



# **Student Health Service Resources for Student Leaders**



# Congratulations Student Leaders

We hope the information in this presentation will help you to:

- answer some of the questions other students may ask you about Student Health services
- become more aware of our services, pertinent insurance information, hours and after hours options for health care, and the many helpful links that are available through the Inside Oxford Student Health Service webpage: [inside.oxford.emory.edu](https://inside.oxford.emory.edu) *This page requires your NetID and password*
- **Current Students> Campus Life> Student Health Service (4<sup>th</sup> from the bottom)**
- encourage other students to assemble their own first aid kits BEFORE they need them, if they have not already

If you ever have any questions, concerns or problems and think we can help, please do not hesitate to call (770-784-8376) or email us at [oxfordshs@emory.edu](mailto:oxfordshs@emory.edu)

Student Health Service is located in East Village, Murdy Hall. Front door in the breezeway

Pamela Cassara, MSN, FNP-BC  
Director, Student Health Service



## How to make an Appointment:

IT IS BEST TO CALL AS EARLY AS POSSIBLE FOR AN APPOINTMENT. THERE IS NO COST FOR THE OFFICE VISIT

### **SHS Hours of Operation:**

9:00 a.m. to 12:00 p.m. Monday through Friday

(Receptionist available at 8:30 to make appointments)

1:00 p.m. to 5:30 p.m. Monday through Friday

IF YOU HAVE A FEVER, DO NOT GO TO CLASS UNTIL EVALUATED BY STUDENT HEALTH

### **Closed:**

Thanksgiving Break, Winter Break, MLK Day,  
Spring Break, and Summer Break

### **Location:**

The Student Health Service is located in the East Village, Murdy Hall

### **Mailing Address:**

Oxford College Student Health Service  
104 Moore Street, Murdy Hall  
Oxford, GA 30054

### **Phone/Fax**

Phone: 770-784-8376

Efax: 770-784-8386

Fax: 770-784-8473



## OUR PHILOSOPHY OF CARE

The **Oxford College Student Health Service (SHS)** healthcare providers and [staff](#) understand how important it is for both students and their families to know they have access to high quality healthcare [services](#) away from home. As an Oxford College student, you will enjoy access to a full service primary care clinic with providers that will take the time to get to know you and address all your health concerns. With an emphasis on wellness, **our nationally certified nurse practitioners will guide you through any health issues you may have.** Common health concerns may include your first cold or sore throat away from home, you need a vaccine, it's time for a physical and lab work, you have a flare up of your asthma, you need refills on your depression medication, you think you need STD testing, or you just want to learn more about birth control options, just to name a few.

Whatever your needs, SHS healthcare providers will give you excellent care in a totally [confidential](#) setting.

Chances are all your health issues can be managed right here at SHS by our nurse practitioners. Rest assured, when indicated, our medical advisor, Dr. W. Norris Little, Board Certified Internal Medicine Physician, is available for consultation. We also provide referrals to specialists in the area when needed for dermatology, orthopedics, etc. We have an in-house dispensary with over 30 commonly prescribed medications, so you might not even need to leave campus to get your prescription filled.

For emergency services 9-1-1 should be dialed. Our local hospital emergency room at [Piedmont Newton Medical Center](#) is only minutes away.

While you're enrolled at Oxford, our staff will help you manage your health to optimize your Oxford College experience. Please contact our office with any questions you may have about our services.

Telephone: 770.784.8376

Fax: 770.784.8473

[pamela.cassara@emory.edu](mailto:pamela.cassara@emory.edu)



## SERVICES

The Student Health Service offers the following:

- Evaluation and treatment by a nurse practitioner for the full spectrum of primary health care concerns such as upper respiratory infections, dermatologic disorders, gastrointestinal disorders, urinary tract infections, and acute injuries.
- In house lab testing such as rapid strep and flu test, urine testing, TB tests
- Laboratory tests such as throat, wound, urine culture, complete blood count (CBC), tests for mononucleosis,
- Broad spectrum of sexual health management including contraceptive therapy
- Sports and travel physicals
- Immunizations
- Blood pressure monitoring
- Wound care
- Prescription refills for routine medications
- Referrals to specialists both locally and near main campus as needed



## SERVICE FEES

**No fees are charged for evaluation and treatment of health problems by the providers.**

Students are financially responsible for the following services where insurance may apply. Charges are posted on Bursar (OPUS) account. No payments are received in the office.

