



Student Health & Wellness
MICHIGAN STATE UNIVERSITY

Student Health & Wellness

studenthealth.msu.edu

@healthyspartans



Student Health & Wellness Includes:



Health Services



Center for Survivors



Health Promotion



MSU Safe Place



**Counseling & Psychiatric
Services (CAPS)**



Health Services

olin.msu.edu

Health Services

- Board-certified physicians and mid-level providers
- Five locations for your convenience
- Open 8 a.m.–5 p.m.
Monday –Friday

Visit olin.msu.edu



Health Services at Olin Health Center

- Allergy & Immunization Clinic
- Primary Care Clinic
- Women's Health
- Laboratory
- Physical Therapy
- Radiology (X-ray)



Recommended Vaccines

We offer the following routine immunizations by appointment:

- Hepatitis A and B
- Human Papillomavirus (HPV) - Gardasil
- Influenza (flu)
- Measles, mumps, and rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rabies
- Tetanus or TDAP (tetanus, diphtheria, and pertussis)

COVID-19 vaccinations are available at the MSU Health Care Pharmacy on S. Hagadorn Road.

Polio, shingles, chicken pox, yellow fever or any travel-related immunizations, are available through the MSU Travel Clinic, a part of the University Physician's Office.



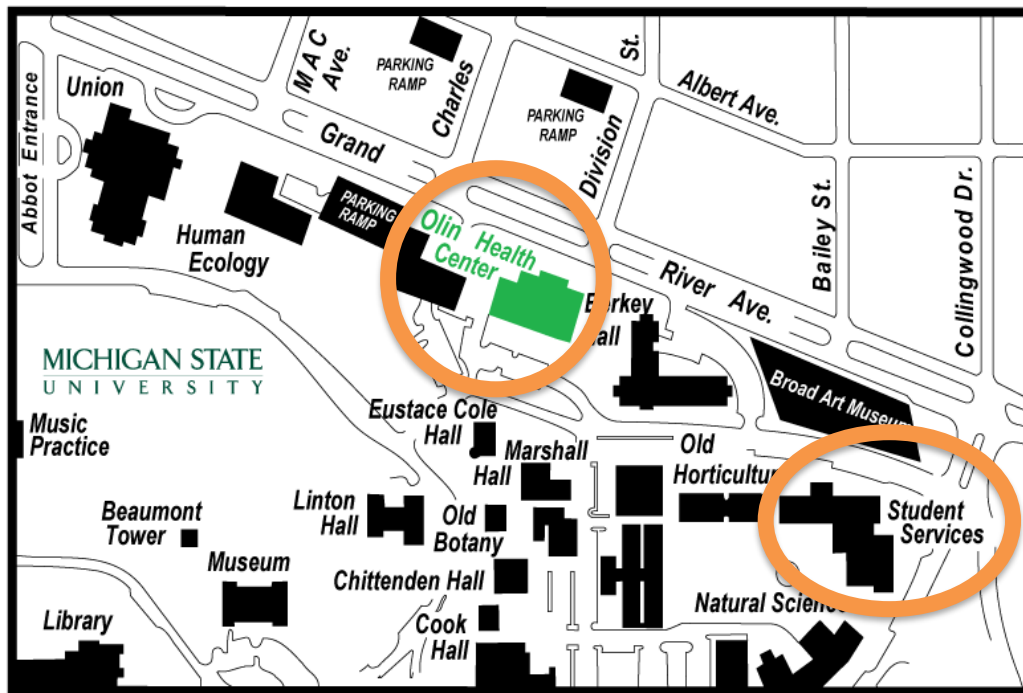
North Campus

Olin Health Center

- CAPS
- Health Promotion
- Health Services

Student Services

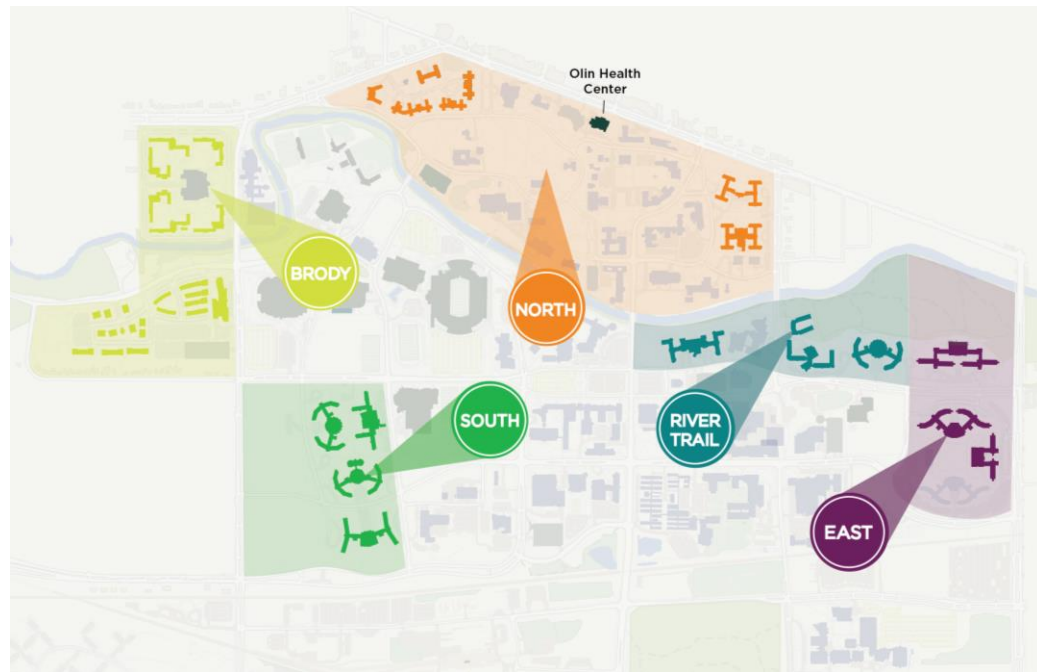
- Center for Survivors
- Health Promotion



