FREE SERVICES

Medical
Blood Pressure Screening
Pharmacist Consultation

Mental Health
(301) 314-8106
Depression & Suicide
Prevention Education
Group Psychotherapy*
High-Risk Drinking Counseling

Complementary & Alternative Medicine
Meditation
(301) 314-9629

Facility Staff Assistance Program*
(301) 314-8170 or (301) 314-8099

* Appointment or advance notice required. Call the number listed or visit www.health.umd.edu for more information.

EMERGENCIES

Call 911
(on- or off-campus)

In the event of a life threatening illness, injury or mental health emergency, call 9-1-1. There are two hospitals within 20 minutes of the University of Maryland. For directions, visit www.health.umd.edu.

C.A.R.E. to Stop Violence

Campus Advocates Respond and Educate to Stop Violence is a free and confidential program for members of the University of Maryland community impacted directly or indirectly by rape, sexual assault, relationship violence, & stalking. Full disclosure is not required. Contact may remain anonymous.

Office Hours:
Monday - Friday, 9 a.m. to 5 p.m.
University Health Center, Room 2118
(301) 314-2222

24-Hour Crisis Phone Service
(301) 741-3442

Health Promotion

The Health promotion Unit aims to increase health awareness, enhance wellness, and facilitate the adoption of positive health behaviors in the UMD community. Some of the health and wellness education areas are listed below:

Alcohol & Other Drug Education
Sexual Health Education
Smoking/Tobacco Cessation
Nutrition & Diet Analysis
Stress management
Individual Wellness Promotion
Consultation
Peer Health Education Programs

Call (301) 314-8128 or visit our website for more information:
http://www.health.umd.edu/healthpromotion

Confidentiality

All University Health Center services and communications between clients and providers are strictly confidential. Information is released only with the patient’s permission, upon a court ordered subpoena, or in a life-threatening situation. The University Health Center is compliant with the Federal Health Information Portability and Accountability Act. More information about patient rights and responsibilities is available on-line at www.health.umd.edu.

Contact Us

University Health Center
University of Maryland
Bldg. 140, Campus Drive
College Park, MD 20742

Email: health@umd.edu
Telephone: (301) 314-8180
Website: www.health.umd.edu

Like Us On Facebook
UMDHealthCenter

follow us on twitter
@UMDHealthCenter

Schedule Appointments
and request prescription refills online at www.health.umd.edu
or call 301-314-8184

Hours
Monday-Friday
8 a.m. to 6 p.m.
Saturday
9 a.m. to 12 p.m.
Sunday
Closed

After Hours NurseLine
(301) 314-9386
Available whenever the University Health Center is closed.

Hours vary during University holidays, inclement weather, and winter/summer sessions. Visit www.health.umd.edu for up-to-date information.

Medical Home

A Medical Home provides patient-centered, physician-directed, comprehensive care, built upon a continuous relationship between a patient and a specific health care team. Students are encouraged to establish the University Health Center (UHC) as their primary point of care while enrolled at the University. For more information about becoming part of the Medical Home system and receiving care from one of UHC’s health care teams, contact health@umd.edu.

UNIVERSITY HEALTH CENTER

Leading the Way to Healthier Terps
The University Health Center (UHC) offers many programs and services to help meet your health and wellness needs. Whether you are interested in primary or urgent care, exploring alternative medicine, or looking for general health information, the staff of physicians, nurse practitioners, physician assistants and other health care professionals are ready to help.

The University Health Center is proud to be nationally accredited for over 30 years by the Accreditation Association for Ambulatory Health Care, an independent organization that only places its seal of approval on medical facilities that meet the highest standards of quality.

For more information, please visit: www.health.umd.edu.

Fees and Health Insurance

There are charges for all medical services. Visit co-pays will vary depending on the type of insurance and service provided. The University Health Center (UHC) is able to bill some insurance plans for the cost of services. You should check with your insurance company and not assume that your health plan will pay for services provided at UHC, as some plans do not cover services outside their geographic area. We are considered out-of-network with some Point of Service (POS) plans. We cannot bill HMOs (e.g. Kaiser Permanente, Blue Choice), Medicare or out of state Medicaid plans and non-students with Medicaid. Charges not covered by insurance are posted to the student's Bursar Account or can be paid by cash, check, credit card or Terrapin Express at the time of service.

The University Health Center Pharmacy participates with many pharmacy insurance plans.

Mental Health and Nutrition services are not billed through insurance. The fee for each mental health session is $15.

Please call (301) 314-9144 if you have further questions about fees or using your health insurance at the UHC.

Frequently Asked Questions regarding health insurance are available at: www.health.umd.edu/insurance.

Appointments

There are two ways to schedule or cancel an appointment.

1. Phone: (301) 314-8184
   OR
2. On-line: www.myuhc.umd.edu
   (On-line for currently registered students; limited types of appointments are available on-line.)

There are fees for missed appointments. To avoid a charge, appointments must be cancelled or rescheduled at least 24 hours in advance. Monday massage and acupuncture appointments must be cancelled 72 hours in advance of the appointment.

Getting Your Visit Started

1. Bring your insurance card and photo ID.
   We see all students with or without insurance.
2. You must arrive 30 minutes prior to your appointment time.
3. Check in at Patient Registration on the first floor (across from the pharmacy).
4. Co-Payment/Visit Fee will be collected at the time of visit or billed to your Bursar Account.
5. Patients Registration will direct you to the appropriate waiting area.

Mandatory Health Insurance

All undergraduate students registered for 6 or more credits are required to have health insurance. Students must provide proof of insurance by completing an on-line waiver card each academic year. The waiver card can only be found on-line at: www.firststudent.com

Students have 2 options:
1) Select “I Wish to Waive” if you already have insurance (e.g. through family plans or employer-sponsored plans).
   OR
2) Elect to enroll in the Student Health Insurance Policy by selecting “I Wish to Enroll” on the waiver card. When choosing this option, your student account will be billed for the premium.

NOTE: Students who do not provide proof of insurance will be automatically enrolled in the Student Health Insurance Policy provided by United Health Care and the annual premium will be charged to their Bursar Account. This is a non-refundable policy.

Graduate Students are exempt from this requirement.

Additional information on student insurance and Frequently Asked Questions can be found on the University Health Center's web site: www.health.umd.edu/mhifaq.

Required Immunizations

The University of Maryland requires all new students, including graduate and transfer students, to provide proof of two immunization dates for Measles, Mumps, and Rubella (MMR).

Maryland State Law requires students living in residence halls to provide proof of vaccination against meningococcal meningitis or a signed waiver stating that they have chosen not to receive the vaccination.

Failure to submit a completed Immunization Record will result in a Registration Block for the future semester and a non-compliance fee will be assessed. The Registration Block will be removed after the Immunization Record has been submitted and processed.

The Immunization Record form is available at www.health.umd.edu.

Fee-Based Services

Medical Services 301-314-8180
Primary Care
Urgent Care
Pharmacy 301-314-8186
Allergy Clinic 301-314-8114
Immunization Clinic
Physical Therapy
Confidential HIV Testing
Laboratory
Women's Health
Nutrition Counseling
Occupational Health
X-Ray
Dental Clinic 301-314-9500
Orthopedic/Sports
Provided by the University of Maryland School of Dentistry
International Travel Clinic

Mental Health Services 301-314-8106
Crisis Intervention
Short-Term Psychotherapy
Psychiatric Evaluation & Medication Management
Substance Abuse Counseling
Complementary & Alternative Medicine 301-314-8184
Acupuncture
Massage