- Laboratory tests performed in the office such as rapid strep and flu testing
- Medications dispensed
- Medical supplies such as ace wraps and slings, large bandages
- Phlebotomy
- Sports and travel Physicals

**There are no fees for students with Aetna Emory Student Insurance plan except for over the counter medications and sports or travel physicals.**



## **AETNA EMORY STUDENT INFORMATION COVERAGE DETAILS AND FEES**

*only for students who purchased (did not waive out of) this insurance plan*

REFER TO LINKS FOR ALL AETNA EMORY STUDENT HEALTH INSURANCE INFORMATION  
ON THE INSIDE OXFORD SHS WEB PAGE

[2020-21 Student Plan Design and Benefits Summary:  
What this Plan Covers and What it Costs](#)

[2020-21 Aetna Student Health PPO Dental Plan Design and Benefits Summary](#)

Aetna Emory Doc Find to search for participating Providers, Specialists and Hospitals  
(must have visit at student health prior to visiting a specialist, but this is not needed to  
go to Urgent Care/ Emergency Room)

When seeking care after student health hours, use the providers highlighted in GREEN  
on the Weekend and After hours document found on the Inside Oxford Student Health  
webpage



## OTHER SERVICES

### Vending Machines

All residence life halls and the Student Health Service lobby have vending machines stocked with Benadryl, Tylenol, Ibuprofen, Neosporin, Sudafed, Hydrocortisone Cream, First aid supplies for minor cuts for only a quarter.

### Medical Excuses

Medical excuses **are not** issued by the Student Health Service staff for student absences from individual classes, examinations or required physical education classes. Students may receive a note from Student Health stating the date of their Student Health visit and any recommendations from the Nurse Practitioner if the student desires. The student is responsible for notifying professors or instructors of absences due to illness or injury.

If special circumstances exist and an extended physical illness or injury necessitates further documentation for Professors , Advisors , and/or Academic Affairs, students who have been evaluated by Student Health for the illness or injury in question can request that Student Health Service prepare documentation relating the details of their health status once a release to do so has been signed.





## **FIRST AID KIT INFORMATION**

**Avoid taking any medication you have ever had an allergic or adverse reaction to.**

### **Meds**

Pain reliever: ibuprofen (ADVIL, MOTRIN), acetaminophen (TYLENOL)

Antiseptic skin cleanser: (hydrogen peroxide or Betadine)

Antibiotic cream or ointment (Neosporin)

Antihistamine for itching, stings, seasonal allergies (Benadryl, Allegra, Zyrtec, Claritin)

Hydrocortisone cream for skin rashes, itching (Cortaid)

Antacid tablets or liquid for upset stomach  
(Tums, Mylanta, Zantac)

Decongestant (Sudafed)

Cough expectorant (plain Robitussin, plain Mucinex)

Cough expectorant with cough suppressant (Robitussin DM, Mucinex DM)

### **Supplies**

#### **Oral or digital thermometer**

Band-aids in assorted sizes

Gauze pads (4 x 4s)

Gauze - 3 inch roll

Paper tape

Scissors

Tweezers

ACE bandage for sprains (3 inch for ankle/wrist, 4 inch for knee)

Ice bag for sprains, bee/wasp stings (zip lock bags work very well)

Sunscreen

# General Information About Medications

Many health problems that occur throughout life are minor and self-limiting rather than life threatening. Most of these ailments cause annoying symptoms. Treatment is often aimed at relieving the uncomfortable symptoms and is referred to as symptomatic relief. Many nonprescription, over-the-counter (OTC) drugs or medications are available without a doctor's prescription. These drugs can be used safely by most people as long as label instructions are closely and accurately followed.

Prescription medicines are prescribed by various health care providers (e.g., physicians, nurse practitioners, dentists, etc.) for individuals who have health problems requiring specific medical evaluation and supervision.

