Student Health Care Handbook

Integrative Wellness Center
1080 N. 4th Street, North Peace Palace
Fairfield, Iowa 52557 (across from Argiro Center)
641-472-7000 Ext. 3406 or 3411, or Ext. 3406 or 3411 on campus
IntegrativeWellnessClinic@gmail.com

Hours: Monday through Friday 9:30 AM to 4:30 PM

On Campus Health Services at the Integrative Wellness Center:
The Campus Nurse offers first aid and initial screening of health concerns for current MUM students, staff and faculty by assessing and evaluating illness, and for help in making appointments with area healthcare providers. **Clinic hours are 9:30 AM to 4:30 PM, Monday through Friday.** Please drop by our office during clinic hours for advice on minor medical concerns and assistance in obtaining medical care.

- Phone 641-472-7000 Extn. 3406 or 3411 or our cell phone number 641-919-6904.
- Liza McClure, Vina Miller and Sallie Morgan are nurses on staff at IWC who will be helping you with your health needs.
- The cell phone number for the IWC from an MUM phone is 9-919-6904.
- Computer science students: If the nurse is not available, call Maryam N. at 641-233-0255 or Ext. 4822 from a campus phone.

The Integrative Wellness Center serves two purposes:

- To provide all full-time MUM students the opportunity for **two free Wellness Consultations each school year** with an Ayurvedic Vaidya or doctor. The goal of these consultations is to prevent disease and promote wellness and wellbeing. There is a $50 fee for any subsequent appointments with the vaidya or doctor.
- To provide internship and practicum opportunities for the undergraduate and graduate students pursuing degrees in Physiology and Health. Therefore **there may be students in attendance at the vaidya appointments.**

What health care is available when the on campus services are not open?
If you have a serious health concern which is not an emergency, please go to:

- **Jefferson County Health Center Walk In Clinic** at 2000 S. Main Street, Fairfield, IA. 641-472-4111. The clinic will be much less costly than the Emergency Room located at this same facility, so please be sure you ask for the clinic.
- 8 AM to 8 PM Monday through Friday
- Noon to 4 Saturday and Sunday

- **Prompt Care Walk In Clinic,** at 2709 W. Briggs, Suite 1, Fairfield, IA, which is near Walmart. 641-209-9944
  - Call for hours of operation
- **Campus Security can provide transportation** if you call them at 641-472-1115, or dial Ext. 1115 from any campus phone.

Medical facilities and providers for regular, non-emergency appointments are listed starting on page 4.

In case of an Emergency:
Emergency room care is to provide assistance only for an emergency situation.
Examples of an emergency situation would include a life threatening injury or illness, loss of consciousness or inability to breathe or move. For International Students the copayment is $150 each time you go to the
emergency room. For U.S. students the cost will depend on their insurance. You may call Security at 641-472-1115 or Extn. 1115 for a ride to the hospital. Please do not call an ambulance unless it is required because it may not be covered by your insurance and it will be an expensive cost for you to pay.

- Please make an appointment with a medical facility in town if your situation is not an emergency, or go to one of the Walk In Clinics in town. You can also come to the Integrative Wellness Center to discuss your situation with the nurse or for assistance in making a medical appointment in town.

- To call an ambulance for an emergency: (You pay for ambulance. It is covered by International student health insurance only if it is an emergency)
  - On a Campus phone: Dial 9, then 911
  - From a non-campus phone, dial 911
  - For all 911 phone calls, stay on the phone until you are sure the ambulance service knows how to get to campus and locate the building you are in. An ambulance should arrive within minutes. Then call Campus Security at Ext. 1115 (641-472-1115) to alert them of the situation.

- If an ambulance is not needed for an emergency situation, you can proceed to the Emergency Department of the Jefferson County Health Center at 2000 S. Main Street, Fairfield, IA. Security can take you if you call them at 641-472-7000 Extn. 1115, or Extn. 1115 from any campus phone.
  - Emergency Room- Open 24hrs, 7 days per week

- If you need to see a doctor again for a follow up visit after the Emergency Room visit, please make a medical appointment during normal office hours, and do not return to the Emergency Room for follow up. The phone number of the Jefferson County Health Center Medical Arts is (641) 472-4111. You can ask the Campus Nurse for assistance to find a doctor to make your appointment with. A return visit to the Emergency Room will be much more costly for you than an appointment at a doctor’s office.

**Healthcare appointments off campus:**

Students must have a working US telephone number with an activated voicemail in order to make an appointment for a doctor’s visit in town. Doctors do not email their patients and will not make an appointment if they cannot leave a voicemail message for you.

