Student Health Service

Overview of Services
A note on immunizations:

- All incoming full-time and part-time undergraduate and graduate/professional students must submit proof of immunization to Student Health Service against the following diseases:
  - Measles, Mumps and Rubella
  - Varicella (Chicken pox)

- For more information:
  studentaffairs.pitt.edu/shs/immunization/university-requirements
Upload your COVID-19 vaccine information

1. Log in to the Pitt Portal, then select the Student Health Service Student Portal.

2. Upload a copy of your vaccination card:
   From the top menu select "upload", then select "Covid Vaccine Card", then "file" and then follow the prompts.

3. Enter your vaccine dates:
   Select "Immunization" from the top menu, then select the appropriate listed COVID-19 category, and then follow the prompts.

For more information, please visit: studentaffairs.pitt.edu/shs/
COVID-19 Vaccine Information

- Covid-19 vaccinations are available at the Pitt CoVax Vaccination Center
  - To pre-register, please visit [https://pi.tt/vras](https://pi.tt/vras) and use the access code “panthers”
  - For questions or assistance, please call Pitt’s vaccine hotline: 412-383-4372
  - Located at 4140 Fifth Ave – first floor Nordenberg hall (beside PNC bank)
Covid-19 continued

• If you are experiencing symptoms associated with COVID-19, or believe you may have been in close contact with someone who has covid-19:

Call Student Health at 412-383-1800

• For the most up-to-date information, please visit: coronavirus.pitt.edu
Wellness Center: Location

• Nordenberg Hall

• 2nd floor:
  – University Counseling Center
  – Student Health Service
  – Entry on corner closest to the U Club

• 1st floor:
  – University Pharmacy
  – Entry on corner of 5th and Univ. Pl.
Student Health Service

Service areas:
• Student Health Medical Clinic
• Office of Health Education and Promotion
• University Pharmacy

Staffed with a number of highly trained professionals including:
Board certified doctors, nurses, CRNPs, pharmacists and pharmacy technicians, psychiatrists, registered dietician, health promotion professional and administrators

Accredited by the AAAHCL
Student Health Service: Clinic

Clinical Services:
- Primary medical care (for both acute and chronic conditions)
- Routine physical exams, age appropriate screenings & preventive care
- Reproductive and gynecologic care (including routine exams, screenings and contraceptive care)
- LQBTQIA+ care (including gender affirming care and services)
- Pre-travel health assessments
- Allergy injections
- Sports medicine
- STI testing and treatment
- Psychiatry services
- Referrals for specialists
- Vaccines*
  *covid-19 vaccines are available through the Pitt CoVax Vaccination Center
SHS: Hours

• Monday – Friday 9a-5pm
  • Extended hours until 7pm on Mon & Thur during the fall/spring terms
  • Saturdays from 10am-3pm in fall/spring terms
  • Closed during University Holidays, Winter recess

• Currently by appointment only

• To schedule, please call Student Health at 412-383-1800

Please visit our website for the most up-to-date information regarding hours of operation, services, other important wellness information:

studentaffairs.pitt.edu/shs/
Insurance information

Insurance:

• Student Health Service accepts health insurance
• Can upload insurance information through a secure health portal in the Pitt Portal (my.pitt.edu)
University Pharmacy: Services

• Fill a variety of prescriptions
  • Can assist with prescription transfers
  • Accept more than 100 insurances
• OTC medications and supplies available
  • You can now order OTC items ahead online!
• Answer medication questions
• Check out the Pocket RX app for an easy way to ask questions or refill prescriptions
• Medication disposal box
• Phone: 412-383-1850
Office of Health Education and Promotion (OHEP)

Variety of programs/services:
- Registered dietician
- Peer Education
- AOD prevention programs
- Cessation counseling
- Collegiate Recovery Program
- Stress Free Zone

Hours of Operation:
• Mon-Fri 8:30a-5pm

Phone: Phone: 412-383-1830  
Email: shsohep@pitt.edu

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QUIT- Cessation Program

• One-on-one appointments
• Nicotine based products (cigarettes, chew tobacco, e-cigarettes, etc.)
• Free service to students
• Optional, free NRT
• To schedule please email shsohep@pitt.edu
Registered Dietician

• Offers services to explore many topics including (but not limited to):
  – Eating well, balancing nutrition
  – Weight management
  – Vegetarian and other special diets
  – Disordered eating
  – Sports nutrition
• One-on-one appointments
• FREE for students to use
• Group programs for organizations, residence halls, etc.,
• Schedule by calling 412-383-1800
The Stress Free Zone

• Located on the 3rd floor, WPU
  – Walk in services available
• Number of workshops and services including:
  – Workshops
  – Yoga classes
  – Mindfulness Walks,
  – Biofeedback stations
  – Mindfulness stations
  – … and more!

studentaffairs.pitt.edu/shs/stressfree/
Prevention & Outreach Programs

- Out reach programs and events:
  - PantherWELL Peer Educators (throughout the year)
  - Alcohol Awareness Week (October)
  - Substance free, stress free events
Healthy U Fair 2021!

- **Wednesday, Sept 29<sup>th</sup> 10a-2p**
  - WPU lawn (rain location inside WPU)
  - Raffle prizes, giveaways, resources and demonstrations
  - Kick off of our Annual Flu Shot Clinic (FREE flu shots!)

@PittHealthyU
Collegiate Recovery Program

• Student support
  – 1:1 meeting to discuss challenges, goals and resources
    
    Note: meetings are not intended for treatment or counseling

• Substance free programs & events
• Trainings available soon!
• Email: shsohep@pitt.edu
Thank you

For questions or more information, please contact us:

Student Health Service

412.383.1800

studentaffairs.pitt.edu/shs