STUDENT SERVICES, HEALTH & WELLNESS

2019 M1 Orientation

Hilit F. Mechaber, MD
Associate Dean for Student Services
GOALS

1. We are here to support YOU.
2. Know where to look for information.
3. Take care of your health and well-being.
4. Don’t be scared to ask for help!
FOLLOW US ON INSTAGRAM

• @ummsmstudentservices
HOW to Find Information

• There are MANY resources in place to support our students

• PLEASE take time to review these slides ahead of time…knowing where to FIND information BEFORE you may need it is very helpful

• Case scenarios will be reviewed in greater detail during orientation

• CLICK through the websites, look around, and see what’s available to you
Office of Student Services

- Student health services & Wellness
  - Access to health care, behavioral health care, health insurance enrollment, immunizations and more
- Wellness Programs
- Academic counseling & Support
- Career Counseling & Professional Development
- Professionalism counseling
- Accommodations
- Ombudsperson
- Other
Student Health & Wellness

• Student Responsibilities
• Health Insurance
• Student Health Services
  – Primary Care Practices
  – Urgent Care
  – Emergency Care
  – Behavioral Health
  – Occupational Health
Responsibilities

• Seek medical care in a timely fashion
• Contact the Office of Student Affairs/Student Services as soon as possible if a health problem affects your ability to meet academic obligations
• Maintain Immunization record
• Annual OSHA training
• Annual PPD testing
Responsibilities

The UMMSM requires medical students to carry health insurance!!!!
Responsibilities

• You MUST provide proof of health insurance annually to be registered

• You have been automatically enrolled in the United HealthCare Student Policy unless you completed a waiver: Deadline July 25, 2019 (MD/MPH), Aug 31 (MD)

• WAIVER process will become active AFTER mid June (MD MPH) or July (MD) (when your bill is generated)

• Review your health insurance policy on a routine basis, especially if you are enrolled under a parent’s or spouse’s health plan
Health Insurance

http://studenthealth.studentaffairs.miami.edu/insurance-information/md-and-md-mph-insurance/index.html
Payment for Services

• Never assume medical bills will be waived or “taken care of”
• You are ultimately responsible for any bills you generate while obtaining care from any clinics or hospitals affiliated with the University of Miami
• If problems arise with your coverage, contact the Office of Student Services for contact numbers to seek help.
Student Health Services

KNOW YOUR RESOURCES!
RESOURCES for Health Care

• Appointments
• Immunizations/updates
• Telemedicine for United Healthcare
• Medication/Pharmacy
• Prevention (including TRAVEL)
• Chronic Care
Routine Primary Care

- UMMSM discourages "curbside consults"
- You should sign up as a regular patient with a physician of your choice, and have medical problems taken care of in the same manner as any other patient
- **Student Health Service – GABLES CAMPUS**
- Internal Medicine/Family Medicine Practices:
  - Professional Arts Center (PAC)
  - Gables Campus: Lennar Medical Center
Linda Walker
Manager Business Operations

http://studenthealth.studentaffairs.miami.edu/
You’re sick….NOW WHAT??
Urgent, Episodic Care

• Student Health Center: Gables campus/Lennar Bldg
  – Core services covered by your Gables Health Fee
  – [http://studenthealth.studentaffairs.miami.edu/](http://studenthealth.studentaffairs.miami.edu/)

• Family Medicine/Internal Medicine Practice –
  – Professional Arts Center, 5th FL
    • NEW LOCATION
  – Same Day appointments; Walk IN or CALL to register 305-243-CARE, ***Special # for medical students, PROMPT #4 gets you to SAME DAY APPOINTMENTS,
  – Visit Covered by your medical center health fee; labs or testing will be billed to your insurance

• Office of Student Services (Dr. Hilit Mechaber) can assist when you have questions/concerns
REMINDER: Look for the info on posters, online, or on the HUB under "Student Services"
WHERE ARE ALL OF THESE BUILDINGS AND OFFICES???
Student Health Center at
LENNAR FOUNDATION
MEDICAL CENTER
GABLES CAMPUS
5555 Ponce De Leon Boulevard
(Lennar Building)
Coral Gables, FL 33146
305-284-9100
Metro Accessible, ‘University’ station

PROFESSIONAL ARTS CENTER
MEDICAL CAMPUS
1150 N.W. 14th St.
Miami, FL 33136
Office of Student Services

Our team is here to assist medical students with a wide array of services. We hope that you will find the information helpful and utilize the resources available to help you maintain and improve your personal well-being.