**Information for International Students:** International students purchase health insurance through MUM. U.S. Students need to provide health insurance individually. The following information about health insurance and copayments for appointments pertains to the insurance for International students.

Always bring your insurance card with you if you go for an appointment in town. One routine physical examination or check-up per year is covered. You can check this website to verify that the doctor or clinic you want to see takes your insurance. [http://www.multiplan.com/search/search-2.cfm?originator=84451](http://www.multiplan.com/search/search-2.cfm?originator=84451)

If you see a doctor for an injury, you will need to send a claim form to the insurance company after visiting the doctor. Otherwise, it is not necessary to complete an insurance claim form.

Routine physical examination or check-ups are covered only once per academic year. An example of the academic year is August 1, 2016 to July 31, 2017.
Copayments for International students health insurance are required for appointments in town:

Appointments in town will cost at least $30 copayment plus any extra lab work fees.

➢ Doctor’s visit copayment is $30.
➢ Emergency room copayment is $150.
➢ Generic drugs are subject to copayments of $20 each.
➢ Formulary brand drugs copayment is $40.
➢ Multisource brand drugs copayment is $60.
➢ Catamaran medicine program is included.

★ Insurance Claim form is required for an injury: You will need to send a claim form to the insurance company after visiting the doctor for any type of injury. You may contact Claudia Rodriguez for any questions about claims. Her email address is insure2@mum.edu and her office phone is 641-472-7000, Extn. 4623, or Extn. 4623 from any campus phone.

Services not covered by the International Students Health Insurance:

➢ Dental Care: Cavities, cleaning, gingivitis, etc. are not covered. The insurance will cover emergency dental repair of natural teeth damaged as a result of an accident. You can opt to purchase a membership for a discount card for dental care. For details please see: https://consolidatedhealthplan.com/products/dentalcard

➢ Routine Eye Care: There is no routine eye care covered such as doctor visits for eyeglasses, prescription/vision testing is not covered. It will cover illness to the eyes only. There are discounts available for vision care that is part of your plan. For details see Davis Vision Discount Program at: https://consolidatedhealthplan.com/products/davisvision

➢ For questions about your health insurance: Please contact Claudia Rodriguez at CRodriguez@mum.edu or insure2@mum.edu. Her phone number is 641-472-7000 Ext. 4623. Her office is in the lower level of the Dreier Building in the Enrollment Center.

➢ Insurance for your spouses and/or dependents: Contact Claudia Rodriguez (see above)

➢ Out of area coverage for International Students:

If you are out of town and need to see a doctor, or if your spouse is covered on the insurance and is out of town, you can check the following link for a doctor who is in your insurance network.
http://www.multiplan.com/search/search-2.cfm?originator=84451

If you see a doctor who is in your insurance network, you would pay the regular $30 copayment, the
same as you would pay in Fairfield. If you go to an Emergency room, it would cost $150 if the hospital is in the insurance network.

If the doctor you see is not in the network, you would pay the copayment of $30 and there would be an additional cost of 20% of the total cost to pay as well.

**Medical Facilities in Fairfield (This information pertains to all students)**

**Walk in clinics** in our community:

- **Prompt Care**
  - Address: 2709 W Briggs, Fairfield, IA 52556, which is behind Walmart
  - Phone: 641-209-9944
  - Call for hours

- **Jefferson County Health Center Walk In Clinic (This is different from the Emergency Room at the same location)**
  - Address: 2000 S. Main, Fairfield, IA 52556
  - Phone: 641-472-4111
  - Hours: Monday- Friday 8AM- 8 PM, Saturday 1 – 5 PM and Sunday 10 AM- 4 PM.

**Medical Clinics**

- **Medical Arts Clinic**
  - Address: Located at Jefferson County Health Center, 2000 S. Main Street, Fairfield, IA 52556
  - Phone: 641-472-4141
  - Here you can make an appointment with doctors of many specialties. It is not a walk-in facility.

- **River Hills Community Health Center for medical and/or dental needs**
  - Address: 100 W. Main Street, Richland, IA
  - Cost is based on income
  - Phone: 319 456 2045

- **Hospital and Emergency Room:**
  - **Jefferson County Health Center**
    - Open 24 hours per day
  - Address: Located at Jefferson County Health Center, 2000 S. Main Street, Fairfield, IA 52556
  - Phone: 641-472-4111

**Pharmacies in Fairfield:**

- **Wal-Mart**
  - Location: 2701 W Burlington Ave, Fairfield, IA 52556
  - Phone: (641) 472-6199
  - Hours: Monday- Friday 8 AM- 9 PM, Saturday 9 AM- 7 PM and Sunday 10 AM- 6 PM.
• **Hy-Vee**
  - Location: 1300 W Burlington Ave, Fairfield, IA 52556
  - Phone: (641) 472-3542
  - Hours: Monday – Friday 8 AM- 8 PM, Saturday 8 AM- 5 PM and Sunday 10 AM- 4 PM.

