

Student Health Service

Overview of Services

A note on immunizations:

- All incoming full-time and part-time undergraduate and graduate/professional students must submit proof of immunization to Student Health Service against the following diseases:
 - **Measles, Mump and Rubella**
 - **Varicella (Chicken pox)**
- For more information:
studentaffairs.pitt.edu/shs/immunization/university-requirements



Upload your COVID-19 vaccine information

1

Log in to the Pitt Portal, then select the Student Health Service Student Portal.

2

Upload a copy of your vaccination card:

From the top menu select "upload", then select "Covid Vaccine Card", then "file" and then follow the prompts.

3

Enter your vaccine dates:

Select "Immunization" from the top menu, then select the appropriate listed COVID-19 category, and then follow the prompts.

For more information, please visit:
studentaffairs.pitt.edu/shs/



COVID -19 Vaccine Information

- Covid-19 vaccinations are available at the Pitt CoVax Vaccination Center
 - To pre-register, please visit <https://pi.tt/vras> and use the access code “**panthers**”
 - For questions or assistance, please call Pitt’s vaccine hotline: 412-383-4372
 - Located at 4140 Fifth Ave – first floor Nordenberg hall (beside PNC bank)

Covid-19 continued

- If you are experiencing symptoms associated with COVID-19, or believe you may have been in close contact with someone who has covid-19:

Call Student Health at 412-383-1800

- For the most up-to-date information, please visit:
coronavirus.pitt.edu

Wellness Center: Location

- Nordenberg Hall
 - 2nd floor:
 - University Counseling Center
 - Student Health Service
 - Entry on corner closest to the U Club
 - 1st floor:
 - University Pharmacy
 - Entry on corner of 5th and Univ. Pl.



Student Health Service

Service areas:

- Student Health Medical Clinic
- Office of Health Education and Promotion
- University Pharmacy

Staffed with a number of highly trained professionals including:

Board certified doctors, nurses, CRNPs, pharmacists and pharmacy technicians, psychiatrists, registered dietician, health promotion professional and administrators

Accredited by the AAAHC

Student Health Service: Clinic

Clinical Services:

- Primary medical care (for both acute and chronic conditions)
- Routine physical exams, age appropriate screenings & preventive care
- Reproductive and gynecologic care (including routine exams, screenings and contraceptive care)
- LGBTQIA+ care (including gender affirming care and services)
- Pre-travel health assessments
- Allergy injections
- Sports medicine
- STI testing and treatment
- Psychiatry services
- Referrals for specialists
- Vaccines*

*covid-19 vaccines are available through the Pitt CoVax Vaccination Center



SHS: Hours

- Monday – Friday 9a-5pm
 - Extended hours until 7pm on Mon & Thur during the fall/spring terms
 - Saturdays from 10am-3pm in fall/spring terms
 - Closed during University Holidays, Winter recess
- Currently by appointment only
- To schedule, please call Student Health at **412-383-1800**

Please visit our website for the most up-to-date information regarding hours of operation, services, other important wellness information:

studentaffairs.pitt.edu/shs/

Insurance information

Insurance:

- Student Health Service accepts health insurance
- Can upload insurance information through a secure health portal in the Pitt Portal (my.pitt.edu)

University Pharmacy: Services

- Fill a variety of prescriptions
 - Can assist with prescription transfers
 - Accept more than 100 insurances
- OTC medications and supplies available
 - You can now order OTC items ahead online!
- Answer medication questions
- Check out the Pocket RX app for an easy way to ask questions or refill prescriptions
- Medication disposal box
- **Phone: 412-383-1850**



Office of Health Education and Promotion (OHEP)

Variety of programs/services:

- Registered dietician
- Peer Education
- AOD prevention programs
- Cessation counseling
- Collegiate Recovery Program
- Stress Free Zone

Hours of Operation:

- Mon-Fri 8:30a-5pm

Phone: Phone: **412-383-1830**

Email: **shsohep@pitt.edu**

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QUIT- Cessation Program

- One-on-one appointments
- Nicotine based products (cigarettes, chew tobacco, e-cigarettes, etc.)
- Free service to students
- Optional, free NRT
- To schedule please email shsohep@pitt.edu

Registered Dietician

- Offers services to explore many topics including (but not limited to):
 - Eating well, balancing nutrition
 - Weight management
 - Vegetarian and other special diets
 - Disordered eating
 - Sports nutrition
- One-on-one appointments
- FREE for students to use
- Group programs for organizations, residence halls, etc.,
- Schedule by calling **412-383-1800**

The Stress Free Zone

- Located on the 3rd floor, WPU
 - Walk in services available
- Number of workshops and services including:
 - Workshops
 - Yoga classes
 - Mindfulness Walks,
 - Biofeedback stations
 - Mindfulness stations
 - ... and more!

studentaffairs.pitt.edu/shs/stressfree/





Prevention & Outreach Programs

- Out reach programs and events:
 - PantherWELL Peer Educators (throughout the year)
 - Alcohol Awareness Week (October)
 - Substance free, stress free events

Healthy U Fair 2021!

- **Wednesday, Sept 29th 10a-2p**
 - WPU lawn (rain location inside WPU)
 - Raffle prizes, giveaways, resources and demonstrations
 - Kick off of our Annual Flu Shot Clinic (FREE flu shots!)



@PittHealthyU

Collegiate Recovery Program

- Student support
 - 1:1 meeting to discuss challenges, goals and resources

Note: meetings are not intended for treatment or counseling

- Substance free programs & events
- Trainings available soon!
- Email: **shsohep@pitt.edu**



Thank you

For questions or more information, please contact us:

Student Health Service

412.383.1800

studentaffairs.pitt.edu/shs