Preparing for Health and Wellbeing at Texas Tech

Christine Self, Parent & Family Relations
Jennifer Weaver, Student Health Services
Kailah Glock, Student Counseling Center

Upcoming webinars:
• Campus Safety – June 28th
• Preparing for on-campus living – July 26th
we care for the Red Raider student body
We are the primary care clinic for Texas Tech students, conveniently located on campus in the Student Wellness Center. The clinic is staffed with board certified and licensed physicians, nurse practitioners, physician assistants, clinical psychologists and licensed professional counselors serving a variety of healthcare needs.
Our Services

- Face to face visits
- Telehealth visits
- Primary Care
- Same Day Urgent Care
- Preventative care for Women and Men
- Sports Medicine
- Travel Medicine
- Nurse Clinic

- Behavioral Health
  - Therapy
  - Psychiatry
  - Assessment, referral and education for high-risk substances

- Lab Services (COVID)
- Basic Radiology
- Pharmacy
Cost for Services

With Insurance
- SHS accepts most major insurances
- Co-pays and deductibles covered by the Health and Wellness fees paid each semester
- If a service is not covered or if your insurance is out of network, your care will be considered self-funded
- For AHP, 100% of services received at SHS are covered

Without Insurance
- Self-funded students receive a 60-70% discount
- Charges are applied to a student’s Student Business Services account
- A typical urgent care type visit will cost between $30-50
- Students will be provided with a good faith estimate of anticipated costs prior to the visit

Student Health provides a highly affordable option for non-emergent, primary care
First-time patients are set up on our patient portal:

• Request and View Appointments
• Message their Healthcare Team
• Request Prescription Refills
• View Clinic Notes and Lab Results
Quick Tips

- Add us to your contacts now 806.743.2848
- Understand insurance coverage and have information available
- As much as possible, plan ahead and call early
- Fulfill your commitments. Cancel or reschedule your appointment at least 1 hour prior to appointment time to avoid fees
- When you become a patient, register for the patient portal and download the MY TEAM CARE app
- Provide feedback about your experience after your visit
Student Counseling Center
THE BASICS
Open M-F 8:00am-5:00 pm
All services available to enrolled TTU students
All services are voluntary
Services are covered by Student Service and Health & Wellness Fees
  We do not accept insurance
  There is no co-pay involved
  $25 no-show fee
Therapist will determine what treatment will be most effective and offer referrals if necessary
CONFIDENTIALITY

All SCC contacts with students are confidential in accordance with Texas state law.

SCC employees cannot verify if a student is receiving services.

SCC employees cannot give information about any student without their written permission.
OUR SERVICES
Manage Your Mood
Therapy Assistance Online (TAO)
MindSpa (Biofeedback Training)
Group therapy – various group options
Bibliotherapy
Individual therapy
  Personal concerns
Couples therapy
Consultation with faculty, staff, parents, and students about mental health issues.
Many services available via in-person or online formats.
Questions?

Use the Zoom Q&A feature
How did we do?
Take our quick survey

Parent & Family Relations
www.parent.ttu.edu

Student Health Services
www.depts.ttu.edu/studenthealth

Student Counseling Center
www.depts.ttu.edu/scc/