• **Nucara**
  - Location: 2000 D South Main Street, Fairfield, IA 52556, in the Medical Arts Building for JCHC
  - Phone: (641) 469-3001
  - Hours: Monday- Friday 9 AM- 5:30 PM, Saturday 9 AM- 12:30 PM, Closed on Sundays.

**Transportation:**

*For a medical appointment in Fairfield you can call Security at 472-1115 or Ext. 1115 from any campus phone.*

**Out of town:**
$75 round trip to Iowa City, $15/hr for waiting at appointments. Please call to inquire about costs for other destinations.

Eusebio Beltran, 641-919-1314, egb108@gmail.com

Mike Gautherat, 641-919-8977, mgauth@lisco.com

Rich Schindler, 641-919-1817, richandjune@yahoo.com

Ken Dubin, 312-399-8081, ken@kendubin.com

**Medical Specialties:**

- **Acupuncturist:** Natan Bar-Shimon, MTCM, 641-233-0031

- **Ayurveda and Women’s Health:** Nancy Lonsdorf, MD, 1100 N 4th St, Suite 211, Fairfield 641-469-3174, drlonsdorf.com

- **Ayurvedic Supplements:** Health and Wholeness Store, 52 S Main St, Fairfield 641-472-6274 or MAPI.com

**Chiropractic Services in town:**
- Crossland, DC, 641-472-4454
- Estrin, DC, 641-472-0233
- Johnson Chiropractic, 641-472-7333
- Hunt Chiropractic, 641-4724323
- Mc Coneghey, DC, 641-472-4925
- Lindberg Chiropractic Clinic, 641-209-8006
- Meador Chiropractic, 1100 W. Burlington Ave, Suite 3, Fairfield, IA 641-209-1990

**Dentists:**
- River Hills Community Health Center-100 W. Main Street, Richland, IA  319 456 2045
  - Cost is based on income
- Tower DDS, 641-472-8188
- Roth Dental Care, 641-472-3044 or Roth DDS, 641-472-8460
- Perkins DDS, 641-472-7348
- Holt Family Dental, 641-472-3147
- Fairfield Dental Clinic, 641-472-3158
- University of Iowa Dental College, 319-355-7499

**Family Planning:**
- Southern Iowa Family Planning, 800-452-3365.

**Family Practice:**
- Cynthia Barinsky, ARNP (Nurse Practitioner), Get Well Clinic, Ottumwa, IA, 641-682-0098
  - $60/per visit
- Dr. Nancy Lonsdorf, MD, Ayurveda-based Medicine, Board Certified in Integrative Medicine, Fairfield, IA, 641-469-3174
- Dr. Veronica Butler, MD, Ottumwa, IA, 641-683-3101
- Medical Arts Clinic at Jefferson County Health Center 641-472-4111, 2000 S. Main Street, Fairfield, IA 52556

**Mental & Emotional Health Services:**

**On Campus student support:**
- Leslie Doyle, 641-919-7699 LDoyle@mum.edu
- Sascha Kyssa, 641-919-2968 SKyssa@mum.edu

**In Town:**
- Optimae Life Services, Fairfield, IA, 641-472-0814
- First Resources Corporation Therapy, Fairfield, IA, 641-472-4106
- Sattva Integrative Therapy, Victoria Knight, Fairfield, IA, 800-273-8255 or 320-295-1263
  - Deborah Pogel, LISW, Fairfield 641-455-8400 Takes Medicare, Medicaid, BC/BS and sliding scale
  - Becky Schmitz, MSW, Fairfield 641-929-5575
  - River Hills Community Health Center, 201 S. Market St, Ottumwa, IA 52501 641-683-5773--cost is based on income

**Psychiatrists in town:**
- Russell England, M.D, Chautauqua Clinic, 2709 W. Briggs Ave. Suite 4, Fairfield, IA 52556 641-472-7216 Hours: Mon thru Thurs, 9 AM to 4:30 PM Average cost per session $150 to $200, takes BC/BS insurance, call for more information.
- DeBora Murphy, M.D, River Hills Community Health Center, 201 S. Market St, Ottumwa, IA 52501 641-683-5773. Cost is based on income

**Optometrists:**
- **Wolfe Eye Clinic**, Fairfield, IA, 641-472-6151 They participate in the International students insurance and you receive a small discount on exams and glasses. See: [https://consolidatedhealthplan.com/products/davisvision](https://consolidatedhealthplan.com/products/davisvision)
- **Eyeowa Optical**, Fairfield, IA, 641-472-6694 They take Wellmark BC/BS, some United Health Care plans, Medicaid, Medicare. Tricare (military insurance). Please check with them about what they accept.

