



NOORDA COLLEGE
of OSTEOPATHIC MEDICINE

Policy Name:	Student Health & Wellness
Approval Authority:	Dean's Council
Responsible Executive:	Dean
Responsible Office(s):	Dean Department of Student Affairs
Effective:	November 2019
Expires:	January 2024
Last Revised:	N/A
Next Review Date:	N/A

Student Health & Wellness

Policy Statement

At Noorda College of Osteopathic Medicine (Noorda-COM) we understand that your wellbeing is an essential part of your educational success.

Noorda-COM's curriculum includes a required wellness component that is a vital part of the students educational progress. The wellness curriculum is designed with strategies and evaluative mechanisms lead by the wellness committee to assure regular upkeep of wellness plans and programs, conduct wellness assessment of the college facilities, execute student health assessments and set up an environment that supports student wellness.

Noorda-COM's Student Health services are committed to promoting your health and wellness so that you can better achieve your educational and personal goals. Noorda-COM provides diagnostic, preventive and therapeutic health and behavioral services through on-campus facilities in compliance with all HIPAA regulations during the academic week. We provide from all training locations, 24/ 7/ 365 access to urgent care needs through Intermountain Connect Care and behavioral health services through our partnership with BetterHelp.

Entities Affected by the Policy

- Students
- Admissions
- Associate Dean for Student Affairs
- Assistant Dean for Clinical Affairs

Policy Procedures

Fitness and Recreation Programs

In collaboration with the City of Provo, Noorda-COM provides membership to [Provo Triple Play access](#). This provides students access to all fitness classes at Provo Recreation Center as well as the Peaks Ice Arena and East Bay Golf Course. Engagement with these opportunities is an acceptable component of the Core Entrustable Professional Activities (CEPA) course's wellness curriculum.

Student Health

On-campus care is provided on a walk-in basis, and all services, except certain immunizations, are provided free of charge. Our services include the following:

- Care for acute illnesses and injuries
- Preventive health services, including immunizations
- Administration of Immunotherapy shots
- Sexual health evaluation, treatment, and counseling
- Coordination of outside care and referrals

Students who seek care with us can rest assured that they are in a safe environment. Outside of the student health center, Noorda-COM recommends the use of [Intermountain Connect Care](#) for non-urgent and minor health issues. For urgent healthcare needs that cannot wait for regular clinic hours, it is recommended to present to one of Intermountain 31 [Instacare locations](#). There are fees associated with these services. Our staff clinicians and Intermountain providers involved in Connect Care and Instacare are not involved in teaching or in evaluating a student's academic or clinical performance. Read our full policy on the provision of confidential care.

If you're experiencing a life-threatening emergency outside of our clinic hours, call emergency services (911) or go to the nearest hospital emergency room, and notify us of your treatment as soon as possible.

Required Preadmission Health Forms

Newly admitted students should begin this process as soon as possible to allow ample time to gather health information, complete necessary screening, and receive needed immunizations. Complete the mandatory Noorda-COM health packet to document your medical history, physical examination, blood work, and the receipt of certain vaccinations prior to your arrival.

We advise incoming students to schedule an appointment with a healthcare provider (cannot be a family member) to review the mandatory health packet information and confirm that all preadmission health requirements are met.

Immunizations

Important Notes Regarding Vaccination Requirements:

Clinical experiences are part of the basic curriculum to obtain a degree of Osteopathic Medicine and therefore Noorda-COM does not waive immunization or student health requirements for religious or personal preferences.

Students will not be allowed to participate in any patient care activities until all immunizations requirements have been met, including but not limited to:

- Clinical Experiences
- Health Outreach Events
- International Mission Trips
- Clinical Rotations

Inability to participate in clinical experiences due to noncompliance with Noorda-COM immunization policies may result in unexcused absences leading to failure of a course, academic probation, failure to progress, delay in graduation or even dismissal from the College.

All current students must log all immunization requirements on the standard [AAMC immunization form](#).

After documenting the required immunizations for matriculation, the following are required of current students each year:

- Tuberculosis Testing
- Influenza immunization

We strongly recommend that all medical students receive a meningococcal conjugate vaccine (at least one dose of Menveo® or Menactra® after the age of 16 and within the previous 5 years); however, students can submit a meningococcal vaccine refusal form to waive this requirement.

