5 Campus Health services for employees that you might not know about

Campus Health
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Taking care of your health can be complicated and can often take you to all different corners of the city to find the services you need. Campus Health aims to be a one-stop shop for compassionate health care and is looking to make sure University employees are aware of the services available to them.[1]

The team at Campus Health took center stage during the COVID-19 pandemic, providing the campus community and beyond access to testing and vaccination clinics. But services from general medicine to X-rays are available to University employees throughout the year.

Lee Ann Hamilton, assistant director of health promotion and preventive services at Campus Health, says she can personally attest to the convenience of having access to a full slate of health care services in one campus location.

"I was leading a study abroad trip and I hurt my foot," recalls Hamilton, who has worked for the University since 1986. "When I came back, I went to a sports medicine doctor at Campus Health, who then sent me to get an X-ray. I hobbled across the building and got the X-ray. By the time I walked back into the sports medicine office, he had my results. They gave me a boot, crutches and pain medicine. I was in and out in under 45 minutes."

Hamilton's assessment is in line with national survey results as well. The Princeton Review has ranked Campus Health in the top 4% of colleges and universities for eight years in a row. In the latest report [2], Campus Health is ranked No. 15 out of 388 colleges and universities.

Keep reading to find out about Campus Health services you may not have realized are available to you.

1. CAT Clinic and General Medicine

For urgent and unexpected health care needs, employees can visit the ground-floor CAT Clinic [3]. For routine primary health care services, there's the general medicine [4] clinic. Appointments are often available the same or next day. Doctors, nurse practitioners, nurses and medical assistants work closely with colleagues providing other services – such as lab work [5] and X-rays [6] – and the on-site pharmacy [7] to diagnose and treat patient needs efficiently, all at a single point of care.

2. Sports Medicine and Physical Therapy

Sports Medicine [8] providers offer evaluation and treatment for issues involving bones, joints and muscles and any functional issues including neck/back pain, overuse injuries and more. They also make referrals to in-house physical therapy or refer out to the community, as needed.

Campus Health's physical therapy clinic [9] is staffed by both physical therapists and athletic trainers. They work with patients who've had an injury, recent surgery or activity-related pain as well as those who want to improve their body mechanics. The physical therapy clinic accepts outside referrals and can schedule new post-surgical appointments within one week.

3. Full-Service Pharmacy

With more than 400 prescription medications and 250 over-the-counter products available, the Campus Health pharmacy [7] may be Campus Health's best-kept secret.

While it doesn't bill insurance, the pharmacy keeps costs and overhead low, which means pharmacists can often fill your prescription at or below your usual pharmacy co-pay. Call 520-621-6516 to learn more or to check pricing.

The pharmacy also sells sunscreen, bandages and Burt's Bees products.

4. Women's Health and LGBTQ+ Health

The women's health clinic [10] offers routine gynecological visits and exams, contraception consultation and prescriptions, and gynecological procedures. The clinic's providers also evaluate and treat a full range of gynecologic problems including abnormal bleeding, pain, menopause symptoms and breast concerns.

The LGBTQ+ health clinic [11] offers services for the LGBTQ+ community, including those seeking gender transition health care. In addition, the clinic offers a Trans Treatment Team.

5. Immunization and Travel Clinics
Campus Health's **immunization clinic** [12] and **travel clinic** [13] are the places to go if you have international travel plans and want to make sure you are up to date on vaccines. The clinic offers more than 15 vaccines, tuberculosis skin and blood tests, and more, and its travel nurses can also help you navigate health and safety recommendations for wherever your travels take you.

Campus Health’s summer hours are Monday-Friday from 8 a.m.-4 p.m. at its home in Highland Commons, on East Sixth Street just west of North Highland Avenue. Employees can make an appointment for any of Campus Health’s medical services by calling 520-621-9202. University employee health insurance plans and **most commercial plans** [14] are accepted (deductibles and copays may apply). Employees with questions about insurance eligibility can call the Campus Health billing office at 520-621-6487.

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