



A helpful guide to UCR's  
Student Health Services.

Visit [studenthealth.ucr.edu](https://studenthealth.ucr.edu) for more details!



**A healthy  
Highlander is a  
happy Highlander.**  
We'll make your  
health a priority,  
so you can focus  
on your studies.

# STUDENT HEALTH SERVICES

*Leading you to better health.*



**Our friendly and helpful STAFF  
is here to care for you before,  
during and after your visit.**

Physicians

Nurse Practitioners

Registered Nurses (RN)

Licensed Vocational Nurses (LVN)

Medical Assistants

Psychiatrist

Mental Health Nurse Practitioner

Dentists

Dental Hygienists

Laboratory Staff

Pharmacists

Insurance Staff

Front Desk Support

Radiology Staff

**MAKE AN APPOINTMENT  
and we'll connect you with  
the right person to help  
you get healthy again.**

► **Call to schedule an  
appointment or for more  
information:**

**Medical:** (951) 827-3031

**Dental:** (951) 827-3039

**Pharmacy:** (951) 827-3926

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**Mental Health:** (951) 827-5531

*Provided by **Counseling and Psychological Services (CAPS)***

*\$20-40 (depending on visit type) will be charged to your  
R'Web account for late arrivals or appointments not  
canceled 24 hours in advance.*

**Download the LiveHealth Online APP  
(or visit [livehealthonline.com](https://livehealthonline.com)) for 24/7  
virtual visits.**

No appointments needed, no driving and no waiting in lines. You'll video conference with a board-certified doctor who will assess your condition and can send prescriptions to your local pharmacy. Your out-of-pocket cost for using this online service will vary depending on your insurance.

From your device, go to the App Store or Google Play and search for the "LiveHealth Online" app.





## UCR'S Student Health Services CARES

for 6,000+ student/patients each year, allowing us to *really* understand the students we're serving.

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**Your health plays a major role in your success story. It's hard to *do your best* when you're not *feeling your best*.**

We're here to help prevent, treat and educate you about health-related issues that can make school a real struggle. Make an appointment today and start working on being the healthiest Highlander you can be. [go.ucr.edu/HealthAppt](https://go.ucr.edu/HealthAppt)

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## **We respect patient/student confidentiality**

and will protect your medical records according to established professional practices. We won't disclose any of your medical information without your permission, with the exception of life-threatening/severe circumstances.

# STUDENT HEALTH INSURANCE PLAN (SHIP)

**All registered UCR students are automatically enrolled in the SHIP**, a comprehensive and affordable insurance plan that is covered by financial aid. Visit [go.ucr.edu/SHIP](http://go.ucr.edu/SHIP) to learn more.

## **SHIP is extremely dependable!**

Its nation/worldwide, year-round coverage is reliable when traveling away from campus, even over summer break! You get access to the entire Anthem Network of providers and hospitals.

## **What services are covered with SHIP?**

Doctor/nurse visits, labs, X-rays, pharmacy, vision, dental & mental health. SHIP also offers low out-of-pocket prescription coverage: \$5 generic copay, \$25 brand name copay with a 30-day supply, \$50 brand name no formulary copay with a 30-day supply.

## **Does SHIP only cover on-campus visits?**

It has comprehensive coverage on- and off-campus, and members have access to all UC medical centers.

## **Who are SHIP carriers?**

*Anthem Blue Cross (medical)*

*Delta Dental (dental)*

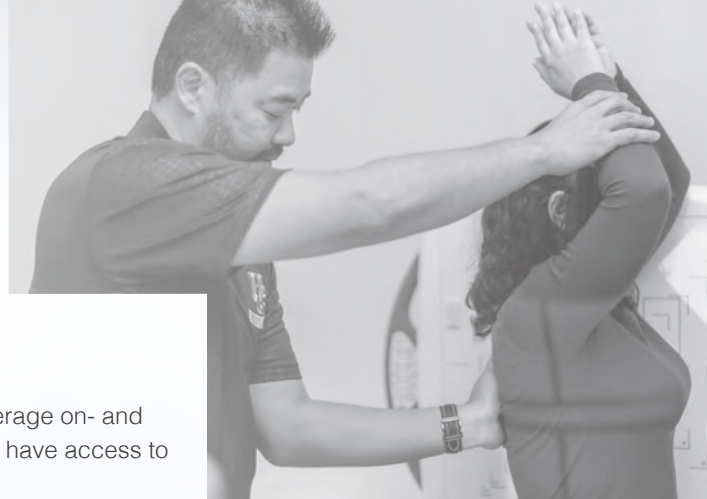
*Anthem Blue View Vision (vision)*

*Optum RX (pharmacy)*

**Download the UCSHIP APP for mobile access.**



*From your device, go to the App Store or Google Play and search for the "StudentHealth" app. Tap "Register Now" and follow the easy steps.*





# OUR SERVICES

Here's a list of **SERVICES** provided by SHS.

- 24/7 nurse advice line
- Contraception prevention (Plan B, birth control pills, IUDs, etc.)
- Dental (check-ups, cleanings, fillings, X-rays & crowns)
- Flu shots
- Full-service laboratory (blood tests & lab work)
- Immunization/vaccinations services/info
- Pharmacy
- Physical exams
- Primary medical care (treatment for injuries)
- Psychiatric care
- Reproductive care
- Same day visits w/ appointment  
**No fee**
- Self-testing for Sexually Transmitted Infections (STI)
- In-office STI testing and treatment
- Travel clinic (pre/post)
- Women's health (pap tests)
- X-Rays
- COVID-19 Testing (if symptomatic ONLY)

**All UCR students have access to SHS services, even if you aren't covered by SHIP.** However, fees/co-pays are dependent on your insurance plan. Visit the SHS website or call (951) 827-3031 to inquire about fees. SHS cannot directly bill your non-SHIP insurance provider. We can provide you with a bill, so you can seek reimbursement from them.