## DO

- Take all medication as directed on the label
- If an antibiotic is prescribed, take the total number of capsules or tablets prescribed. An incomplete course of antibiotics may only suppress and not kill the organisms, or other resistant organisms may emerge.
- Take single ingredient medicines whenever possible. These drugs allow more selectivity in treating symptoms. Single ingredient medicines are drugs such as ibuprofen and acetaminophen. Multiple ingredient medicines are drugs such as Vicks Nyquil and Robitussin CF. (please avoid Nyquil as it is sedating and thickens secretions)
- Read thoroughly all product information about the medicine.
- Observe all warnings about side effects and interactions with other drugs or food.
- Become familiar with the ingredients in each medicine taken. Taking more than one medicine containing the same ingredient increases the possibility of overdose.
- Know, by name, any or all medicines taken.
- Store all medicines per instructions on labels, most require avoiding extreme temps.
- Consult a health care provider if any unusual side effect is experienced. Body chemistry varies from person to person. Therefore, the same medicine may affect people differently.

## DO NOT

- Do not take any of the medications suggested in the First-Aid Kit if allergic to them. Allergies to medicines are not outgrown.
- Do not take medicines or drugs unnecessarily. As stated previously, many medicines or drugs relieve symptoms but do not cure the problem. Therefore, if the symptoms are tolerable, avoid medicine.
- **Do not take medication prescribed for others. Medicine prescribed for another person may not be appropriate.**
- Do not take outdated medicines. They may be ineffective and even harmful.
- Do not take prescription medicine left over from a previous illness. It may not be the appropriate medicine for the present problem.



## Health Insurance Requirement & Online Waiver Process

### Every Student, Every Year!

All continuing, new, reentering or transfer, degree-seeking students and all international students must have health insurance. A link will be placed on students' OPUS accounts at [www.opus.emory.edu](http://www.opus.emory.edu), requiring them to complete the health insurance waiver process **online** during the waiver period.

Students will have unlimited access to the waiver site until it closes. They can update insurance information, cancel or submit a waiver, etc.

Students who have not completed the **online** waiver by the deadline will be charged and enrolled in the Aetna Student Health Insurance Policy. However, they will still have until the first day of classes to successfully complete the waiver process. Students whose coverage does not meet waiver criteria (high deductible plans, insufficient level of coverage, etc.) or those who have missed the waiver deadline can submit an appeal for reconsideration.

**Questions about Emory Student Health Insurance Plan/Enrollment should be directed to Kimberly Taylor, Insurance Coordinator, [ktaylo2@emory.edu](mailto:ktaylo2@emory.edu), 404.727.7560.**



## INSTRUCTIONS FOR EMERGENCIES

### Call 911

#### AND

Call Campus Police, **770-784-8377**. They will help with the emergency and also will page the on-call Residence Life Coordinator (RLC).

#### (OR)

Go directly to:

Piedmont Newton Medical Center Emergency Room  
5126 Hospital Drive and Highway 278  
Covington, Georgia  
(770) 786-7053

#### AND

Call Campus Police **770-784-8377** from the Emergency Room and inform them of the emergency. Campus Police will page the on-call Residence Life Coordinator (RLC).

#### **For medical guidance or urgent medical concerns outside regular office hours:**

Call the Medical Call Center (AccessNurse) call **404-727-7551 and press 0**

Let them know you are on the Oxford campus. They may advise you to seek care in the community (urgent care or ER). See list on next page