Career Guidance & Professional Development
Specially Choice, Residency, Match information
Research & Professional Development

Student Health
Student Health Services
Student Behavioral Health
Occupational Health
Immunization Records: How to View, Access, Print my Record
Immunization Records: How to Upload Updates

Student Health Insurance
Student Health Insurance
Insurance information regarding Dependents
For detailed information and one-on-one guidance, please contact Cristina Elgarresta at celgarresta@miami.edu

Academic Resources
Academic Enhancement Specialist: Dr. Adrian Reynolds
Academic Societies Tutoring Program
Academic Resource Center

Wellness Advisory Council
Wellness Advisory Council

Student Health Insurance
Student Health
If you forget this info, it is all online on the MedEdu pages: http://mededu.miami.edu/contact-us/office-of-student-services
Emergency Care

• In case of a medical emergency, students on campus should go to the UM Hospital Emergency Room. Students should inform the staff that they are medical students.
• When off campus, you should go to the nearest ER or call 911.
• Notify a Student Affairs Dean as soon as possible if you require urgent care or are admitted to the hospital.
Pharmacy

• If you have Student Health Insurance can use WALGREEN’s pharmacies at Lennar (Gables), or UMHC, or UMH

• Also serve as regular retail pharmacies on campus

• See website
WE ARE HERE TO SUPPORT EACH OTHER
Reach out to new Sources of Support

• Academic Society Peer Mentors
• Medical Education Dean Advisor
  – “Connecting with 🍀”
• Upperclass students
Eat, Sleep and Exercise
Seek Balance
Medical Student Behavioral Health

• **Medical CAMPUS:**
  – Medical Campus Psychologist dedicated to medical and graduate student care
    • Dr. Addys Karunaratne and Ms. Yvonne Rodriguez
    • **FREE visits; covered by Student Health Fees**
  – Psychiatric Care **FREE**

• **Gables Campus:**
  – Student Counseling Center, 5 days/week and after hours 24/7 phone line
  – **FREE visits; covered by Student Health Fees**
Make time for Self-Care

Take time to make appts and get care if needed; you will be excused from class/clerkships when needed for care
Behavioral Health Resources

Free services covered by your Student Fees

Psychology

Dr. Addys Karunaratne ("Dr. K")
Available for counseling and therapy
Call the UM Student Counseling Center to schedule
305-284-5511

"Triage" appointments are quicker to schedule than "Intakes"

Psychiatry

Medical Student Behavioral Health Program run through UMMSM Dept of Psychiatry

Call 305-243-2774 to leave confidential message to schedule

For emergency services, please call 911 or view resources at https://counseling.studentaffairs.miami.edu/
Any questions? Contact Dr. Hilit Mechaiber, associate dean for student services, 305-243-7978, or hmechaiber@miami.edu
Medical Student
Behavioral Health Service

Medical students may access free care at the UM Student Counseling Center; GABLES CAMPUS: see site for details about appointments

http://counseling.studentaffairs.miami.edu/index.html
Medical Student
Behavioral Health Service
MEDICAL CAMPUS

• Provided by the Department of Psychiatry
  – Completely confidential
  – Routine and emergency counseling available
  – For CRISIS intervention – notify Office of Student Services ASAP if help needed
• Up to 5 visits per year free of charge – then more approved without identity shared
• Additional visits and in-patient care require payment (through health insurance or case-by-case)
• Call 305-243-2774 for direct appointment – no referral needed; or meet or email Dr. H. Mechaber for a referral
The Wellness Advisory Council (WAC) is a student-led and collaborative initiative to integrate all components of wellness into curricular and extra-curricular facets of student experience at UMMSM.
Academic Enhancement Resources
Academic Enrichment

Science of Learning
Learning Strategies
One-on-one guidance
Test Taking Skills
Time Management
Peer Teaching and
MORE.....

Adrian Reynolds, PhD
Director

Lamar Martin, MS
Associate Director
Peer-to-Peer Teaching

- Anatomy TA’s
- Medical Students at Teachers (MSAT)
- Near-Peer Academic Support (NPAS)
- Academic Society Tutors
- Academic Society Clinical Skills Trainers
Academic Societies Tutoring Program

• Request a PEER TUTOR for FREE
• SAME services available for MD and MD/MPH students with peer tutors from courses
• ONLINE requests
• Available for all modules
IT'S THIS EASY TO REQUEST A TUTOR...

CLICK HERE TO REQUEST ACADEMIC SOCIETY TUTORING
MENTORING and ADVISING

• Academic Society Peer Mentors
• Independently Identified Mentors
• Medical Education Dean Advisor
  – “Connecting with U”
• Wellness Advisory Council

SUPPORT EACH OTHER!
Join us for a MEET & GREET for students with partners/families

Bagel Brunch on Sunday, August 11, 1100AM—200PM

At the home of Deans Hilit and Alex Mechaber
(Address and directions to follow)

Come meet other students, their partners and families and get to know each other!