Neighborhood Clinics

- **Brody: 148 Brody Hall**
(Armstrong, Bailey, Bryan, Butterfield, Emmons, Rather)
- **South: G17 Holden Hall**
(Case, Holden, Wilson, Wonders)
- **River Trail: W9 McDonel Hall**
(McDonel, Shaw, Van Hoosen, Owen)
- **East: 127 S. Hubbard Hall**
(Hubbard, Akers, Holmes)

Neighborhood Clinics are available by appointment for minor injuries, illness and preventive services.



Getting Started

- **Call (517) 353-4660**
- Students can request their preferred location and provider
- **Prepaid clinic visits**
 - Three medical office visits per year
 - Patient is billed for fourth and subsequent visits and any services not included in the office visit (e.g., lab, X-rays, procedures or medical equipment)

Billing & Insurance

- Know what is and is not covered by your insurance plan.
- We participate with:
 - Traditional BCBS, BCN, MSU Student Insurance (BCN)
 - McLaren, Aetna PPO, Priority Health
 - McLaren Medicaid, BC Complete
- Out-of-network for most other HMOs and PPOs.
- Student should have copies of medical and prescription insurance cards.
- No insurance? MSU Student Insurance BCN plan information is available at hr.msu.edu/benefits/students/health.

Local After-Hours Care (Available 24/7)

- **Olin Phone Information Nurse**
(517) 353-5557
- **Lansing Urgent Care**
(24/7 on Clippert St.)
- **Sparrow Hospital Emergency**
(Lansing, Michigan Ave.)





Health Promotion

healthpromotion.msu.edu

Health Promotion Services Include:

- **Alcohol & Other Drugs Program**
- **Collegiate Recovery Community (CRC) Program**
- **Nutrition Services**
- **Sexual Wellness Program**
- **SPARTANfit Fitness & Wellness Program**
- **Student Involvement and Support**
 - SOAR: Students' Organization for ALL Recovery
 - SEBA: Spartans Empower Body Acceptance
 - MSU Student Food Bank
 - SHAC: Student Health Advisory Council



The State of Spartan Health



The State of Spartan Health 2020 Impediments to Academic Performance

Many issues — not just academics — can influence a student's success in college. Some (e.g., extracurricular activities, internet use) are within their power to prevent or control. Others (e.g., financial difficulties, death of a loved one) are outside their ability to prevent or control, but students can learn to cope with them effectively.

Of MSU Students¹:

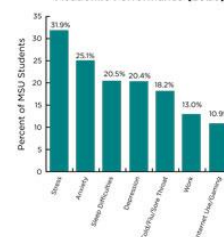
67% Experienced stress last year, and 32% reported that stress seriously impacted their academic performance.

31% Said their financial issues were traumatic or very difficult to handle in the past year.

49% Experienced sleep difficulties last year, and 21% reported that it seriously affected their academic performance.

25% Said anxiety seriously affected their academic performance in the past year.

Top Seven Impediments to Academic Performance (2020)



Campus Resources

Counseling & Psychiatric Services (caps.msu.edu): Individual or group counseling, psychiatry, etc.

SPARTANfit (healthpromotion.msu.edu/fitness): Support for your fitness and wellness goals.

Office of Financial Aid (finaid.msu.edu): Help with student loans, budgeting, etc.

Neighborhood Student Success Collaborative (nssc.msu.edu): Academic advising and learning resources to help students achieve academic goals.

Tips for Students

Ask your RA, academic advisor, or engagement center director about available resources; they are there to help!

Attend your classes and participate every day. Talk to your professors or go to office hours if you need help.

Use coping mechanisms that worked for you in the past to counter stress — listen to music, exercise, talk to family or friends, pray, etc.

Call (517) 353-0718
Visit healthpromotion.msu.edu

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Cold and Flu

- Families: MSU surveys show that **students turn to parents first** when they feel ill.
 - Be available, be informed and learn to refer.
- Having a cold or flu is one of the top reasons students miss class.
 - Wash your hands, get a flu shot and cover your cough!

48%

Of students report having had a cold or flu.¹

Sleep

Getting enough sleep every night can make a big difference for your success.