# Weekend/After Hours Options for Oxford/Emory Students

<b>H</b> <b>Piedmont Newton ER</b>	770-385-4365 ER 770-786-7053 Main 5156 Hospital Dr. Covington GA 30014	Always open 24/7	Full range of emergency services	YES: accepts Aetna <u><a href="#">YES: in Emory Core</a></u>	Emory Aetna Student Plan: \$150 copay Once \$150 core deductible met, plan pays 90% coinsurance/student 10%
<b>Piedmont Wellstreet Urgent Care</b> (5 min drive from Oxford)	678-660-5406 5239 Hwy 278 Covington GA 30014	Mon - Fri 8am - 9pm Sat - Sun 8am - 8pm	X-ray & Suturing	YES: accepts Aetna <u><a href="#">YES: in Emory Core</a></u>	Emory Aetna Doc Find Under Primary Care Family Practice Physicians
<b>Piedmont Medical Walk-in</b> (15-20 min drive from Oxford)	678-609-4912 1301 Sigman Rd Ste 230 Conyers GA 30012	Mon - Fri 7am - 7pm	Primary Care Services No X-ray or Suturing	YES: accepts Aetna <b>NOT in Emory Core</b>	Does not accept UHC or ACA exchange, & other plans
<b>Concentra Urgent Care</b> (15 min drive from Oxford)	770-760-0066 1680 GA Hwy 138 SE Suite E-F Conyers GA 30013	Mon - Fri 7:30am - 6pm Sat - 10am - 3pm	Full range of urgent care services X-ray & Suturing	YES: accepts Aetna <u><a href="#">YES: in Emory Core</a></u>	Emory Aetna Student Plan: Once \$150 core deductible met, plan pays 90% co-insurance/student 10%
<b>H</b> <b>Emory Hillandale Hospital ER</b> (25 min drive from Oxford)	404-501-8000 2801 Dekalb Medical Parkway Lithonia GA 30058	Always open 24/7	Full range of emergency services	YES: accepts Aetna <u><a href="#">YES: in Emory Core</a></u>	Emory Aetna Student Plan: \$150 copay Once \$150 core deductible met, plan pays 90% coinsurance/student 10%
<b>Peachtree Immediate Care</b> (15-20 min drive from Oxford)	678-800-1591 13093 Brown Bridge Rd. Covington GA 30016	Every Day 7 days per week 8:00 am - 8:00 pm	Full range of urgent care services X-ray & Suturing	YES: accepts Aetna <u><a href="#">YES: in Emory Core</a></u>	Emory Aetna Student Plan: Once \$150 core deductible met, plan pays 90% co-insurance/student 10%
<b>Minute Clinic</b> <b>Minutec clinic.com</b> (15-20 min drive from Oxford)	1-866-389-2727 4192 Salem Rd Covington GA 30016	Mon - Fri 8:30am - 7:30pm Sat 9am - 5:30pm Sun 9am - 4:30pm	No X-ray or Suturing	YES: accepts Aetna <b>NOT in Emory Core</b>	Emory Aetna Student Plan: \$35 copay Once \$400 preferred deductible met, plan pays 80% coinsurance /student 20%
<b>Reddy Urgent Care</b> (20 min drive from Oxford)	706-363-9228 500 Great Oaks Dr Ste 9 Monroe GA 30655	Mon- Sat 8am - 8pm Sun 10 am - 6pm	Full range of urgent care services X-ray & Suturing	YES: accepts Aetna <b>NOT in Emory Core</b>	Emory Aetna Student Plan: Once \$400 preferred deductible met, plan pays 80% coinsurance/student 20%

**During an emergency call 911 first, then call Campus Police at 770-784-8377 to escort Emergency Services to the location of Student in distress.**

# Weekend/After Hours Options for Oxford/Emory Students

<b>Peachtree Immediate Care</b>	404-634-4443 1834 Clairmont Rd Ste 100 Decatur GA 30033	Every Day 7 days per week 8am - 8pm	Full range of urgent care services X-ray & Suturing	YES: accepts Aetna <u>YES: in Emory Core</u>	Emory Aetna Student Plan: Once \$150 core deductible met, plan pays 90% co-insurance/student 10%
<b>Piedmont Urgent Care (aka WellStreet Urgent Care)</b> 4 miles from Atlanta campus	404-327-8744 2700 Clairmont Rd Atlanta GA 30329	Every Day 7 days per week 8am - 8pm	X-ray & Suturing	YES: accepts Aetna <b>NOT in Emory Core</b>	Emory Aetna Student Plan: Once \$400 preferred deductible met, plan pays 80% coinsurance/student 20%
<b>Emory University Student Health Service</b>	404-727-7551 1525 Clifton Rd Atlanta, GA 30322	Mon-Fri 8am - 5pm Saturday (urgent only) 10am - 1pm	Primary care services X-ray & Suturing	YES: accepts Aetna <u>YES: in Emory Core</u>	No visit charge for any student with valid Emory ID. Additional charges may apply.
<b>H Emory University Hospital ER</b>	404-712-7100 1364 Clifton Rd Atlanta GA 30322	Always Open 24/7	Full range of emergency services	YES: accepts Aetna <u>YES: in Emory Core</u>	Emory Aetna Student Plan: \$150 copay Once \$150 core deductible met, plan pays 90% coinsurance/student 10%
<b>Urgent Care 24/7 Centennial Park</b>	404-721-0444 285 Centennial Olympic Park Dr NW CU-2A Atlanta GA 30313	Every Day 7 days per week 8 am - Midnight	Full range of urgent care services X-ray & Suturing	<b>NO: accepts Aetna NOT in Emory Core</b>	Emory Aetna Student Plan: <b>OUT OF NETWORK - SELF PAY</b> \$99 office visit/\$20 after-hours fee after 8 PM Additional costs for testing, medication, etc. 10% discount for students with student ID

