Introduction to Hall Health
University of Washington

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HALL HEALTH CENTER
206-685-1011
Hall Health Center

- Hall Health is a multispecialty primary care health center
- Clinics include Primary Care, Same Day, OB/GYN, Sports Medicine, Travel, Immunization, and Physical Therapy
- Services include Health Promotion, X-ray, ECG, Lab, and Pharmacy
- Broader scope of care than many other student health centers
- Hall Health is in Student Life and dedicated to student health and success
- Our mission: to provide comprehensive health care for a diverse campus community to promote lifelong wellbeing, achievement, and resilience
Hall Health Information & Hours

- Located at 4060 E Stevens Way, across from the HUB
- Open every weekday of the year, except for UW holidays
- Hours:
  - Mondays, Wednesdays, Thursdays, and Fridays 8 AM – 5 PM
  - Tuesdays 9 AM – 5 PM
- Main phone number: 206-685-1011
- 24-hour Nurse Careline: 206-520-7511
- Website: https://wellbeing.uw.edu/unit/hall-health/
- MyChart access: https://mychart.uwmedicine.org/
Types of Care

- Wellness care and routine check-ups
- Immunizations
- Care for chronic health issues like asthma and migraine headaches
- Care for illnesses and injuries, including in Same Day Clinic
- Evaluation and care for mental health issues like anxiety and depression
- Sexual health care including STI screening and PrEP
- OB/GYN care, including prenatal care
- Gender affirming care (GAC)
- Sports medicine and musculoskeletal care
- Physical therapy
In-Person vs. Telehealth Care

- Hall Health offers both in-person care and telehealth care
- Telehealth = telemedicine, virtual care, video visits
- Telehealth is here to stay, and even has some advantages
- Sign up for MyChart, look for messages about your appointment, and find a private place to Zoom for your visit
- Some issues can be handled easily by telemedicine
- Evaluation for COVID may start with a virtual visit
- Some issues require in-person evaluation for an exam, lab tests, or other tests
COVID!

- Hall Health offers:
  - Evaluation for possible COVID symptoms
  - COVID testing
  - COVID vaccination
- Services available by appointment; type of appointment depends on the symptoms and scenario
- We collaborate closely with UW Medicine and UW Environmental Health and Safety (EH&S)
Subsidized Care for UW Students

- UW Services and Activities Fee (SAF) subsidizes certain services at Hall Health for enrolled UW students:
  - Nurse advice and nurse care
  - Preventive health counseling, for instance about STI testing or immunizations
  - One subsidized visit per quarter for a medical issue
- Hall Health bills insurance, but writes off these charges if they are not covered or if students are uninsured
- Hall Health accepts most insurance
Hall Health Care Team

- Clinical care providers are licensed, board-certified doctors, nurse practitioners, physician assistants, and physical therapists
- Registered nurses offer unlimited free triage nurse services for students
- Medical assistants work closely with medical providers and nurses
- Front desk staff and administrative staff
- X-ray staff, lab staff, and pharmacy staff
- Affiliation with UW Medicine and referral to UW Medical Center for diagnostic tests, specialty care, and Emergency Department care when needed
Independence & Communication

- You are responsible for your own health care
- Set up your voicemail and check it
- Sign up for MyChart and read your emails
- Carry your insurance card
- Share your identity and your pronouns
- If you have an ongoing health issue, make an appointment to meet us and establish care before you get sick!
- Advocate for yourself and give feedback
- Don’t be embarrassed about your symptoms or questions – we have seen it all!

she/her – he/him – they/them
Privacy in Health Care

- HIPAA requires written permission for health information to be shared
- Parents and guardians do not have access to their 18-year-olds' health information
- Parents and guardians may share information with their students' providers
- Information may be disclosed on insurance statements
- Students, throw us under the bus!
Common Health Problems

- Respiratory infections, like colds, flu, and COVID
- Gastroenteritis a.k.a. “stomach flu”
- Scrapes and cuts
- Accidents and injuries
- Urinary tract infections and sexually transmitted infections
- Substance use and its consequences
- Sexual assault and gender-based violence
- Change or worsening in existing health conditions
- Mental health issues
Common Sense for Common Health Problems

- Immunizations – for prevention of meningitis, measles, mumps, HPV, flu, Mpox, and COVID!
- Stay home and rest when you are sick
- Fluids, fluids, FLUIDS, and acetaminophen and ibuprofen
- Keep scrapes and cuts clean with soap and water
- Do not drive, ride, skate, board, or one-wheel under the influence
- Get screened for STIs
- Principles of consent
Mental Health

- Overwork, overwhelm, anxiety, or sleep problems? All of the above?
- Mental health concerns are extremely common in college and graduate school
- Use common sense for yourself and your friends:
  - Exercise regularly and get enough sleep
  - Avoid or minimize energy drinks, alcohol, and drugs
  - Check in with friends and family
- Mental health is part of your health, and it’s not optional
- It’s normal to need support, and to give support to others
Mental Health Resources

► HALL HEALTH CENTER offers mental health diagnosis and treatment by primary care providers, such as:
  ► Evaluation of symptoms that may or may not be mental health related
  ► New diagnosis of a mental health issue
  ► Treatment of new or ongoing mental health issues like anxiety and depression

► UW COUNSELING CENTER offers counseling and psychiatric services, such as:
  ► Counseling services
  ► Diagnosis and treatment of more complex or difficult-to-treat mental health conditions

► OTHER CAMPUS ORGANIZATIONS
In Closing

- Check out Hall Health!
- Voicemail
- MyChart
- Telehealth or in-person
- Use common sense
- Be safe
- Share your identity and needs

WE ARE HERE FOR YOU!
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