Experience **GOLD** standard care at Sindice Health Center.
Central campus location
WMU has a health center

- Doctors
- Nurses
- Medical Care
Pharmacy, Diagnostics

- Pharmacy
  - Prescription Medication
- X-ray
- Laboratory
Sports medicine for injuries

- Physical therapy
- Sprains
- Rehabilitation
- Foot care
- Massage
Counseling

**FREE to all students:**
Go to the health center and talk with a counselor about:

- Homesickness
- Loneliness
- Relationship Problems
- Stress
- Anxiety
- Grief
- Sexual identity questions
- Trauma
- Adjusting to college life
- Disordered eating
Health Promotion & Education

- Peer education programs
- Alcohol and Sexual Assault Education
- Health resource library
- Western H.E.R.O.E.S bystander intervention
Recommended Immunizations

- Hepatitis A
- Hepatitis B
- Human Papillomavirus
- Seasonal Influenza
- Measles, mumps, rubella (MMR)
- Meningitis
- Pneumococcal
- Tdap: Tetanus, Diphtheria, Pertussis (Whooping Cough)
- Varicella (Chickenpox)

Meningitis is a potentially life-threatening infection of the brain and spinal cord caused by several different types of bacteria.

All shots are available at the health center.
Paying for Care

• We charge $ for services.
• We accept some insurance.
• Remaining health care charges are transferred to your student’s WMU account.
• Release of information form on file required to allow discussion with family member.

See a list of participating insurances at wmich.edu/healthcenter/about/insurance
Patient confidentiality

Patient records are private and separate from other university records.
Make an appointment

Call us:
(269) 387–3287

or book online
www.wmich.edu/healthcenter
Online Access

Healthmanager.wmich.edu

• Through sindecuse.com
• Make appointments
• Medical, immunization records
Hours

Monday - Friday
8 a.m. – 5 p.m.
EXCEPT ON Thursdays
9 a.m. – 5 p.m.

Pharmacy open until
5:30 weekdays
After Hours Emergency Care

- Medical: Dial 911
- Emergent or crisis situation dial 211 or (269) 381-4357
- Borgess Emergency Room (269) 226-4815
- Bronson Emergency Room (269) 341-6386
Staying Well
Health issues might affect you

- Homesickness
- Sleep issues
- Study skills
- Time management
- Stress
Healthy Living

- Sleep well
- Eat well
- Drink plenty of water
Healthy Living

• Exercise
• Laugh!
• Spend time with people you care about
• Maintain healthy relationships
Healthy Living

• Enjoy the sunshine!
• Find stress relief that helps you...
• Ask for assistance
• Practice gratitude and thankfulness
• Learn new things
All tobacco products are prohibited except in your own vehicle.

- Cigarettes
- E-cigarettes
- Cigars
- Snuff
- Pipes
- Hookahs
- Chewing tobacco
Thank you!