

# Undergraduate Student Handbook

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## Health and Wellness Center Policies

Saint Mary's College of California

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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 clinic 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 all the supportive documentation of immunization records must be turned in to the H&WC before matriculation. This form is available on line 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**

Verify adequate health insurance coverage that meets the standards set by Saint Mary's College. 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 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. Please make a copy of the successful waiver of the SMC-SHIP for your records.

## **3. "Think About It" Online Training**

Successfully complete "Think About It," an on-line educational program that addresses the topics of alcohol consumption, drug abuse, and its impact on consent in relationships on campuses of higher education. Look for an invitation to complete this on-line program at your SMC-issued email. You must successfully complete this program before matriculation. Please see 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](mailto:healthcenter@stmarys-ca.edu) for any questions.