

Health & Wellness

La Sierra University Health Services

New Environment



- Get enough sleep
- Eat regular, nutritious meals
- Exercise regularly
- Stay hydrated by drinking water
- Manage your stress
- Connect with classmates
- Explore your new community
- Take part in school activities
- Balance your study and leisure time
- Learn about campus resources



Immunizations



La Sierra University requires proof that you have received immunization against certain specific illnesses. These should be submitted BEFORE registration.

Required Immunizations:

Hepatitis B series (3 doses requires)
Measles, Mumps, Rubella (MMR)

(two doses required)

Tetanus, diphtheria, pertussis
(Tdap)- within ten years

Tuberculosis Screening (PPD)-
within the past 12 months

Meningococcal vaccination-
recommended

Getting Health Care in La Sierra University.

- The Health Services and Counseling Center are located on campus about 2 blocks from the Administration Building at 11498 Pierce Street, Suite A. Riverside, CA 92515
- You can make an appointment at Health Services (951-785-2200) or the Counseling Center (951-785-2011)
- Health Services is open 8:00-4:30 Mon-Thurs. and 8:00-12:00 on Friday.
- Walk-ins are welcome.
- Services include first aid, personal counseling, emergency car, prescription and over-the counter medications, referrals, and community services.
- ALL international students are required to turn in their Health Record & Physical Examination Form as well as their Immunization Records.

Medical Attention

1. Health Services at La Sierra University
2. Emergency (life threatening) go to the nearest emergency room or call 911.
3. If it is not life threatening but you need to see a doctor immediately, please go to an urgent care center.

The closest urgent care centers to La Sierra University are:

Riverside Medical Clinic
7117 Brockton Ave, Riverside, CA 92506

Corona Doctors Medical Clinics
802 Magnolia Ave., Fl 1. Corona, CA 92879

Confidentiality

Under U.S. law, the information you share with a medical professional is confidential.

Primary Care Insurance

All international students are required to purchase insurance through GGH/Blue Cross. You will be charged as soon as you register each quarter.



Your out-of-pocket costs

- \$30 copay when you go to the doctor's office or urgent care (free at La Sierra University Health Services)
- \$100 copay when you visit a hospital or emergency room
- You are responsible for 10% of your bill (or any amount not covered by insurance)
- If you do not use a PPO Provider (within our insurance plan) your portion will be 40% of your bill.

EXAMPLE: You go to the doctor. It cost \$300.
You will pay \$30 (copay)+ \$30 (10% of bill)= \$60
Insurance will pay \$240 (90% of bill)

What is Life Threatening? When should I use a hospital emergency room?

Some symptoms of emergencies:

- Loss of consciousness
- Difficulty breathing
- Severe chest pain
- Sudden weakness on one side of the body
- Sudden severe headache
- Bleeding that does not stop
- Vomiting or coughing blood, or vomiting that does not stop
- Serious injury, such as a broken bone or a head injury
- Sudden and unexplained confusion, sleepiness, or slurred speech
- Poisoning (call Poison Control Center 1-800-222-1222)
- A severe allergic reaction (bee sting, eating certain foods) that cause difficulty breathing
- Suicidal feelings

Do not use the hospital emergency room for routine medical care. The emergency room is to serve patients with severe symptoms. If you go to the emergency room because of a sore throat, minor injury, or a fever you may have to wait many hours to be served.

Cultural Aspects of Personal Hygiene

In many culture, the natural scent of the human body is accepted.

Americans are taught that many odors of the skin, mouth, and clothing are offensive. They may feel uncomfortable near someone who has a strong natural scent of perspiration on the skin or clothing. Americans go to great lengths ridding themselves of natural body orders by washing everyday with soap and water. Most Americans shower after physical activity such as exercise or outdoor work.

- Deodorants are generally applied under the arms to kill bacteria and prevent body odor.
- In the U.S. most women shave their hair from their lower legs and underarms.
- Clothing is washed regularly with detergent to remove odors.
- Charge your underclothes and socks daily.