

# Macalester College Health & Wellness Center



## HEALTH & WELLNESS SERVICES AT MACALESTER

Health & Wellness Center services supports students in leading healthy lifestyles and strives to help them fully participate in the educational experience at Macalester College

Medical services, counseling and health education form the base of our program. Students are able to participate through individual appointments, group activities or classes, informal conversations and/or through free print materials and other supplies.

Our office is conveniently located on campus in the new wellness/athletic building just south of the library. Hours are (academic year only):

M, W, F 8:30am-4:30pm      T, Th 9:00am-5:00pm

Students may call in with questions or to make appointments, or they may stop by and talk to the professional staff at the front desk.

There is currently no charge for a student to be seen by any of the staff at Health & Wellness. Students will be charged for lab work, prescription medications, immunizations. Charges are billed to your account through the Student Accounts Office or you can pay for them at the time of service. (Itemized insurance forms are available to submit charges to your health insurance. You must submit your own claims to your insurance company).



## TRANSITION OF CARE

If you have existing medical or mental concerns, please plan to identify providers in the St. Paul area that can provide continuity of care *before* coming to Macalester. Check with your insurance provider regarding coverage. Our staff would be pleased to consult with you.

**INSURANCE** All Macalester students are required to have health insurance. They may elect to use their existing plan (usually family's) AND/OR purchase health insurance made available through Macalester. Accident insurance is also available through Macalester. *Students must waive out of coverage before the deadline or they will be automatically enrolled and charged for the health insurance plans.* Information on insurance may be found on the website beginning in June.

## Health & Wellness Center

Macalester College  
1600 Grand Avenue, Saint Paul, MN 55105  
Phone: (651) 696-6275 Fax: (651) 696-6687  
<http://www.macalester.edu/health>

## HEALTH PROMOTION AT MACALESTER

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Health promotion is at the core of all health & wellness service activities. Examples of specific initiatives include:

Workshops/presenters

Massage therapy at subsidized cost

Activity classes such as meditation, yoga, kickboxing

Back Door Health Tips - weekly information tables

On-line health self assessment

Safer sex kits



These initiatives are led by a Certified Health Education Specialist, supported by an active student staff team.

### MEDICAL SERVICES

Health Services operates as a primary care clinic - there is no infirmary on campus. Medical services offered include:

- Illness • Infections • Injuries • Men's & Women's health concerns • Preventative gynecological exams and screening • Testing and treatment for: sexually transmitted diseases, urinary tract infections, vaginal infections • Skin conditions/rashes • Wart removal • Education/advice about dietary concerns

We also offer:

- Medications • Lab Tests (as ordered by physician and/or nurse practitioner) including blood tests, urinalysis/urine cultures, stool cultures, throat cultures, pregnancy testing • Immunizations • Medical referrals • Smoking cessation support

Our staff:

Medical services are provided by a full-time nurse practitioners and a registered nurse. A physician is available one afternoon each week.

### COUNSELING SERVICES

Recognizing that students frequently benefit from support in addressing life challenges that arise while in college, Macalester offers limited term counseling (up to 10 sessions per academic year) to enrolled students.

All medical and counseling services and records are strictly confidential. No information is released without the student's written consent. Information is also withheld from parents, friends or anyone else unless the student has given written consent for information to be released. Confidentiality is strictly enforced.

Students can set up an appointment by calling x6275 or stopping by Health Services.

Appointments are 45 minutes long and begin on the half hour. Counseling services are offered only during regular day-time hours.

Our staff:

Counseling services are provided by licensed psychologists, mental health counselors. We are able to offer limited access to a visiting psychiatrist, upon referral from a counseling staff member.