**Pregnancy Care:**

The Health Insurance plan for international students is accepted only at Ottumwa Regional Health Center/Women’s Health Care for pregnancy care. If you have a different type of insurance, please check with the provider you want to see
to be sure they accept your insurance.

- **Ottumwa Regional Health Center, 1001 E. Pennsylvania Ave, Ottumwa, IA 52501  641-684-2300**
  - Obstetrics and Gynecology (OB/GYN)
  - Prenatal and breastfeeding classes offered

- **Henry County Health Center, 407 S. White St., Mt. Pleasant, IA 52641  319-385-3141**
  - Obstetrics and Gynecology (OB/GYN)
  - Midwifery Services

- **Midwifery:**
  - Conscious Birthing, Diana Fern, homebirth midwife, 641-919-4903

- **Birth Doulas** in town: A birth doula is a woman who is trained to assist another woman during childbirth and who may provide support to the family after the baby is born.
  - Patia Henderson 641-919-0854
    - also offers prenatal and postpartum massage.

- **Postpartum Care:**
  - Joanne Pool, 641-919-6381
    - offers massage to mother and baby, $45/session.
  - Pam Levi, 641-472-4466
    - offers mother/baby herbs and massages.
  - Breastfeeding support
    - La leche league, Megan Robinson, 641-455-1631
    - Dawn Hunter, massage and craniosacral for babies, info@holistichealingfairfield.com. Dawn is a Tummytime tutor. Fairfield Wellness Centre, 104 S. 2nd Street, Fairfield, IA 52556
    - 641-919-6071

- **University of Iowa**: Womens’ Health Center
  - Address: The University of Iowa, 200 Hawkins Dr, Iowa City, IA 52242
  - Phone: (319) 356-2294

**Other Important Information:**

- **Crisis Center and Women’s Shelter**
  - 800-464-8340 or 641-683-3122, Ottumwa, IA

- **Poison Hotline, 800-222-1212**

- **Suicide Hotline**
  - 24 hours, 7 days a week: 1-800-332-4224
  - National Crisis Hotline: 1-800-273-8255 (TALK)

- **Sexual violence - Confidential Resources on Campus**
  - Call 911 and Campus Security at 472-1115 or Ext. 1115
  - Call Caterina Roesler
    - Sexual Assault Response and Prevention Coordinator, 641-472-7000 Ext. 2241
    - CRoesler@mum.edu
  - Leslie Doyle, 641-919-7699  LDoyle@mum.edu
  - Sascha Kyssa, 641-919-2968  SKyssa@mum.edu
  - Integrative Wellness Center Staff  641-472-7000 Ext. 3406 or 3411 or Nurse@mum.edu
- **Sexual Harassment (other than sexual violence) - Confidential Resources on Campus**
  - Manyu Hesse, Associate Dean of Students 472-1190 or Ext. 1190; or 641-233-8636
    - MHesse@mum.edu
  - Leslie Doyle, 641-919-7699
    - LDoyle@mum.edu
  - Sascha Kyssa, 641-919-2968
    - SKyssa@mum.edu
  - Any member of the Dept. of Student Life 641-472-1225
    - Studentlife@mum.edu
  - Integrative Wellness Center Staff 641-472-7000 Ext. 3406 or 3411 or Nurse@mum.edu

- **Sexual Assault Resources**
  - Sexual Assault Hotline: 1-888-557-0310
  - Domestic Violence Hotline: 1-815-777-3680

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### Other Health Related Links:
(Use Ctrl + click or follow the link)

- **Healthiest State Initiative** - The Healthiest State Initiative is a program intended to inspire communities throughout the state of Iowa to improve their health and happiness. [http://www.iowahealthieststate.com](http://www.iowahealthieststate.com)
- **The Mayo Clinic** - Sponsored by the famed Mayo Clinic this site offers a search tool, diseases and information by topic, newsletters and Timely Topics as well as offering you the ability to set up a personal page to match your health and wellness issues. [http://www.mayoclinic.org](http://www.mayoclinic.org)
- **WebMD Health** - Put together by doctors and award winning journalists, this site offers a search tool, newsletters and a directory of health issues. [http://www.webmd.com](http://www.webmd.com)
- **MEDLINE** - National Library of Medicine. Health professionals and consumers alike can depend on it for information that is authoritative and up to date. MEDLINE plus has extensive information from the National Institutes of Health and other trusted sources on over 600 diseases and conditions. [http://medlineplus.gov](http://medlineplus.gov)
- **Centers for Disease Control (CDC)** - The CDC works to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same. [http://www.cdc.gov](http://www.cdc.gov)