How to Submit Required Health Information

Submit all required health documents to the following address:
Noorda-COM Student Health Service XXXXX

If you have questions about health entrance requirements, contact the Student Health Service at XXXXX

Behavioral Health

At Noorda-COM, we understand that the academically rigorous environment of medical school may cause unfamiliar stress. To help you deal with that stress, we provide free, confidential mental health services, by appointment, through the Department of Student Affairs. Students may self-refer or may be identified by and referred to counseling support services by others, all in a confidential manner.

Our Student Health Service provides short-term counseling. Issues we may be able to help with include the following:

- Depression
- Stress
- Anxiety disorders
- Alcohol or drug use
- Eating disorders
- Concerns about academic performance
- Relationship problems
- Family problems
- Sexual concerns
- Identity concerns

If we recommend long-term treatment beyond the initial counseling sessions, our psychologist may refer you to a mental health specialist who can provide care tailored to your needs.

BetterHelp

Free and confidential resources are also available 24 hours a day, 7 days a week:

- If you are in danger or need immediate medical attention, call 911.
- For immediate connection to licensed mental health counselors, telehealth providers are available through BetterHelp © (betterhelp.com).

Students can be responsible for all fees incurred through the utilization of additional services and will be billed using customary practices of BetterHelp ©. It is recommended you contact your insurance provider in order to verify your coverage.

We encourage students who use these resources to follow up with Student Health Services the next business day. We will provide ongoing support and connect you, or someone you care about, to further mental health care.

StudentLinc

[StudentLinc](#) is a Student Assistance Program available to students 24 hours a day, seven days a week. StudentLinc provides confidential and professional guidance in personal and school concerns, and is accessible by phone, through a student portal, and through an app.

To access StudentLinc, visit the [StudentLinc website](#) and enter “Noorda-COM” into the school name, or call 1-888-893-LINC.

For crisis intervention and suicide prevention, call Trevor Lifeline at 1-866-488-7386. Trevor Lifeline is part of the Trevor Project—a leading national organization in providing emergency services for LGBTQ young people.

Health Insurance Information

All Noorda-COM students are required to maintain personal health insurance and current, updated immunizations. Students must submit proof of personal health insurance and immunizations to the Office of Admissions before matriculating and to the Office Clinical Education before beginning first-year early clinical experiences and again before beginning clinical clerkships.

All students must report any break in coverage or change in health insurance to the Associate Dean for Student Affairs during their first two (2) years. COM students must report any break in coverage or change in health insurance to the Office of Clinical Education during the third and fourth years.

Students may have insurance through a variety of options including insurance through parents, spouses, or health exchanges. To ensure students have access to a comprehensive plan, Noorda-COM is making available a student health insurance plan for the 2021-2022 school year through XXXXX. **All** students must enroll in the Noorda-COM sponsored health plan or provide proof of other acceptable health coverage.

Definitions

Responsibilities

- Dean
- Associate Dean for Student Affairs
- Psychologist
- Student Health Center Providers
- Students

Policy Violations

Noorda-COM requires all students to have health insurance and does not waive immunization or student health requirements for religious or personal preferences.

Noncompliance with Noorda-COM health and immunization policies may result in unexcused absences leading to failure of a course, academic probation, failure to progress, delay in graduation or even dismissal from the College.

Interpreting Authority

- Dean's Council

Statutory or Regulatory References

N/A

Relevant Links

911 Emergency

+1 (800) 273-8255 National Suicide Prevention Lifeline

+1 (800) 799-7233 National Domestic Violence Hotline

+1 (800) 996-6228 Family Violence Helpline

+1 (800) 784-2433 National Hopeline Network

+1 (800) 366-8288 Self-Harm Hotline

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 222-1222 American Association of Poison Control Centers

+1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line

+1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia

+1 (888) 843-4564 GLBT Hotline

+1 (866) 488-7386 TREVOR Crisis Hotline

+1 (800) 221-7044 AIDS Crisis Line

+1 (800) 422-4453 The Childhelp National Child Abuse Hotline

+1 (800) 273-8255, Press 1 Veterans Crisis Line

Policy Adoption Review and Approval

Dean's Council