Healthcare in Seattle
The Student Health Center is a primary care clinic offering services frequently needed by college students.
Bellarmine Hall
1111 E Columbia St
Seattle WA 98122
(206) 296.6300

**Academic Year**
- Monday thru Friday: 8:30am - 5:00pm

**Summer**
- Monday thru Thursday: 8:30am to 4:30pm
- Friday: 8:30am – 3pm
Services Available at the Student Health

• **Physicals**: For volunteer work, travel, ROTC, College of Nursing, Diagnostic ultrasound program
• **Acute Care**: diagnosis and treatment of illnesses, minor injuries, and infections
• **Sports Medicine**: treatment of concussions, muscle strains, joint sprains and fractures with referral to specialists as needed
• **Women's Health Services**: pap smears, pregnancy testing/prevention, PCOS, breast concerns
• **STD evaluation**: testing, treatment, counseling, and PrEP
• **Mental Health**: diagnosis and treatment of anxiety and depression; medication management for other stable mental health conditions; referral to psychiatry as needed
• **Eating Disorder**: consultation and referral
• **Routine Immunizations**: Hep B, HPV, Influenza, MMR, Tdap
• **Lab Services**: TB Testing & Blood Draws
Visit Costs

- All students pay a $5 administrative visit fee for appointments with a Nurse Practitioner
- Some medical services carry an additional charges

Insurance

- No claims submission for outside insurance plans
- **Exception**: LabCorp bills insurance for any lab or bloodwork done in the SHC
# Services Subject to Additional Fees

<table>
<thead>
<tr>
<th>Medical Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration</td>
<td></td>
</tr>
<tr>
<td>Admin of vaccine or medication</td>
<td>$10</td>
</tr>
<tr>
<td>Blood draw</td>
<td>$10</td>
</tr>
<tr>
<td><strong>In House Labs</strong></td>
<td></td>
</tr>
<tr>
<td>Fingerstick-blood glucose</td>
<td>$5</td>
</tr>
<tr>
<td>Pregnancy test</td>
<td>$5</td>
</tr>
<tr>
<td>Urinalysis</td>
<td>$5</td>
</tr>
<tr>
<td>Rapid strep test</td>
<td>$10</td>
</tr>
<tr>
<td>Wet prep - microscopy</td>
<td>$5</td>
</tr>
<tr>
<td>Cepheid rapid COVID/Flu</td>
<td>$75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplies</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ace wrap</td>
<td>$5</td>
</tr>
<tr>
<td>Wrist splint/brace</td>
<td>$20</td>
</tr>
<tr>
<td>Finger splint</td>
<td>$5</td>
</tr>
<tr>
<td>Crutches</td>
<td>$20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Procedures</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Drainage of infection/abscess</td>
<td>$20</td>
</tr>
<tr>
<td>Dressing change</td>
<td>$5</td>
</tr>
<tr>
<td>Ear wash</td>
<td>$10</td>
</tr>
<tr>
<td>ECG</td>
<td>$10</td>
</tr>
<tr>
<td>Wart treatment</td>
<td>$15</td>
</tr>
<tr>
<td>Suture removal</td>
<td>$10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vaccines/Medications</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meningitis B</td>
<td>$200</td>
</tr>
<tr>
<td>Flu</td>
<td>$20</td>
</tr>
<tr>
<td>Gardasil (HPV)</td>
<td>$245</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>$50</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>$55</td>
</tr>
<tr>
<td>Meningitis ACWY-135</td>
<td>$140</td>
</tr>
<tr>
<td>Measles, Mumps, Rubella (MMR)</td>
<td>$85</td>
</tr>
<tr>
<td>PPD (TB skin test)</td>
<td>$15</td>
</tr>
<tr>
<td>Tetanus, diptheria, pertussis (Tdap)</td>
<td>$45</td>
</tr>
<tr>
<td>Antibiotic - Ceftriaxone</td>
<td>$15</td>
</tr>
</tbody>
</table>
Health Insurance Must Haves
4 things your student can do to take charge of their health & get more out of their plan

1. Access Online Content or download the plans app
2. Know your plan - PPO or HMO?
3. Know your network
4. Know your plans perks—24 Nurse line? Telehealth?
Know Where to Go: Emergency Care

Four Emergency Rooms located just blocks from campus

Swedish Medical Center

Virginia Mason Medical Center

Harborview Medical Center
Know Where to Go: Urgent Care

From minor illnesses to injuries, urgent care and after-hours clinics can help you with many ailments.