47%

of MSU students experienced
sleep difficulties in the past year.¹

18%

reported that these difficulties
seriously impacted their
academic performance.¹

1. NCHA, 2020.



Stress

Use stress-reducing strategies that have worked for you before. Listen to music, exercise, talk to family/friends, pray, etc.

68%

of MSU students said they experienced stress last year.¹

32%

report that stress seriously affected their academic performance.¹



Nutrition

Body image is really a matter of perception. Restricted eating to control weight can lead to more serious eating problems.



63%

report being at or slightly
under weight ¹

52%

overall report dieting or
exercising to lose weight ¹

Fitness

At MSU, there are plenty of ways to stay active: walk, ride, run, use IM sports and facilities and more.

The **SPARTAN**fit Fitness & Wellness program can provide support and guidance.

64%

of MSU students report exercising three or more days per week to improve cardiovascular fitness.¹



Sexual Wellness

It's important to weigh the possible benefits and risks of being sexually active. Be informed and educate yourself about available contraceptives.

47%

reported having one
sexual partner
(in past year).¹

85%

used some form of
contraception at
last intercourse.¹

30%

have reported having no
sexual partners
(in the past year).¹

Alcohol

Use protective behaviors like drinking moderately, eating before and while drinking, using a designated driver, avoiding drinking games, etc.

69%

of MSU drink 0–4 alcoholic drinks when they party.
About half limit themselves to one or two drinks.¹

29%

of MSU undergrads report not having drunk
alcohol in the past 30 days.¹



Recovery

MSU's **Collegiate Recovery Community** is here to support a real college experience — without substance use — through peer support and on-campus recovery housing. Visit healthpromotion.msu.edu/recovery to learn more.



About 1,500 MSU students are navigating college while in recovery from alcohol or other drugs and are achieving academic success.



Counseling & Psychiatric Services (CAPS)

caps.msu.edu

About CAPS

Our mission is to connect students with the most appropriate and available care and services that optimize their health, well-being and success.



Counseling & Psychiatric Services (CAPS)

Drop-in screening (Olin 3rd floor)

- MSU Student Union and Neighborhood locations by appointment

On-campus resources

- CAPS short-term individual counseling, group counseling, psychiatric care
- CAPS Connect within MSU colleges and departments
- Referrals and collaboration with Student Health, Health Promotion, Center for Survivors, Safe Place

Off-campus network of providers

- Option for long-term, intensive or weekly counseling

Crisis Options

When CAPS is open:

- Go to CAPS on the 3rd floor of Olin Health Center and inform staff at check-in that you have a crisis situation (no appointment needed)
- **Monday–Thursday** 8 a.m.–6 p.m.,
Friday 8 a.m.–5 p.m.

When CAPS is closed:

- Call CAPS at (517) 355-8270 and press 1 to speak with a counselor
 - Free and confidential
- Call 911 or go to a local emergency room (Sparrow and McLaren in Lansing)



How CAPS Works

- All CAPS services are confidential.
- **Counseling services are free.**
- Psychiatry appointments:
 - **First three lifetime visits are at no charge.**
 - Lab work and prescriptions are billed separately.
 - Insurance or patient is billed for fourth and subsequent visits.

Why Students Visit CAPS

- Depression
- Anxiety
- Academic issues
- Relationship concerns
- Traumatic experiences
- Eating concerns (anorexia, bulimia)
- Racial and acculturation issues

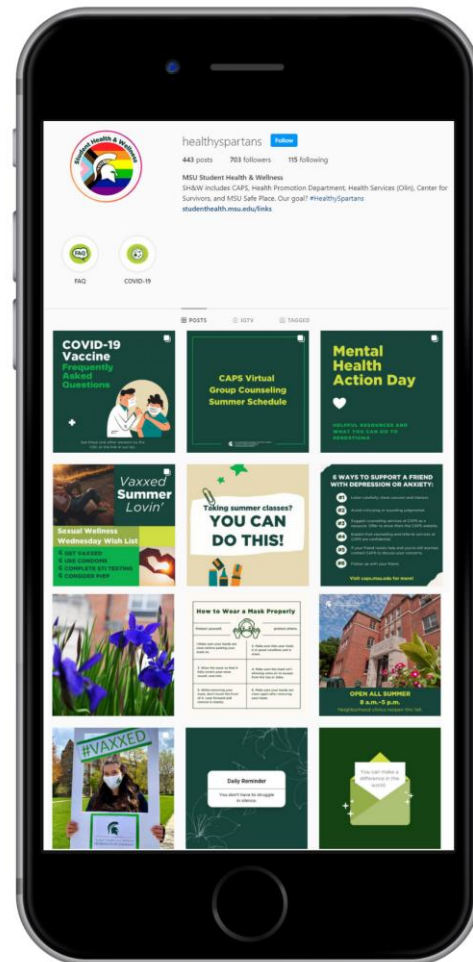


Definition of Transition

“Moving away from **previous** sources of structure, affiliation and identity toward the **new** sources of structure, affiliation, and identity of the next life stage.”

Connect With Us

Follow **@healthyspartans** on Instagram, Twitter and Facebook to get the latest news, events, health tips and more from Student Health and Wellness.





Questions?