Student Health and Wellness

Offered on the Ottumwa Campus

IHCC Student Health and Wellness
Student Health and Wellness is located on the first floor of Trustee Hall, 603 Indian Hills Drive. The telephone number is (641) 683-5336 or (800) 726-2585 ext. 5336.

Hours
The office is open Monday through Thursday from 7:30 a.m. to 4:30 pm. Scheduled appointments are preferred. Call extension 5336. If medical emergencies occur after hours, contact your resident advisor or call 9-911.

Staff
Student Health and Wellness is staffed by a receptionist, part-time nurse, and an advanced registered nurse practitioner, who works in collaboration with an area physician on a consultation/referral basis.

Indian Hills Student Health offers a variety of services, including:

- Medical assessment and consultations
- Hemoglobin testing for anemia
- Strep testing
- Mono testing
- Testing for low blood sugar
- Testing for urinary tract infections
- Testing for sexually transmitted diseases
- TB skin testing
- Ice-packs and wraps
- Behavioral Health counselor

Laboratory Services
The following diagnostic tests are available through Health Services:

- Urinalysis & culture
- Blood sugar analysis
- Strep test
- Sexually transmitted disease testing
- Mantoux TB skin testing
- Pregnancy test
- Hemoglobin screen
- Mono test
Information about confidential HIV/AIDS testing is available. Call or stop by Health and Wellness for Iowa testing sites information and phone numbers.

**X-Ray**
Patients requiring x-rays will be referred to Radiology Associates or the Ottumwa Regional Health Center Emergency Room. Referrals for x-rays are scheduled through Health and Wellness during regular hours of operation.

**Insurance**
Students are encouraged to have health insurance. This may be through an existing family policy or the Accident and Sickness Insurance Plan provided to IHCC by Student Assurance and Wellness. Information regarding this insurance plan is available at Student Health and Wellness and the Business Office in the Administration Building.

**Referrals**
If a health problem necessitates further evaluation or treatment that cannot be provided at Health Services, then a referral to a physician will be arranged. All patients are first screened by a Student Health and Wellness staff member before an appointment is scheduled with a physician or a specialist.

**Transportation**
Students are responsible for providing their own transportation. If a referral is scheduled at another health facility, IHCC can assist with, but is not responsible for, obtaining transportation to the local hospital or referral physician.

**Medications**
A limited selection of over-the-counter medications such as cough syrup, throat lozenges, pain relievers, and cold remedies are available at Health Services. Samples of acetaminophen, ibuprofen, antihistamines, and cough drops are provided free of charge. Prescription medications are called into the student’s pharmacy of choice. Prices of prescription medications are determined by the pharmacy. The student is responsible for the purchase of any necessary prescription medication.

**Service Fees**
There will be no fee for students visiting the clinic due to illness or injury. There may be a minimal fee for comprehensive physicals, certain laboratory tests, vaccinations, and medical supplies.

**Confidentiality**
All records are maintain in strict confidence and are securely store. No information is released without the student’s permission through written consent.

**We’re here for you**
Student Health and Wellness is available to all currently enrolled students. Confidential health care and counseling are provided to help you maintain wellness so you can achieve your academic and vocational goals.
If you are worried about your state of health, stop by. If we can’t help you, we’ll find someone who can.

**Patient’s Bill of Rights**

As a student/patient, you have choices, rights, and responsibilities. We are dedicated to providing you the very best in health care and ask that you participate in your own health care by being an active and informed consumer.

**You have the right to:**

- Be treated with dignity and respect, regardless of your race, religion, age, sex, beliefs, or lifestyle.
- Expect that your medical records will be kept confidential and will be released only with your written consent, or in cases of medical emergencies, or in response to court-ordered subpoenas. (Confidentiality can be violated if the individual poses a significant threat of harm to self or others.)
- Expect that your personal privacy will be respected by all staff at IHCC Student Health and Wellness.
- Know the names and the positions of the people serving you.
- Receive education and counseling and explanations to your questions.
- Consent to or refuse treatment, except as prohibited by law, and to be informed of the consequences of making this decision.
- Review your medical records with a clinician.
- Obtain another medical opinion.

**You have a responsibility to:**

- Be honest about your medical history and other information you give us.
- Ask questions if you do not understand the explanation of your diagnosis, treatment, prognosis, or any instruction.
- Follow health care advice and medical instructions.
- Respect clinic policies.
- Report any changes or lack of improvement in your health.
- Be accountable for any changes billed to you.

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