Action Items

- Create Aetna student health account
- Print Aetna insurance card
- Review plan details

All on aetnastudenthealth.com/umsl
Pay Your Health Insurance Bill

- Insurance enrollment automatic 2 weeks after class registration
- Charged to student accounts: $907
- Coverage from January 1 - July 31
- Pay in Cashier’s office, 285 MSC, by February 13
Enrolling Dependents

- J-2 dependents **must** purchase
- F-2 dependents may purchase

Costs for Jan – July 2015
- spouse = $4183 for spouse
- child(ren) = $1567

Visit [www.aetnastudenthealth.com/umsl](http://www.aetnastudenthealth.com/umsl) to enroll
  - Deadline: Two weeks after classes begin
Insurance Waivers

- Eligible to apply **only** if:
  - Short-term, non-degree seeking, J-1
  - Government-sponsored health insurance
  - School athletes (if coach requests)

- Waiver request form must be completed by deadline Feb. 13th
  
  **No exceptions!**

- Details available upon request
University Health, Wellness, and Counseling Services (UHWCS)
Open 8-6 M-Th and 8-5 F
131 MSC

- Free to see a nurse practitioner (always) and counselor (first session only) but charge for procedures and immunizations
- Insurance requires that you first see UHWCS for non-emergencies and receive referrals if necessary
- Maintain immunization records on students

☑ Complete your immunization record
Urgent Care Clinics (After Hours)

- Any Walgreens “Take Care” Clinic
- Concentra Urgent Care Clinics
- For additional options, look up at: www.aetnastudenthealth.com/umsl
- If you’re not sure where to go or whether a situation requires immediate attention, first call the Aetna’s Informed Health Line to speak with a nurse:
  
  1-800-556-1555 (available 24 hours a day)
Closest Hospitals (Emergencies ONLY)

By Car or Ambulance:
Northwest Healthcare
1225 Graham Road
Florissant, MO 63031-8012
(314) 953-6000

By Metrolink (Central West End station):
Barnes Jewish Hospital
1 Barnes Jewish Hospital Plaza
Saint Louis, MO 63110-1003
(314) 362-5000
Serious education. Serious value.

Minor illness or injury
- Colds, cough, sore throat or flu
- Fever
- Minor cuts
- Sprain
- Skin rashes

Major emergency
- Major injury (a head injury)
- Severe shortness of breath
- Loss of consciousness
- Bleeding that doesn’t stop after 10 min of direct pressure

Life threatening
Mental Health
Possible obstacles for international students
   Culture shock
   Places to find help

Physical Health
   How to Eat Smart & Be Active

Physical Safety
   Crime
   Tornados
Possible obstacles for students

- New customs/culture
- Language Barriers
- Homesick
- Limited Social Support/Relationships
- Performance Pressure/Academic differences
- Racism/Discrimination
- Financial difficulties
- Life style difference
  (food)
Culture Shock

Cultural Adaptation Curve

- Honeymoon
- Hostility
- Humor
- At Home

Happy Meter (Mood Range)

1 2 3 4 5 6

Months
It is OK to seek help for my mental health

- It is **OK** to ask for help.
- It is **SMART** to use mental health resources!
- Going to a counselor means that you are “**stuck**”, not “**sick**”.
- Seeing a counselor is **NORMAL**, and it is common.
- Confidentiality(privacy) is guaranteed!
- The counselors are there **for you!!**
Where can I find help?

Health center in UMSL

- 10/session
- free for the first session
- Psychologist and counselor are available

Multicultural counseling and research center (MCRC)

- [http://www.mcrcstl.org/](http://www.mcrcstl.org/)
- Various languages are available for counseling (Chinese, Japanese, Spanish, Vietnamese, Bosnian and English)
Physical health

- American Foods
What is the problem with American foods?

1. High in sodium and sugar
2. High in fat
3. Too much protein
4. Less vegetables and fruits

Combined with low levels of physical activity
What can I do to avoid obesity?

- Half of your plate with fruits and vegetables
- Low sodium and sugar
- Eat lean meat
- Intake more dairy like yogurt or vegetables with calcium (e.g. Kale)
- Being active!!
Contact information

- **Eating Smart & Being Active program**
  - Starting soon at University Meadows.
  - Sign up during coffee break.

- **Yuima Mizutani Hill**
  (Cell)314-489-4449
  (Office)314-652-9111
  mizutaniy@missouri.edu
Safety On Campus

- UMSL is a safe university campus
- The most common crime on campus is “now you see it, now you don’t”
- Walk in groups at night
Safety in St. Louis

- Danger in St. Louis varies from neighborhood to neighborhood

- Ask friends or staff for advice on where is safe to go when.

- Be aware of your surroundings.
Safety

- Campus Police are here to help.
  
  314-516-5155

  Or

  Blue Lights

- Can also call if you’re not comfortable walking somewhere on campus at night
911

- You’ve seen it in the movies… it’s real.

- For safety or life threatening situations

- 911 for police, ambulance, or fire fighters

- But campus police are faster
Tornadoes...
What to do in a Tornado

- If you hear a siren, take action.
- Take cover in safe areas of your building.
- Go to the lowest level, ideally a basement.
- Avoid glass doors and windows.
- If necessary, sit or kneel on the floor under heavy furniture or against an interior wall with your hands on your head.
- If you are outside and buildings are far away, find the lowest spot and lie on the ground.
- If you are on campus, the Building Emergency & Safety Team (BEST) Evacuation Team may direct you.
Download the Poster

✓ Set Up Emergency Notification System

- Verify your contact information is correct: myview.umsl.edu
- Sign in, click on “Personal Information”, click “UM Emergency Information”
- Enter all phone numbers and e-mail addresses where you wish information to be sent
- Click “Save”

safety.umsl.edu/police/files/pdfs/StudentPhoneUpdate.pdf
Contact Information

Jennifer Amatya
International Student and Scholar Services
261 MSC
E-mail: Phone: 314-516-5229
ISSS Health Insurance Webpage:
www.umsl.edu/services/intelstu/insurance/insurance.html