**Indigo Urgent Care**

3820 Rainier Ave S
Open 8am to 8pm
7 days a week

**Zoom+ Care**

123 Broadway East &
531 Broadway East
Open 7 days a week

**After-Hours Clinic**

2101 E Yesler Way
Walk-in Evening Care 7 days a week
Other community providers

• Large medical groups such as Swedish, Virginia Mason, Polyclinic, Harborview/University of Washington

• Kaiser of WA
  • If Kaiser insurance outside of WA can register as a visiting member
  • Call 1-800-446-4296 to register and get your Kaiser of WA ID number
Know Where to Go: Pharmacies

Rite Aid: 201 Broadway E
Bartell: 1407 Broadway Ave
Pharmacy at Safeway: 1410 E John St
Walgreens: 1531 Broadway
Student Health Insurance Plan

Seattle University’s health insurance plan for students.
Student Health Insurance Plan (SHIP)

Full time undergraduate students are required to have medical insurance with healthcare access in Washington state.

A Closer Look at SHIP: AETNA Open Choice|Plan Type: PPO

<table>
<thead>
<tr>
<th>COMMON QUESTIONS</th>
<th>IN-NETWORK</th>
<th>OUT-OF-NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the deductible?</td>
<td>$100 Plan Year</td>
<td>$400 Plan Year</td>
</tr>
<tr>
<td>What is the out of pocket limit?</td>
<td>$6350</td>
<td>None</td>
</tr>
<tr>
<td>Do you need a referral to see a specialist?</td>
<td>No</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMMON CARE TYPES</th>
<th>IN-NETWORK</th>
<th>OUT-OF-NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care for illness or injury</td>
<td>$15 co-pay/20% coinsurance</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Specialty Care</td>
<td>$15 co-pay/20% coinsurance</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Preventative Care</td>
<td>No Charge</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Diagnostic Tests (X-Rays, blood work)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Imaging (CT/PET, MRIs)</td>
<td>20% coinsurance</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Emergency Room Care</td>
<td>$100 Copayment then the plan pays 100% (of the balance of the negotiated charge) per visit</td>
<td>Same as In-Network</td>
</tr>
<tr>
<td>Ambulance Service</td>
<td>20% coinsurance. The plan pays 80% (of the of the negotiated charge) per trip</td>
<td>Same as In-Network</td>
</tr>
<tr>
<td>Urgent Care</td>
<td>$15 Copayment/20% coinsurance. The plan pays 80% (of the balance of the negotiated charge) per visit</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Outpatient Mental Health</td>
<td>$15 co-pay/20% coinsurance</td>
<td>40% coinsurance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHARMACY BENEFITS</th>
<th>IN-NETWORK</th>
<th>OUT-OF-NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generic</td>
<td>$20 Copay Retail/$50 Mail order</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Preferred Brand</td>
<td>$40 Copay Retail/$100 Mail order</td>
<td>40% coinsurance</td>
</tr>
<tr>
<td>Non-Preferred Brand</td>
<td>$60 Copay Retail/$150 Mail order</td>
<td>40% coinsurance</td>
</tr>
</tbody>
</table>

The benefit descriptions are summaries only and intended as an overview. Full details of the plan coverage are provided in plan documents available from Aetna.
## 2021-2022 Terms and rates

<table>
<thead>
<tr>
<th>Term</th>
<th>Fall 2021</th>
<th>Winter 2022</th>
<th>Spr/Sum 2022</th>
<th>Annual cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start date</td>
<td>9/1/21</td>
<td>1/1/22</td>
<td>3/28/22</td>
<td></td>
</tr>
<tr>
<td>End date</td>
<td>12/31/21</td>
<td>3/27/22</td>
<td>8/31/22</td>
<td></td>
</tr>
<tr>
<td>Premium</td>
<td>$784</td>
<td>$553</td>
<td>$1009</td>
<td>$2346</td>
</tr>
</tbody>
</table>
Reasons to Consider SHIP

• Offers high-quality healthcare while keeping out of pocket expenses as low as possible
• Predictable Costs: On average plan premiums have seen just under 7% increase year to year
• Aetna is a large national health insurer with wide network of participating providers both in the Seattle area and across the Nation

Not Sure Which Option Is Right for You?

Check out the Aetna Student Resources Seattle U page to review plan-specific information on services the plan covers, deductibles, premium rates, plan limitations and more.

