University Health Services (UHS), located in the McCosh Health Center, is a fully-accredited health care facility that provides medical, mental health and wellness services to Princeton University undergraduate and graduate students, and their dependents (ages 16 and older), as well as Occupational Health Services to faculty and staff. Our multidisciplinary clinical staff are available 24/7, seven-days-a-week, during the academic year. The variety of clinical services available at UHS (Outpatient Medical, Counseling and Psychological Services, and Sexual Harassment/Assault Advising, Resources and Education) are integrated and our clinicians work together in a collaborative manner.

Regardless of whether you are on Princeton’s Student Health Plan (SHP) or have insurance through a parent or guardian, all students can access UHS’s services for free.

Though the COVID-19 pandemic has required us to redesign our care model to increasingly utilize telehealth services rather than in-person services, we assure you that our care continues to emphasize quality, efficacy, convenience, and compassion.

**ACCESSING CARE AT UNIVERSITY HEALTH SERVICES**

**Who Can Access Medical Care at UHS?**

All enrolled students, whether living on- or off-campus, have the ability to access all UHS services, including telehealth, askhealth@princeton.edu email, or a consultation with a clinician by phone (24/7 during the academic school year). In addition, all enrolled students can access in-person services at the McCosh Health Center when the medical concern requires a physical exam, lab or x-ray evaluation. Similarly, the Infirmary remains open 24/7.

**How Can I Access Medical Care at UHS?**

Because of the COVID pandemic, we have moved many of our services to telehealth, meaning you can have appointments with our medical providers through an online platform.

- If you have a health concern, call the UHS Front Desk at 609-258-3141. Our Front Desk staff are experienced at answering all kinds of questions, and connecting you to the clinicians who can help you, either virtually or in-person, if necessary.

- Once you reach us by phone, we can work to figure out what you need, whether it’s a same-day telehealth appointment or an in-person appointment at McCosh, and when that appointment will take place. Options include:
  - A telehealth appointment that day
  - A telehealth appointment in the next 48-72 hours
  - An in-person appointment that day
  - An in-person appointment in the next 48-72 hours
  - A nurse phone encounter

*Up-to-date University Health Services information can be found at [https://uhs.princeton.edu/](https://uhs.princeton.edu/)*
• You can email UHS at askhealth@princeton.edu with any of your questions Monday through Friday, and you will get a response from us within 24-48 hours.

• If you are experiencing a life-threatening emergency (e.g., an allergic reaction), come to McCosh Health Center if you are close by, or call 911 to be connected to Public Safety (on-campus) or local dispatcher (off-campus).

• For certain appointment types (ex. immunizations) you can schedule an appointment online through the MyUHS portal (http://princeton.edu/myuhs).

What Happens Once I’ve Made a Medical Appointment?
Once you have an appointment, you will receive a reminder via email and text (if you opt in).

• Opt-in to receive important text messages from UHS by logging in to the MyUHS online portal (http://princeton.edu/myuhs), and selecting the “Forms” tab. Under Communication Preference, complete the Texting Opt-in/Opt-out form. Please take a minute to complete this now.

If it’s determined you need an in-person appointment:

• You will have to wear a face covering to enter McCosh.

• You will be asked to present the green check of your Symptom Checker to our front desk staff and you will be asked questions about potential COVID exposures or travel in the last 14 days.

• Social distancing of at least 6 feet/2 meters between people will be required.

• Upon entry to the health center, you may be led directly to an examination room, as our goal is to avoid students gathering in a waiting area.

How to Access Care at Counseling and Psychological Services (CPS)
CPS is a consultative service is available through telehealth regardless of where you live. If you live in a state that does not allow counselors to continue regular practice, CPS can still support you in finding providers closer to you.

• During business hours: Schedule an appointment at CPS through the MyUHS portal (http://princeton.edu/myuhs) or by calling 609-258-3141

• After hours: Call our 609-258-3141 to be connected to a counselor-on-call

How to Access SHARE Services
Sexual Harassment/Assault Advising, Resources and Education (SHARE) is another department within UHS. SHARE strives to foster a safe, respectful, inclusive, and compassionate campus free from interpersonal violence and abuse, including sexual harassment, sexual assault, dating/domestic violence, stalking and other unhealthy dynamics in relationships.

SHARE consultations are available via telehealth regardless of where you live. If you live in a state that does not allow regular clinical practice, SHARE can still support you in coordinating care closer to you.

