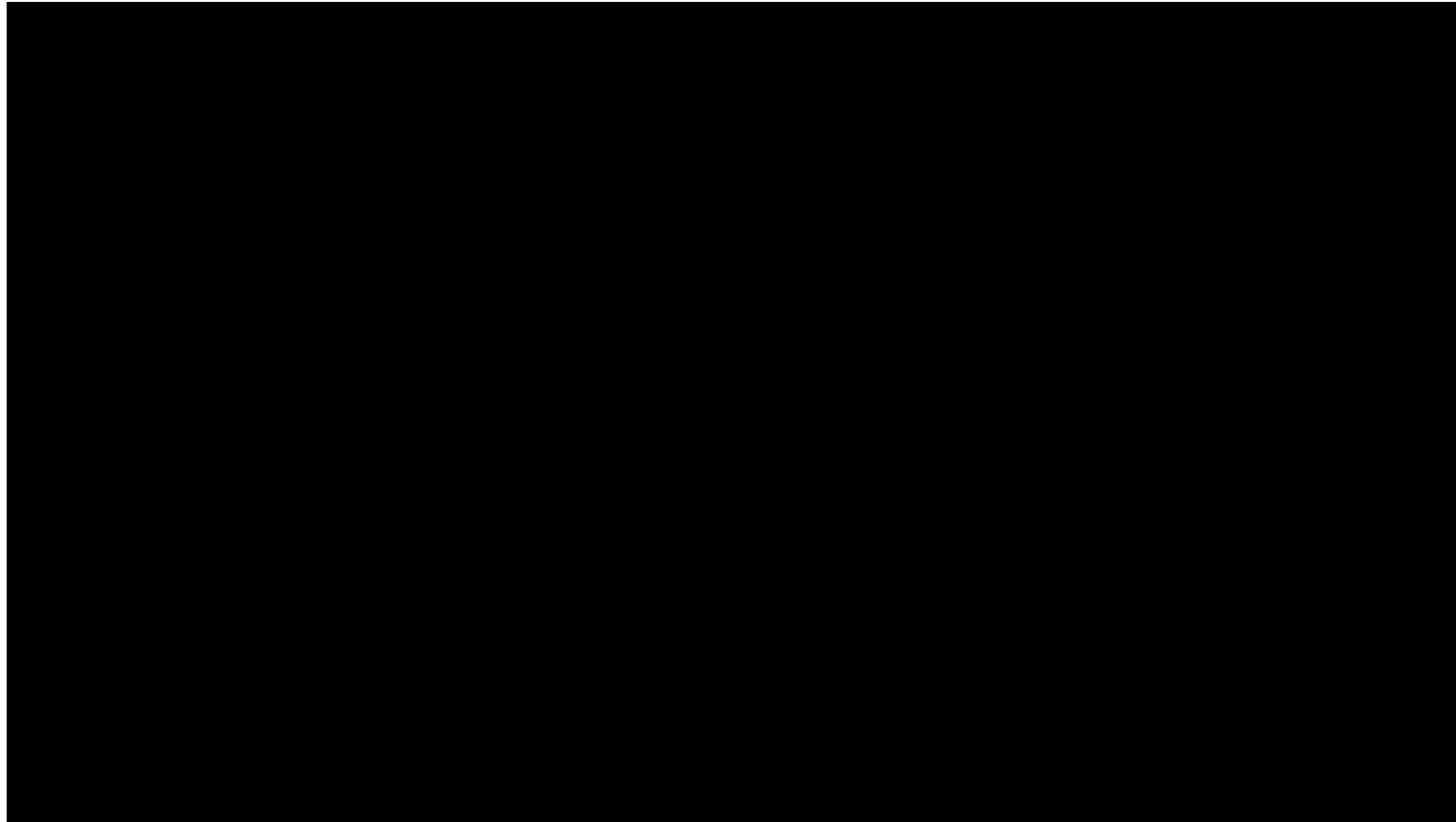
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Alcohol, Tobacco, and Drugs



International Student Insurance “Drug & Alcohol Awareness” <https://vimeo.com/714489960>



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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



**SMOKE
FREE
CAMPUS**



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Capstone International Center
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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



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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/iss/>

Email: international@ua.edu

Phone: 205 348-5402





THE UNIVERSITY OF ALABAMA®

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