If you decide to stay with SHIP, there is nothing more you need to do! Your student will be auto enrolled each term of the academic year they are enrolled as a fulltime student*
Reasons Why You Might Waive

- Your total cost for coverage (the premium plus your estimated out-of-pocket costs for care you may need) are equal to or less than your total cost with SHIP coverage
- Your current plan’s network is the same as or like the SHIP network
- You’re from Washington state and have established care near campus

If you’ve compared your plan to SHIP and decided it is not for you, you may be able to waive coverage.
Am I Eligible to Waive SHIP Coverage?

If you have other coverage such as through a parent’s plan, you might be eligible to waive SHIP coverage.

Requirements to waive the Aetna Student Health Plan:
• Be owned, headquartered, and operated in the United States
• Provide primary care services within Washington State
• Provide emergency care within Washington State
• Offer inpatient and outpatient mental-health benefits
• Offer unlimited prescription benefits
• Offer full coverage for all preexisting conditions

If completed by the deadline, you will not be charged the SHIP premium. If you miss the waiver deadline you may submit a waiver when it opens for the next term, however you will be responsible for the current terms premium.
How to Waive Student Health Plan

Waiver Deadline: 9/30/21

Waiver is managed by JCB and can be accessed at www.jcbins.com

Seattle University JCB Help Line: 206-201-0291
How to Waive Student Health Plan

Student Health Insurance Health Plan

Health Insurance For
Seattle University
Domestic Undergrads

MANDATORY HEALTH INSURANCE & WAIVER INFORMATION FOR DOMESTIC UNDERGRADUATE STUDENTS
2021-2022 Academic Year

Domestic Undergraduate Students at Seattle University are required to have health insurance. There are two options for waiving this requirement:
1. As a default, Domestic Undergraduate Students are automatically enrolled in the Aetna Student Health Insurance Plan managed by ICBS Insurance Solutions. The premium will be billed to the student’s account. If this is your choice, no further action is required.

Medical Plan: Aetna Student Health
Coverage dates: 9/1/2021 - 8/31/2022

2. If you have your own health insurance plan with comparable coverage, you may submit an online waiver to opt out of the Seattle University Student Health Insurance Plan.

Approved health insurance waivers are valid for the 2021-2022 academic year. If you lose coverage at any point during the year, please contact Student Financial Services.

The Seattle University student health insurance plan is administered by Aetna Life Insurance Company, 151 Farmington Ave, Hartford, CT 06120.

Already have insurance?
Submit your current insurance to apply to waive out of this student health plan.
Submit Waiver Here

Need to enroll your dependents or confirm your enrollment?
Complete the online enrollment form to purchase the student health plan for your dependents or just create an account and view your dashboard and account interaction.
Start Here

Insurance 101
Learn more about your insurance.
Play Video

Find a Doctor or Hospital
To find your Aetna Network List of doctors, hospitals and Urgent Care Centers, click here.

If you have a life threatening emergency, go to the Emergency Room or dial 911. The Emergency Room usually sees the most urgent patients first. If it is urgent but not life threatening, you can go to an urgent care center which will usually cost you less money.
How to Waive Student Health Plan

Submit your current insurance to apply to waive out of the student health plan.

1. Choose the term you’re waiving out of.

   Select from the term list below:

   Term: Fall
   Coverage Dates: 09/01/2021 to 12/31/2021
   Deadline: 09/15/2021

2. Important Enrollment Information

   You must meet eligibility and attendance requirements set by your school to purchase or waive this insurance coverage. The insurance company and/or JCB Insurance Solutions (the “Company”) reserves the right to cancel a student or dependent’s coverage and all claims will be denied if the policy eligibility requirements have been met, and the member is no longer eligible. The Company reserves the right to deny claims if an incorrect term is selected. An insurance company holds the right to modify the plan terms, rates, and benefits. If you are enrolled in a different medical plan, you may be eligible for a premium refund. Additional information about the plan can be found in the member handbook.

   All refunds will incur a 3% processing fee.

   Yes, I agree to the above information.
How to Waive Student Health Plan

To complete the waiver, you will need: Access to your insurance information & a copy of your insurance card (front and back). Note: Student Medical ID Number: Refers to the unique identifier your plan has assigned to your child

1. Select “Medical Insurance Status – Confirm/Waive” and complete the waiver form.
2. You will receive an immediate pop-up window confirming waiver enrollment.
3. You’ll see the SHIP premium credited to your student account at a later date.
APPLE HEALTH (MEDICAID IN WA)
In Washington State, Medicaid is called Apple Health.
• You may be eligible for Apple Health for Adults coverage if you:
  • Are age 19 through 64.
  • Have annual household income at or below the Medicaid standard
  • Are a U.S. citizen or meet Medicaid immigration requirements.
  • Are not entitled to Medicare.