**During an emergency call 911 first, then call Campus Police at 770-784-8377 to escort Emergency Services to the location of Student in distress.**

# HEALTH LINKS

## DRUGS & MEDICATIONS

[Medical Dictionary](#)  
[Nim.nih.gov/medlineplus/](http://Nim.nih.gov/medlineplus/)  
[MedicineNet](#)

## GENERAL HEALTH

[Yahoo/Health](#)  
<http://goaskalice.columbia.edu/>  
[Web MD](#)  
[Healthfinder](#)  
Mayo Clinic <http://www.mayoclinic.org>

## HEALTH RISK ASSESSMENTS

[American Diabetes Association Diabetes Risk Test](#)  
[R U Well](#) - Health Education & Wellness

## MENINGITIS

<http://www.cdc.gov/meningitis/index.html>

## NUTRITION

[American Dietetic Association](#)  
[Food and Nutrition Information Center](#)  
[Index of Food and Nutrition Internet Resources](#)  
[FDA](#) U.S. Food and Drug Administration  
<http://www.ideafit.com/fitness-library/help-fight-freshman-weight-gain>

## DISEASES AND CONDITIONS

[www.cdc.gov/DiseasesConditions](http://www.cdc.gov/DiseasesConditions) CDC  
<http://www.who.int> World Health Organization

## SEXUAL HEALTH

[Ann Rose's Ultimate Birth Control Links Page](#)  
[The National Women's Health Information Center](#)  
[ashasexhealth.org](http://ashasexhealth.org)  
[Acha.org/topics/sexualhlth.cfm](http://Acha.org/topics/sexualhlth.cfm)

## TOBACCO

[quitnet.meyouhealth.com/#/net](http://quitnet.meyouhealth.com/#/net)  
[Tobacco BBS](#)  
[American Cancer Society](#)  
[American Lung Association](#)





## IMPORTANT TELEPHONE NUMBERS

**NEWTON COUNTY EMERGENCY MEDICAL SERVICE 911**

**OXFORD COLLEGE POLICE | (770) 784-8377**

**IMPORTANT** – If you call **911** for an emergency on campus, always call the Oxford College Police (770-784-8377) who will meet the EMTs and direct/lead them to the exact location.

**POISON CONTROL (GEORGIA POISON CENTER) | 1-800-222-1222**

**STUDENT HEALTH SERVICE | (770) 784-8376**

Pamela Cassara, RN, MSN, FNP-BC, Director/Nurse Practitioner

Sherie Myers, RN, MSN, FNP-BC, Nurse Practitioner

Cynthia Stinson, RN, MSN, PHD, FNP-BC, Nurse Practitioner

Janinne Abel, RN, MSN, FNP-C, Nurse Practitioner

Beverly Dinkins Learmont, FNP-C, Nurse Practitioner

Tracylyn Browne, RN, Registered Nurse

Astrid Mills, Medical Assistant

Stephanie Vaughn, Administrative Assistant

La'Von Williams, Administrative Assistant

### **AFTER OFFICE HOURS**

For medical guidance or urgent concerns call (AccessNurse) 404-727-7551 and press 0

Let them know you are on the Oxford campus. You may need to access local ER or Urgent Care

**COUNSELING CENTER | (770) 784-8394**

Gary D. Glass, Ph.D., Director, Licensed Psychologist

Amira Hernandez, Coordinator, Career Services

Catherine Papachristou, LCSW

Danielle Deane, Career Services

**PIEDMONT NEWTON MEDICAL CENTER | (770) 786-7053**

5126 Hospital Dr., N.E. (off Highway 278)

Covington, Georgia

**NEWTON COUNTY HEALTH DEPT. | (770) 786-9086**

8203 Hazelbrand Rd.

Covington, Georgia

**THE NATIONAL STD HOTLINE ASHA | 1-800-227-8922**

**AID ATLANTA | (404) 872-0600**

**GAY/LESBIAN YOUTH HOTLINE 1-800-347-TEEN**

### **RAPE CRISIS CENTERS**

**Dekalb Rape Crisis Center (DAYLEAGE) (404)377-1428**

**SANE Exam: 770-438-4532**