Please RSVP by August 1st to Ashley Johnson
Ashley.johnson@med.miami.edu or 305.243.7978

Sponsored by the UMMSM
Office of Student Services
Office of Professional Development & Career Guidance

Career Guidance/Specialty Mentoring:
• Advice pertaining to selection of and entrance into an area of specialty.
  – AAMC Careers in Medicine program
  – Specialty Advising and Resources
  – Shadowing
  – CV Review
  – Specialty Interest Groups

http://mededu.miami.edu/contact-us/professional-development-and-career-guidance
Office of Professional Development & Career Guidance

Research Opportunities

- Basic Science
- Clinical
- Short-term/extended/year-off options
- UM Facilities/variety of disciplines
- US/International opportunities
- Credit/Research Distinction Options

http://mededu.miami.edu/contact-us/professional-development-and-career-guidance/research-professional-development
Mistreatment and Misconduct

http://itsonus.miami.edu/index.html
S.A.R.T.
SEXUAL ASSAULT RESOURCE TEAM
We listen. We care. 305.798.6666

http://counseling.studentaffairs.miami.edu/outreach/sart/about-sart/index.html
WELLNESS ADVISORY COUNCIL

Student-led and collaborative initiative to integrate all components of wellness into curricular and extra-curricular facets of student experience at UMMSM
Occupational Health

• UM Office of Occupational Health and Safety
  – Dominion Tower 4th Floor; Website:
  – http://mededu.med.miami.edu/current-students/student-health/occupational-health
  – Work related injuries and illness
  – Needlesticks
  – Infectious Disease exposures
  – TB Screening
HOW TO GET HELP IF YOU ARE EXPOSED
TREATMENT & COUNSELING for NEEDLESTICKS/EXPOSURES

- CALL UM Office of Occupational Health and Safety NEEDLESTICK NUMBER FOR HELP IMMEDIATELY (305) 299-4684
- PUT THIS # in your CELL PHONE

- NOTIFY CHARGE PERSON AND YOUR INSTRUCTOR
- INCIDENT REPORT
- NOTIFY DR. HILIT MECHABER
Tuberculosis Testing Every Year
PPD PLACEMENT/ READING

• STEP ONE (or 2 for SOME)
  – PLACEMENT  August 9
  – READING: SATURDAY, August 11 at GAMES DAY

• STEP TWO
  – PLACEMENT: TBA
  – READING: TBA

• Any issues, email Dr. Hilit Mechaber directly
HANDWASHING!!

MOST EFFECTIVE
INFECTION PROTECTION

Eliminate MRSA.....
methicillin-resistant
*Staphylococcus aureus*
Disability Insurance

• Disability insurance is provided to medical students by the UMMSM.
• Payment of insurance premiums is made using student fees collected each year at registration.
• Failure to pay student fees may result in termination of disability insurance.
• The current policy is “portable” and may be carried after graduation.
• Specific information regarding disability insurance is available in the Office of Student Affairs.
Americans with Disabilities Act (ADA)

• Students who wish to seek accommodations under ADA must seek assistance through the Camner Center for Academic Resources located on the Gables Campus.

• Office of Disability Services reviews applications for accommodations to be provided by the University.

• The contact number is 305-284-2374.
Other Divisions of Medical Education
Other Student Support Services

- Disability Insurance
- Accommodations (ADA)

Other Divisions of Medical Education

- Office of Student Affairs
- Financial Assistance
- Office of Diversity and Inclusion
- Ombudsman
Financial Assistance
Counseling and Resources

• Advice on how to obtain financial support and minimize debt.
  – Office of Student Financial Assistance
  – John K. Robinson Grant – sponsored by the UMMSM Alumni- use for TRAVEL for conferences and presentations
    • http://alumni.med.miami.edu/robinson-grant
Other Services

- Office of Student Affairs (NOT student services)
  - Grade reports and transcripts
  - Enrollment verification
  - Registration for externships
  - Registration material for USMLE
  - Jury duty letters
  - Visiting / International Students
Ombudsperson

http://ombudsperson.med.miami.edu/
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FOLLOW US ON INSTAGRAM

• @ummsmstudentservices
Contact the Med Ed Deans

- Alex J. Mechaber, MD
  - Office: 305-243-0496
  - Cell: 305-479-1303

- Ana Campo, MD
  - Office: 305-243-2003
  - Cell: 786-325-9588

- Chris Alabiad, MD
  - Office: 305-243-2003
  - Cell: 954-850-4091

- Hilit Mechaber, MD
  - Office: 305-243-7978
  - Cell: 305-801-3881

- Paul Mendez, MD
  - Office: 305-243-6499
  - Cell: 305-297-4650

- Amar Deshpande, MD
  - Office: 305-243-4898
  - Cell: 305-469-5154

- Dr. Roderick King, MD, MPH
  - 305-243-6122