SINDECUSE HEALTH CENTER

SUPPORTING YOUR

PHYSICAL AND MENTAL

Health

AND WELL BEING

CARING

ACCESSIBLE

CONVENIENT
Clinical & Nursing Services

GENDER-SPECIFIC VISITS
PREVENTIVE EXAMS AND SEXUAL HEALTH

PSYCHIATRY

NEW INJURY / ILLNESS

MANAGEMENT OF CHRONIC CONDITIONS

MEDICATION MANAGEMENT

IMMUNIZATIONS (INCLUDING FLU)
AND ALLERGY SHOTS

INTERNATIONAL TRAVEL CONSULTATIONS

EMAIL A NURSE
How we’ve responded to COVID-19

LAUNCHED TELEHEALTH APPOINTMENTS FOR PRIMARY CARE, COUNSELING AND PSYCHIATRY SERVICES WHILE STAY-AT-HOME ORDERS IN PLACE

INCREASED SANITARY PRACTICES, CLEANING SCHEDULES, SOCIAL DISTANCE MEASURES

LIMITING FOOT TRAFFIC TO NECESSARY VISITS ONLY

MANAGED DONATIONS FROM THE UNIVERSITY COMMUNITY TO AREA AGENCIES
Counseling Services

No charge to students

PERSONAL COUNSELING
GROUP COUNSELING
COUPLES COUNSELING
WORKSHOPS

ADDRESSING ISSUES STUDENTS SOMETIMES EXPERIENCE
Relationship or family conflicts
Stress and anxiety
Grief or loss
Social and peer pressure
Sexual identity questions
Trauma and post-traumatic stress
Adjusting to college life
Feeling down or depressed
Body image or disordered eating

FIND OUT MORE
Sports Medicine Clinic

PHYSICAL THERAPY
MASSAGE THERAPY
ORTHOPEDIC CARE
PODIATRY
ATHLETIC TRAINING
SPORTS MEDICINE DOCTORS WHO SERVE WMU ATHLETIC TEAMS
Pharmacy and Diagnostic Services

Pharmacy
- Prescription medications
- Transfer RXs here
- Over-the-counter products

Laboratory and X-Ray services
- Saves time: all visits under one roof
- Some lab services provided by external lab, bills separately
Recommended Immunizations

HEPATITIS A
HEPATITIS B
HUMAN PAPILLOMAVIRUS
SEASONAL INFLUENZA
MMR: MEASLES, MUMPS, RUBELLA
MENINGITIS
PNEUMOCOCCAL
TDAP: TETANUS, DIPHTHERIA, PERTUSSIS (WHOOPING COUGH)
VARICELLA (CHICKENPOX)

MENINGITIS
Meningitis is a potentially life-threatening infection of the brain and spinal cord caused by several different types of bacteria. Meningococcal vaccine is effective against some of the bacteria that cause meningitis.

- Living in residence halls may increase risk
- Anyone who has lost their spleen or its function should have this vaccine
- Protection lasts approximately 5 years
- Revaccination may be recommended at 5 years if you remain at risk
- Recommended for travelers to areas of the world where meningitis is prevalent

ALL AVAILABLE AT THE HEALTH CENTER
We accept many insurance plans

- AETNA AND AETNA PPO
  - Includes PSI-GBG Platinum, Gold and Silver plans
  - Excludes HMO

- ASR/PHYSICIANS CARE NETWORK
  - Employer group of Lakeland HealthCare

- BLUE CROSS/BLUE SHIELD PPO PLANS
  - Many PPO plans included
  - Excludes HMO

- CIGNA
  - Psychiatric services provided by Dr. Ruggiero only

- COFINITY
  - HMO policyholders should check with their insurance for coverage details

- HAP
  - Preventive visits not covered at Sindicuse
  - Excludes ADD testing

- HUMANA
  - Must say ‘Cofinity Choice Care’ on back of card

- MEDICAID
  - Excludes HMO except as noted below*, excludes international travel visits and associated immunizations

- MEDICARE INCLUDING MEDICARE ADVANTAGE
  - Excludes international travel visits and associated immunizations Bronson Narrow Network
  - Includes EPO, HMO, POS, PPO, Medicaid

- MERIDIAN HEALTH PLAN OF MICHIGAN MEDICAID HMO*
  - Excludes Meridian Choice

- MESSA
  - Traditional and HMO
  - Includes MESSA Choice II

- PRIORITY HEALTH
  - Excludes Priority Medicare, Bronson Narrow Network

- TRICARE
  - Excludes Tricare Prime

- UNITED BEHAVIORAL HEALTH
  - Excludes United Community Plan Medicaid

- UNITED HEALTHCARE
  - Mental health coverage through United Behavioral Health (excludes HMO)

- SPORTS MEDICINE CLINIC
  - Participates with the above insurances.

- PHARMACY
  - Participates with many major pharmacy card programs beyond those listed above, including Blue Care Network HMO plans.
Away from Home

Not a Michigan resident?

STUDENTS FROM OUTSIDE MICHIGAN SHOULD KNOW:

Sindecuse Health Center is not classified as an urgent care center. Students or their families who are not Michigan residents should find out if their insurance covers a visit to an out-of-state physician’s office.

Medicaid benefits are not transferable across state lines.

Students may check into “away from home” plans their insurance company offers.

If you have questions, call us at (269) 387-4219.

ASK AN EXPERT
Paying for services

We charge for services at time of visit.

We bill participating insurances first, and collect any copay due.

Charges may be applied to a student account if not paid at time of service.

PRIVACY LAWS PREVENT US FROM DISCUSSING HEALTH OR BILLING RECORDS WITHOUT A RELEASE OF INFORMATION FORM ON FILE.

A student who is over 18 must fill out a release of information form to allow us to discuss anything with a third party, including a parent or family member.

These can be downloaded and filled out prior to arrival on campus or at any visit.
A Short Checklist

Making the Transition Easy

Check a few simple things off your list and get a healthy start at WMU:

FOR STUDENTS WHO WILL TURN 18 AFTER ARRIVING ON CAMPUS:

Consent to Treat a Minor

EVERYONE:

Insurance Information

Request or make a copy of insurance cards (front and back)

DOWNLOAD

DOWNLOAD
Get involved with the

Student Health Advisory Council

Members of the Student Health Advisory Council advocate for student health on campus and at the health center.

Group members are asked to represent student points of view in health center policy. The group sponsors flu shot clinics, health awareness events, service days and more!
WE’RE AVAILABLE BY PHONE OR EMAIL YEAR ROUND

Call us at (269) 387-3287 during business hours to be connected to a staff member who can answer your questions.

Email questions to health@sindecuse.com.

wmich.edu/healthcenter