**If you previously waived out of SHIP coverage but want back in — you can rejoin anytime!** Call the Student Health Insurance office at (951) 827-3031.

We encourage you to take the time to care for your health, so we've made our office **HOURS** & **LOCATION** accessible to all students

*(Hours are subject to change due to staffing.  
Please check the SHS website for updated info.)*

## LOCATION

**We are located in Health Services** (formerly known as Veitch Student Center), just a short walk from the resident halls. (Off N. Campus Dr., between Aberdeen Dr. and Big Springs Rd.)

**Use Lot 15** as a GPS destination for a point of reference.

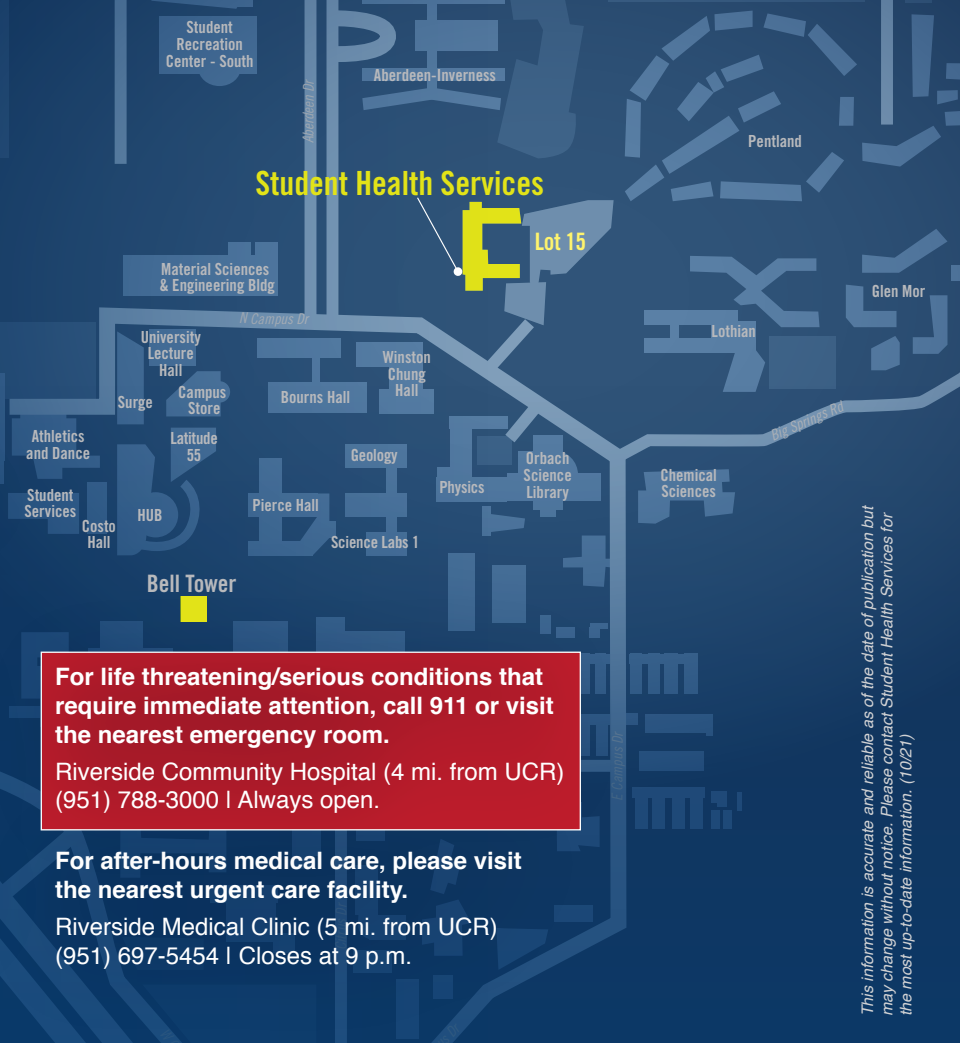
**Parking: Free passes for Lot 15 are available for patients.** Park only in spots marked "Client" and check in with the front desk to get your parking pass.

**For life threatening/serious conditions that require immediate attention, call 911 or visit the nearest emergency room.**

Riverside Community Hospital (4 mi. from UCR)  
(951) 788-3000 | Always open.

**For after-hours medical care, please visit the nearest urgent care facility.**

Riverside Medical Clinic (5 mi. from UCR)  
(951) 697-5454 | Closes at 9 p.m.



*This information is accurate and reliable as of the date of publication but may change without notice. Please contact Student Health Services for the most up-to-date information. (10/21)*

## CONTACT INFO & HOURS

### Student Health Services

M, T, W & F 8 a.m.-12 p.m. & 1-4:30 p.m.  
9 a.m.-12 p.m. & 1-4:30 p.m.  
Email: [health@ucr.edu](mailto:health@ucr.edu) • (951) 827-3031

### Pharmacy

M, T, W & F 8:30 a.m.-12 p.m. & 1-4:30 p.m.  
TH 9 a.m.-12 p.m. & 1-4:30 p.m.  
(951) 827-3926

### Dental Services

M, T, W & F 8 a.m.-12 p.m. & 1-4:30 p.m.  
TH 9 a.m.-12 p.m. & 1-4:30 p.m.  
(951) 827-3039

### X-Ray Services

M, T, W & F 8:30 a.m.-12 p.m. & 1-4:30 p.m.  
TH 9 a.m.-12 p.m. & 1-4:30 p.m.

### Laboratory Services

M-F 8:30 a.m.-5 p.m.

### 24-Hour Nurse Advice Line

(877) 351-3457