

# New Incoming Mason Students

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Welcome to Mason. We are happy you are here! Here are some tips to help you maintain your health and well-being while you are on campus.

Are you an incoming international student? Or, is the health care system in the United States new to you? You may want to read the information in the New International Student Tips located on our website.

## Getting Started

1. Read and complete the [Immunization Record Form](#). This is required for all new incoming students.
2. Turn in your Immunization records by the appropriate due date. We recommend turning it in early.
3. If you need vaccinations (immunizations) or a Tuberculosis (TB) test, schedule an appointment so you can complete your documentation.
4. Do you have a [chronic medical condition](#)? Talk with your doctor about how to care for yourself while at Mason. Bring a copy of your medical records and consider scheduling an appointment to talk with a provider at Student Health.
5. Under age 18? Have your parent or guardian sign the Minor Consent (Part 2b) of the Immunization Record Form.
6. Student Health Services provides health care to all Mason students. There is no cost to be seen by a health care provider. There are [fees](#) for lab tests, medications, procedures, treatments, supplies, and some office visits. Call 703-993-2831 to set up an appointment.

## Health Basics

### Do you know your personal and family medical history? Do you have any allergies?

- Providing this information is often your first step when you get health care. If you are not sure, check with your parent or guardian.

### Do you take any medications?

- Bring your medications and prescriptions with you. Know the names of your medications. Understand what each of your medications is for.
- Have a plan if your medication will need to be refilled. Do not wait until you run out of your medication.

### Do you have a chronic (long-term) health concern or condition?

- You may want to schedule a **“New Patient”** appointment with one of our Student Health doctors or nurse practitioners. There is no cost for this appointment.
- Our providers can talk with you about our services and how we can help you stay healthy during your time at Mason. We can get to know you and have your medical history on file.
- Our healthcare providers can help you find a local medical specialist if needed.

### Do you have health insurance? Are you covered in the Northern Virginia area?

- Under the Affordable Care Act, young adults under age 26 are eligible to be covered under their parent or guardian’s health insurance.
- You do not need health insurance to be seen at Student Health Services. Student Health Services is available to all current Mason students.

- If you have health insurance, keep your insurance card with you. You may want to store a photo of the front and back of the card on your phone.
- Ask your insurance provider about coverage in the northern Virginia area. Knowing what type of plan you have and where you can go for covered care is important.
- If you would like to buy health insurance, Mason offers a [student health insurance plan](#).
- Learn about how your health insurance plan works. Student Health has some [resources that may help](#).

### Are you under 18?

- If you are under the age of 18, for most medical procedures, your parent or legal guardian will need to give written permission (consent) for medical treatment.
- Student Health recommends you have the Minor Consent Form signed by your parent or guardian before arriving on campus. This is Part 2B on the Immunization Record Form.

### Do you have a first aid kit?

- A few simple items can help make sure you are prepared for some basic self care on campus.
- Kit contents: Thermometer, band-aids, pain reliever/headache reducing medication, antibiotic ointment, anti-acid, basic allergy medication (like Benadryl), cough drops, basic cold medication

## How Student Health Services can help you

Student Health Services has clinics on the Fairfax, Arlington, and Science and Technology campuses. Each clinic is open for different [hours of operation](#). Student Health can help you if you feel sick or have an injury. You can also talk to a provider about any health concern or question.

Some [services we provide](#) include women’s health exams, immunizations (vaccinations), and allergy treatments. We offer testing for sexually transmitted diseases (STD’s), pregnancy testing, and other lab tests. Our doctors and nurse practitioners can write prescriptions. Students can seek health and wellness counseling, such as nutrition counseling and help if you want to stop smoking cigarettes or using tobacco (smoking cessation).

If you are currently receiving allergy shots or taking ADD/ADHD medication, Student Health may be able to continue that care at the clinic. Call to set up an appointment and review the information needed prior to your appointment.

Care at Student Health is confidential and protected by HIPAA.

## How to get care at Student Health

Call Student Health Services (703-993-2831).

Based on your health care need, Student Health staff will schedule you an appointment. We often have appointments available the same day or within one to two days. When you come to the clinic, you will “check-in” with the front desk staff. Please come 15 minutes before your appointment time to complete the check-in paperwork.

We recommend you call to make an appointment for any routine or non-urgent health need. This will be more convenient for your schedule and save you time.

You can walk in to one of the Student Health clinics if you need urgent medical care, like for an illness or injury. You will need to check-in with the front desk. You may have to wait before being seen. Patients who walk-in for care are seen based on the severity of their symptoms. Your wait time also depends on the number of other patients who need to be seen.

If you need to cancel your appointment, contact Student Health to tell us. If you do not cancel at least 4 hours before your appointment, you will have to pay a no-show fee.

It may not be possible to address multiple concerns adequately at one visit. You may need to schedule another appointment for different needs.

If Student Health is closed and you need medical care, call 703-993-2831. Press “0” (zero) to speak with a nurse. The nurse will give you advice about what to do. If you need emergency medical care, always call 911.

### Cost of care at Student Health

There is no cost to be seen by a health care provider. There are [fees](#) for lab tests, medications, procedures, treatments, supplies, and some office visits. Feel free to ask your provider about any cost for care.

If you have the [Aetna student health insurance plan](#) offered by Mason, many services are provided at Student Health at no cost to you. These services are listed in the health insurance brochure.

### Health Insurance and Student Health

- Student Health only participates with the Mason Aetna Student Health insurance plan.
- We do not bill other insurances. Fees for procedures, supplies, lab tests are due at the time of service.
- You do not need health insurance to be seen at Student Health Services. Student Health Services is available to all current Mason students.
- Student Health works with LabCorp for some lab tests. If you have lab tests ordered, and would like to use your health insurance, present your insurance card at the time of service. LabCorp will bill your insurance.
- We will provide you with a walk-out statement with your Student Health charges if you would like to submit it to your insurance company. Student Health cannot guarantee reimbursement by your insurance company. Talk with your insurance company.

### Specialist Care

- Student Health doctors and nurse practitioners provide general medical care. Our providers may refer a patient to a healthcare provider in the community when the care required goes beyond the scope of our practice. We can assist students in finding a specialist.
- Our community referrals are provided as a courtesy and do not reflect an endorsement of the provider or a guarantee of service, quality, insurance coverage, or clinical outcome.
- The specialist will have an office off-campus. Student Health can assist a student in finding transportation options.