

9-1-2018

Health and Wellness Center Policies

Saint Mary's College of California

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Recommended Citation

Saint Mary's College of California (2018) "Health and Wellness Center Policies," *Student Handbook*: Vol. 2018 , Article 25.
Available at: <https://digitalcommons.stmarys-ca.edu/undergrad-handbook/vol2018/iss1/25>

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Health & Wellness Policies at Saint Mary's College

The Health & Wellness Center (H&WC) is an on-campus resource that provides medical services to all the undergraduate students in an urgent care model. It also provides many programs and activities to promote a healthy lifestyle and prevent illness at Saint Mary' College. There are three key requirements to complete for all incoming undergraduate students:

1. Medical History and Immunizations

A completed Medical History form, with immunization records attached, must be turned in to the H&WC before matriculation. This form is available online at the H&WC website. Note: there are different deadlines for turning in this information to the H&WC for the Fall and Spring semesters.

2. Health Insurance Coverage

Each year all undergraduate students are automatically enrolled in the Saint Mary's College negotiated Student Health Insurance Plan (SMC-SHIP). If your insurance plan meets these standards and you wish to remain on your own plan, you must actively dis-enroll from the SMC-SHIP **every year**. Please go to the H&WC website for general information on the type of coverage that the SMC-SHIP insurance plan provides. If you still wish to be covered by your own health insurance plan, there are instructions on how to dis-enroll from SMC-SHIP by completing an online insurance waiver. Please make a copy of the email stating successful waiver of the SMC-SHIP for your records.

3. "AlcoholEdu for College" and "Sexual Assault Prevention for Undergraduates" Online Training Courses

Successfully complete the "AlcoholEdu for College" and "Sexual Assault Prevention for Undergraduates" courses. These courses are online educational programs that address topics of alcohol consumption, drug abuse, and their impact on consent in relationships on campuses of higher education, as well as sexual assault prevention. Look for an invitation to complete these online programs through your SMC issued email. You must successfully complete these two programs before matriculation. Please see the H&WC website for the different deadlines for the completion of this requirement for the Fall and Spring semesters.

Please note that the three above requirements are for the health and safety of our students and our community. Failure to complete these requirements will put a student on an academic registration hold. Please call the H&WC at (925) 631-4254 or email: healthcenter@stmarys-ca.edu for any questions.