



RICE

Student Health Services



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The Rice Student Health Services Office provides preventive and outpatient clinical care for the students of Rice University. Student Health is located on-campus and is dedicated to meeting the unique needs of undergraduate and graduate students, with an emphasis on prevention.



All full time undergraduate and graduate students may utilize the services at the clinic. The Health and Wellness fee paid each semester covers the clinic as well as other support services on campus.

Students may have a visit with a doctor or nurse free of charge, regardless of insurance type.

The clinic offers televisits, in-person visits and phone triage. Visits are by appointment. Students should call to schedule an appointment. Parents may not schedule for their students.

We are open Monday thru Friday 8am to 5pm by appointment.

Please note the Testing Centers for COVID are operated by Crisis Management.

Staff

- Three Board Certified Family Medicine Physicians
 - Dr Jessica McKelvey
 - Dr Kelly Castro
 - Dr LeCresha Peters
- Three Registered Nurses
 - Ashley Hopkins, RN
 - Amber Zolan, RN
 - Kristen Ruiz, RN
- Two medical coordinators
 - Felicia Brooks
 - Charmaine St Rose

Services

- Sick visits
- Injury visits
 - Bandages provided
 - Crutches available for free check out
- Travel consults
- Physicals for jobs, internships
- Vaccines
- STI testing and pap smears
- Confidential reporting of sexual assault

Insurance

Students should always have a copy of their insurance cards in case a referral is needed.

Aetna student health members may download a card and find in network services for their plan at

www.aetnastudenthealth.com

Free testing

Tests completed at SHS for free:

- Pregnancy test
- Urinalysis
- Strep screen
- Monospot
- Influenza test
- Glucose
- EKG

Lab work

Students may have blood work done as part of their clinic visits. Labs are sent to LabCorp. Students must pay SHS for the labs. They will receive a coded receipt.

Examples of costs (subject to change) include:

- CBC \$5
- Chemistry panel \$5
- TSH \$3
- Ferritin \$5
- Vitamin B12 \$10
- Lipid panel \$5
- Urine culture \$5
- Pap smear \$25
- HIV \$15
- RPR (syphilis) \$5
- Gonorrhea/Chlamydia \$26



Tip for parents: If your student has a physician at home that would like to order labs during the school year, the home physician can order these labs at local providers directly. Both Quest and LabCorp have nearby locations.

Student Health can help find a location for you.

We are not a lab and do not perform tests ordered by other physicians as labs should be ordered by the managing physician of a condition.

Diagnostic imaging

Student Health refers out for any diagnostic imaging. X-rays, ultrasounds, etc will be ordered at nearby facilities and students will need to use insurance for this service. Students should understand what facilities are in network for their insurance carriers before going. Most students prefer using either Memorial Hermann Imaging or Methodist due to their close proximity to campus.

Immunizations

Students with Aetna student health may receive a form from the clinic and can submit this for full reimbursement of the vaccine cost. Students with outside insurers will receive a receipt with proper coding to submit to their insurers. Prices subject to change.

- Influenza (quadrivalent) \$18
- Gardasil 9 \$224
- Hepatitis A \$71
- Hepatitis B \$60
- Polio \$32
- Menactra \$118
- Meningitis B (Bexsero) \$176
- MMR \$75
- Tetanus \$30
- Tdap \$41
- Twinrix \$106
- Typhoid \$72 injectable or \$67 oral (requires more time before travel)

Note - Outpatient clinic

It is important to note that our clinic is not an urgent care or hospital. Students with emergent needs should call for EMS on campus 713-348-6000 or 911 off campus.



Website

<https://health.rice.edu>



Contact information

Phone 713-348-4966

Fax 713-348-5427

Email HLSV@RICE.EDU

Student privacy

As a reminder, adult students (18 and older) are responsible for their information.

Rice University must follow FERPA regulations.

<https://registrar.rice.edu/ferpa>

Parent tip: Be certain your student keeps the emergency contact up to date.

Rice student health physicians recognize your concerns and will do our best to contact you with the student in the clinic if there is an emergency situation.



RICE

Flu vaccine

Highly recommended.

Opportunities for the vaccine:

6 walk in days at the Cambridge Office Bldg.

Insurance accepted

By appointment at SHS

\$18 - receipt given

Local pharmacies

Owl be there for you!
Protect yourself and your fellow owls,
get a flu shot!



Health tips

Ideas to share with your student

- Wash hands regularly and keep hand sanitizer with you.
- Do not share food, cups or eating utensils
- Avoid drinking games
- Keep your room clean and wipe frequently contacted surfaces with a cleaning cloth regularly
- While in the bathroom -
 - i. Use a tote and keep things safely in there
 - ii. Avoid putting your toothbrush on the counter



Health tips

Ideas to share with your student

- Sleep - Good rest is essential to a good immune system and good academic success.
 1. align head to toe (flipped) in shared bedrooms
 2. get at least 7-8 hours per night.
 3. Keep a regular sleep/wake schedule
 4. Keep up with your academic work with good advance planning, so that you do not need to pull all nighters.
 5. If you have problems with sleep, contact Student Health or Wellbeing for a consult

Health tips

Ideas to share with your student

- Hydration
 - i. Houston is very hot. It is essential to drink water throughout the day to stay hydrated.
 - ii. Keep a water bottle with you while going to class and events. You will need to drink more water in the Houston heat than you probably needed to at home.
- Heat
 - i. Prevent heat related illness by
 - 1. Wearing loose fitting or lightweight clothing
 - 2. Drinking plenty of water throughout the day
 - 3. Taking it easy during peak heat times
 - 4. Protecting against sunburn with sunscreen and sun protective clothing.
- Nutrition
 - i. Staying healthy also required a balanced diet. This includes fruit, vegetables, lean proteins, whole grains and plenty of water. Remember to eat 3 meals a day. Breakfast is an important way to start your day!
 - ii. Keep some healthy snacks on hand like dried fruit, yogurt, fat free popcorn, or carrots in case you are delayed getting to your meals. If you stay up late to study, eat a healthy snack instead of pizza.

Health tips

- Introduction to Houston bugs
 - i. Mosquitoes are part of the Houston summer. The best ways to avoid bites are to stay indoors at dusk, wear long sleeves and wear insect repellent.
 - ii. Fire-ants frequently greet new Texas visitors. These ant bites are particularly painful and can cause swelling. Students can avoid them by watching where they step, keeping shoes on while outdoors, and avoiding walking in wet puddles or grassy areas just after rain.
 - iii. Asps - These caterpillars can fall from trees or be on picnic tables or chairs. When spending time outdoors, students should check their surroundings. Call Health Services or EMS for any Asp encounter. Rinse the area, apply tape to the area to remove stingers and apply ice.

Health tips

- Helmets
 - i. Always wear a helmet if cycling or skateboarding. This is for ON or OFF campus activities. It is never safe to go without a helmet.



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We hope your student has a fantastic semester!