• During business hours: Speak with a SHARE advocate by calling 609-258-3310

• After hours: Call our 609-258-3141 to be connected to the SHARE advocate on-call

Up-to-date University Health Services information can be found at https://uhs.princeton.edu/
AVAILABILITY OF MEDICAL SERVICES YOU CAN RECEIVE OUTSIDE UHS

Sometimes a clinician will order tests to help diagnose a medical condition – tests may be conducted on blood work and/or urine; a provider may also order an x-ray or other imaging study. At times, it is necessary for a provider to send (“refer”) you to consultants who have additional expertise in an area of medicine, or to the hospital for a more advanced evaluation or workup of a serious medical condition. UHS clinicians have the ability to do all of these things to ensure that you receive the best quality and most comprehensive care possible.

Radiology and Lab Services. UHS has x-ray available at the health center building, but other studies (ultrasound, CT, MRI) would be referred to a radiology facility. Similarly, there is a Quest lab located in McCosh Health Center. Providers have the ability to order labs in other locations as well.

Specialist Care. Referrals to the following specialists can be provided: Acupuncture, Allergy/Immunology, Cardiology, Dermatology, Endocrinology, Gastroenterology, Gynecology, Neurology, Nutrition, Ophthalmology, Orthopedics, Otolaryngology (Ear, Nose, Throat), Psychiatry, Pulmonology, Rheumatology, Urology, and others.

Emergency Room/Hospital care. For severe illness or injury, we are able to transport you to Princeton Medical Center at Plainsboro, which is part of the system of the University of Pennsylvania Health Care network. This facility is located one mile from campus. The department of public safety assists UHS with transfers to and from PMC.


Urgent care locations. For minor illnesses and injuries, urgent care centers may be appropriate for you. You may access urgent care services at the following locations:

- Princeton Primary and Urgent Care (link is external), Princeton: https://www.ppucc.com/contact/
- Princeton Medicine Express Care (link is external), Plainsboro: http://princetonmedicine.org/
- CVS Minute Clinic (link is external), Plainsboro: https://www.cvs.com/minuteclinic/clinics/New-Jersey/Plainsboro/4-Schalks-Crossing-Road/817/md
- Brunswick Urgent Care Center (link is external), Franklin Park: http://www.brunswickurgentcare.org/
- In Focus Urgent Care (link is external), West Windsor: http://infocusurgentcare.org/

Up-to-date University Health Services information can be found at https://uhs.princeton.edu/
Here are some examples of conditions that may be appropriate for urgent care centers to treat:

- Minor fractures
- X-Rays
- Back pain
- Nausea, vomiting and diarrhea
- Minor headaches
- Blood work
- Bumps, cuts and scrapes
- Fever
- Ear or sinus pain
- Vaccinations
- Cough or sore throat
- Lab services
- Animal bites
- Stitches
- Sprains and strains
- Mild asthma
- Foreign objects in the eyes or nose
- Allergies
- Rashes and minor burns
- Burning with urination
- Eye irritation, swelling or pain
- Minor allergic reactions
- Cold or flu symptoms

### DOES UHS PROVIDE TESTING FOR COVID?

If you are having symptoms that you think may be related to COVID-19, call UHS at 609-258-3141 to be assessed. We ask that you not just walk into the health center if you are experiencing symptoms that you are concerned may be related to COVID-19.

UHS is leading the Asymptomatic Testing Program for COVID-19 on campus, which is required testing for certain University community members, as part of the University’s public health plan. For more information about these testing protocols, including when and how you will be tested, go to the University’s COVID-19 site at [https://covid.princeton.edu/testing](https://covid.princeton.edu/testing).

If you are not part of the Asymptomatic Testing Program, we perform COVID-19 testing at the health center for individuals who do not have symptoms for the following reasons:

1. International or domestic travel that requires documentation of results
2. University-related work or research
3. Pre-surgical clearance

If you do not meet any of the criteria above and have no symptoms but are interested in COVID testing, please contact us and we can provide testing locations that are available to you in the Princeton area.

If you have additional questions, you can email the following to get specific questions answered regarding the following:

- **communityhealth@princeton.edu**: for all students needing to report COVID-19 test results and questions regarding quarantine/isolation
- **covidtests@princeton.edu**: for all questions regarding the asymptomatic testing program
- **covidvaccines@princeton.edu**: for all questions regarding the new coronavirus vaccine

Just remember, UHS is here for you 24/7 during the academic year, whether you’re on or off-campus. Call or email us with your questions and concerns, and we will get you the care you need.