### Web Sites for specific issues:

#### Drugs, Alcohol and Related Issues
- **In The Know Zone** - Clickable categories cover many different subject areas, including, substance abuse education. This an interactive web site produced by Syndistar Inc., a leader in the publication of supplemental educational print, video and software [http://www.intheknowzone.com](http://www.intheknowzone.com)
- **Drug Rehab Locator** - Helping you find a drug rehab location that's best for you. [http://www.drugrehablocator.com](http://www.drugrehablocator.com)
- **Addiction Center** - Addiction Center was founded by recovering addicts and health information writers. Their goal is to provide the most up-to-date information on addiction as well as reviews of top treatment centers across the country. For immediate treatment help call 1-877-680-9296. [http://www.addictioncenter.com](http://www.addictioncenter.com)
- **College Drug Abuse** - The resources provides information on binge drinking, study aid stimulants (Adderall, etc.), and drug use among college students. [https://www.addictioncenter.com/college](https://www.addictioncenter.com/college)

#### Mental Health Issues
- **National Alliance on Mental Illness (NAMI)** - The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. [https://www.nami.org/Learn-More/Know-the-Warning-Signs](https://www.nami.org/Learn-More/Know-the-Warning-Signs)
Foundation 2 - Foundation 2 is a not-for-profit human service agency that offers crisis prevention and intervention programs to people of all ages. They are committed to positive youth development, suicide prevention, and helping build the foundation for stronger and healthier families and safer communities for everyone. Available 24/7: Call 1-800-332-4224.  http://www.foundation2.org

American Association of Suicidology - Know the warning signs of suicide!  http://www.suicidology.org/resources/warning-signs

Riverview Center - Riverview Center is a nonprofit agency committed to providing compassionate, client-centered care for individuals affected by sexual assault in Iowa, and for individuals affected by sexual and domestic violence in Illinois.  http://www.riverviewcenter.org/#!home/mainPage

College depression: What parents need to know - College depression is a common problem. Understand why the transition to college makes young adults vulnerable to depression - and what you can do about it.  http://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health

The Top Mental Health Challenges Facing Students - The National Alliance on Mental Illness, estimates that nearly 33% of college students have experienced debilitating depression over the last year. This absolutely impacts student outcomes. In fact, 64% of students who drop out of school do so because of their mental health. This prompted our college planning experts at BestColleges.com to develop "The Top Mental Health Challenges Facing Students."  http://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students

STIs and Sexual Health Issues

American Sexual Health Association - This site is put together by ASHA a non-governmental resource that has advocated on behalf of patients to help improve public health outcomes since 1914. You will find facts, support and resources to answer questions, find referrals, join HELP groups, and get access to in-depth information about sexually transmitted diseases.  http://www.ashastd.org/

CDC Information on Sexually Transmitted Infections (STIs)  http://www.cdc.gov/std/default.htm

Young Women's Health - This is a collaboration between the Division of Adolescent and Young Adult Medicine and the Division of Gynecology at Boston Children's Hospital. The Center is an educational entity that exists to provide teen girls and young women with carefully researched health information, health education programs, and conferences.  http://youngwomenshealth.org

The Bedside - Bedsider.org is an online birth control support network for women 18-29 operated by The National Campaign to Prevent Teen and Unplanned Pregnancy, a private non-profit organization.  http://bedsider.org and  http://www.thenationalcampaign.org

Know and Protect Your Skin!

American Academy of Dermatology - This site is put together by the AAD. It has a search tool and click able categories for specific skin disorders. Also available are articles from the Journal of the American Academy of Dermatology.  https://www.aad.org/for-the-public

Skin Cancer Foundation  http://www.skincancer.org

Eating Disorders and Body Image Information

National Eating Disorders Association (NEDA) - Confidential Helpline: 1-800-931-2237  http://www.nationaleatingdisorders.org

PROUD2BMe - Building a nation where confidence rules!  http://proud2bme.org


Student Eating Disorder Awareness Guidebook  http://www.learnpsychology.org/mental-health/eating-disorders