University Health Services Has You Covered

University Health Services (UHS) is now accepting MassHealth. We’ve added MassHealth to the lengthy list of insurance plans we accept:

- Student Blue PPO
- Aetna
- Blue Cross Blue Shield
- BMC Healthnet
- Cigna
- Harvard Pilgrim
- Health New England
- MassHealth
- Neighborhood Health Plan
- Network Health
- Tufts
- and many more

Now you have more reason than ever to choose University Health Services as your primary care provider. Whether you need an immunization, an annual physical, or urgent care, UHS has you covered. And keep in mind that when you subscribe to the Student Blue PPO, you will not be responsible for any co-pays or out-of-pocket expenses for the care you receive at UHS. That’s a $30 savings every time you use our services!
The Counseling Center

The college years are a time of great personal growth, and yet the demands of life and school can be overwhelming. The Counseling Center is here to help. All enrolled UMass Boston students are eligible for the following services:

- A brief consultation to determine treatment needs
- Crisis intervention
- Assistance accessing services on and off campus
- Outreach events
- Educational materials

In addition, therapy will be offered at no additional charge to students whose needs make the Counseling Center an appropriate choice. Common issues for which students seek services include:

- Stress management
- Financial health
- Alcohol and other drugs
- Mental health and wellness
- Reproductive and sexual health
- Tobacco use and cessation
- Recovery support for substance use or mental health disorders

Visit our campus Health and Wellness calendar at www.umb.edu/wellness/calendar to learn about upcoming events and programs.

The Counseling Center

Licensed psychologists and social workers provide clinical and crisis intervention services. When appropriate, some students may be treated by a predoctoral or postdoctoral trainee under the supervision of a licensed professional.

To make an appointment or to learn more about our services, please call 617.287.5690.

General Medicine

General Medicine is dedicated to the success of each student at UMass Boston. We strive to provide services that contribute to a healthy mind and body. Some of the comprehensive services our board-certified clinicians and dedicated staff offer are:

- Annual physicals
- Sports physicals
- Immunizations and flu shots
- Gynecological care
- Contraception
- Sexually transmitted-infection screening, counseling, and treatment
- Urgent care
- Pre- and post-travel care

This is only a partial list of the services we offer. We accept most health insurance. We invite you to stop by our office any time, and we hope you will consider us your primary resource for all your health needs. We hope we can contribute to both your academic and personal success at UMass Boston and look forward to meeting you.

Be healthy. Be happy.

General Medicine

617.287.5660 · www.umb.edu/healthservices

Health and Wellness

The Health and Wellness program supports student success through a wide range of innovative offerings. We reach out to you in a variety of ways—at campus center events; workshops; online; through our monthly publication, Student Health 101; or in one-on-one meetings in which you can discuss your wellness concerns or formulate a personal wellness plan with one of our health and wellness professionals.

Our goal is to provide you with the resources to manage your well-being. Our website includes confidential screening tools to help you to take control of your physical, mental, and emotional health. Visit www.umb.edu/healthservices/hew to learn more about our offerings and about the following health issues:

- Stress management
- Financial health
- Alcohol and other drugs
- Mental health and wellness
- Reproductive and sexual health
- Tobacco use and cessation
- Recovery support for substance use or mental health disorders

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UNIVERSITY HEALTH SERVICES