Introducing MIT Medical
Agenda

• Introductions
• MIT Medical — Our Clinical Services
• Student Mental Health & Counseling
• Student Health Plans
• Community Wellness
• Q+A
MIT Medical hours of operation

Hours

• Primary Care: Monday – Friday 8:30 a.m.–5 p.m.

• Urgent Care:
  • Monday–Friday 8 a.m. – 8 p.m.
  • Weekends and holidays 10 a.m. – 4 p.m.
  • Closed on select MIT/federal holidays – check our website

24-hour numbers:

• Urgent Care: 617-253-1311

• Student Mental Health & Counseling: 617-253-2916 (days); 617-253-1311 nights and weekends
Services at MIT Medical

• Primary Care/Urgent Care
• Student Mental Health & Counseling
• OB/GYN
• Radiology
• Eye Service
• Sports Medicine and Orthopedics
• Dental
• Community Wellness
• And more...
COVID-19 response

• Students must be "up-to-date" with COVID-19 vaccines (fully vaccinated and boosted - medical and religious exemptions allowed)
• Masking is optional except in areas required by the department of public health such as medical facilities.
• MIT Medical’s Contact Tracing Team monitors all COVID positive tests
• Up-to-date COVID-19 information is on now.mit.edu
Student medical information is confidential

• Privacy laws prohibit sharing of information about patients without their permission (unless it’s a life-threatening emergency)

• Students can give a doctor or nurse one-time permission to speak with parents or other trusted individuals about a specific “episode of care”

• There are no “blanket permissions” allowed

• With your permission, we are always happy to partner anyone who you would like involved in your care
Student Mental Health & Counseling — who we are and what we do

• Multidisciplinary, integrated care for students
• Short-term Individual therapy
• Medication evaluation and management
• Group counseling
• Urgent care
• Off campus referrals
Student Mental Health & Counseling can help with...

- Anxiety and stress
- Depression
- Relationship problems
- Loneliness
- Sleep problems
- Eating concerns
- Trauma
- Substance use and abuse
Student Mental Health & Counseling

• Flexible care – in-person and telehealth

• We see nearly 21 percent of the student body each year, and about 29 percent of students in a given class by the time they graduate

• Sessions/visits are confidential
  • We don’t talk about the visit with parents, friends, housemates, or professors
  • Exceptions include dire emergency situations or if students provide written consent
Student Insurance Options

• The MIT Student Health Insurance Plan (MIT SHIP) is a comprehensive health insurance product offered through Blue Cross Blue Shield of Massachusetts

• The plan is designed to meet the unique needs of the student population and is competitively priced compared to other insurance options
Student Insurance Options

• MIT SHIP meets all Massachusetts’ and J-1 visa requirements
• All students are automatically enrolled in MIT SHIP and the fee is billed to your bursar’s account
• Spouses, partners, and eligible dependents are eligible to sign up for MIT SHIP
• Coverage begins on September 1
• The MIT Graduate Student Dental Plan provides a dental insurance option for patients who wish to receive on-campus dental care.
Staying on home insurance

• Students can waive the MIT Student Health Insurance Plan if they have insurance that is “comprehensive coverage”

• Per Massachusetts regulations, that means:
  • The plan’s coverage includes preventive and primary care, emergency services, surgical services, hospitalization benefits, outpatient services, mental health services, and prescription drugs
  • The plan provides access to a reasonable network of hospitals and care providers in the Cambridge/Boston area

• Waiver requests must be submitted online prior to the deadline in mid-to-late August

• MIT Medical works with a third-party vendor who will determine if your plan meets the requirements. We cannot provide advice on any particular plans.
Care at MIT Medical

• All MIT students can receive care at MIT Medical at no additional cost
• The cost for this care is already included with your tuition
Care at MIT Medical

• You can get care for most services at MIT Medical regardless of enrollment in the MIT SHIP plan
  • Obstetrical care at MIT Medical and services/tests ordered by an MIT Medical provider but performed by an outside lab or provider are excluded and will be billed to your insurance

• Spouses, partners, and eligible dependents enrolled in MIT SHIP can also receive care at MIT Medical
  • The cost for these services is included in their MIT SHIP price
Questions

Learn more on the web

• medical.mit.edu/mit-health-plans/student-health-plans

Contact the MIT Student Insurance Team

• Phone: 617-253-1322
• Email: stuplan@med.mit.edu
Community Wellness at MIT Medical
CONNECTIONS  SELF-CARE  HEALTHY HABITS

medical.mit.edu/community
Overview of services:

- **Exercise & Fitness**
  The getfit challenge, classes, and more.

- **Stress Reduction, Mindfulness & Relaxation**
  Classes, workshops, audio files, and consultations.

- **Sleep**
  Relaxation techniques and tips for improved sleep.

- **Sexual Health**
  Information and supplies.

- **Local Integrative Services**
  Local recommendations for acupuncture, chiropractic, and massage services.

- **Eating Healthfully**
  Make better food choices and improve your body image.

- **Wellness on the Go**
  Custom virtual wellness workshops.

- **Spouses & Partners Connect**
  A support community for spouses and partners who have relocated to the Boston area.

- **Family Support**
  Resources for parents and parents-to-be with work, school, and other obligations.

- **MedLinks**
  Peer health resources for undergraduates.

- **Language Conversation Exchange**
  Practice a new language with a native speaker.

- **Quit Smoking**
  Get expert help to quit for good.
Acupuncture Service

• MIT Medical provides onsite acupuncture services for students and their family members who are enrolled in SHIP.

• Eligible patients are covered for 20 sessions per calendar year, each with a $10 copay.
Where to find us:

Location: MIT Medical, 3rd floor
Website: https://medical.mit.edu/community
Email: wellness@med.mit.edu
Phone: 617-253-1316
Instagram: @wellness_mit
Facebook: @MITCommunityWellness
For more information...

- medical.mit.edu/new-students
- medical.mit.edu/parents
- medical.mit.edu/covid-19-updates
Questions?