For more information, go to WA state Health Care Authority
Apple Health for Children (under 19 years old)
Immunization Compliance
Measles Vaccine Requirement

Seattle University requires **proof of two doses of measles-containing vaccines**. Measles immunity and can be established in any of the following ways:

- Copy of a personal immunization record documenting two doses of measles-containing vaccine
- Vaccines must be at **least 28 days apart** and **administered on or after the first birthday** (must be 12 months of age or older).
- Official lab report documenting results (titer values)
Seattle University Student Medical Portal

Communicate securely with your provider and access forms through our Student Medical Portal.

**Username**: SU email username (everything before the @seattleu.edu)

**Password**: SU email password

Student Medical Portal is used for:
- View your upcoming appointments
- Complete healthcare forms required for your appointment
- Upload and view immunization records
- Upload required COVID testing
- Receive and respond to messages from your provider
- View educational information sent by your provider

We are committed to protecting the privacy and confidentiality of your medical records. Data that you provide cannot be viewed by anyone else on the Web and is securely maintained by industry standard and encryption technology.
Welcome to Seattle University’s Student Medical Portal

Requirements for Incoming Students
All Incoming Freshman and Transfers are required to meet certain requirements prior to start of their first quarter. Follow the steps below to complete your requirements:
- Select Immunizations and enter your immunization history
- Upload documentation of the measles requirement as well as any other immunization records for staff to verify your immunization status.

COVID testing requirement
All students who live on campus will participate in weekly surveillance testing. Also 10% of commuter students will be selected at random for testing.
You will need to schedule your appointment in the portal. Once you’ve logged into the portal go to the ‘Appointments’ tab to schedule your appointment.

Requirements for Appointments
- To schedule an appointment other than COVID surveillance testing, call the Student Health Center at 206-296-6300
- Once scheduled, go to Forms & Consents to complete paperwork required for your appointment
- Go to Insurance to enter or verify health insurance information
  - Don’t forget to upload images of the front and back of your insurance card
  - Click on your name and then click Edit Your Profile to verify demographic information
  - Validate address and phone number
  - Opt-in or Opt-out of text messages if not already done
  - You can also share preferred name, gender identity, and pronouns

To Do List

Upcoming Appointments
You do not have any upcoming appointments.

Forms & Consents
You do not need to complete any of these forms or consents prior to scheduling an appointment.
Once you’ve scheduled, the forms needed for that appointment will be available below.

Uploads
You have documents that need to be uploaded for Immunizations. Please click the Upload link to send us the documents.
1. Enter MMR dates

2. Upload document

Instructions

- PLEASE MAKE SURE YOUR NAME AND DATE OF BIRTH ARE ON ALL SUPPORTING DOCUMENTATION!
- Browse to your file. It must be smaller than 30 MB. Scan in black and white, or at a setting of 150 DPI to achieve a smaller file.
- File name needs to be comprised of alphabetical letters only and be less than 80 characters.
- Click Upload.

Documents available to be uploaded:
- Immunization Exemption Form
- Student Entered Immunization Records

Choose document you are uploading:

Documents already on file
COVID-19 Vaccine

- Vaccine with FDA authorization, FDA EUA, or WHO EUL
- Fully vaccinated by arrival on campus
- Exemptions allowed: Medical and Religious
- Extra safety precautions for those who are not vaccinated
- [https://www.seattleu.edu/coronavirus/vaccination/](https://www.seattleu.edu/coronavirus/vaccination/)
COVID-19 Vaccine Registration for Safe Start Health Check

COVID-19 vaccination is required for Seattle University students, faculty, and staff.

Once you have received a single dose of a one-dose vaccine, or both doses of a two-dose vaccine, you must register your vaccination details using this form. Submission of this form with adequate documentation fulfills the vaccination reporting requirement.

To request a medical or religious exemption, please contact the Student Health Center or Human Resources.

For general questions, please contact covid-19-report@seattleu.edu.

Hi Tara, when you submit this form, the owner will be able to see your name and email address.

* Required

1. Would you like to look up your existing registration or submit a new registration? *
   - Email me a copy of my existing registration
   - Submit a new registration

Submit
Vaccine Recommendations

- Hepatitis A
- Hepatitis B
- HPV, such as Gardasil 9
- Influenza (each fall at the start of flu season)
- Meningitis MCV4 such as Menactra or Menveo
- Meningitis B, such as Bexsero or Trumenba (SU SHC has Bexsero)
- MMR
- Td/Tdap (tetanus diphtheria or tetanus diphtheria acellular pertussis)
- Varicella (chickenpox)