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

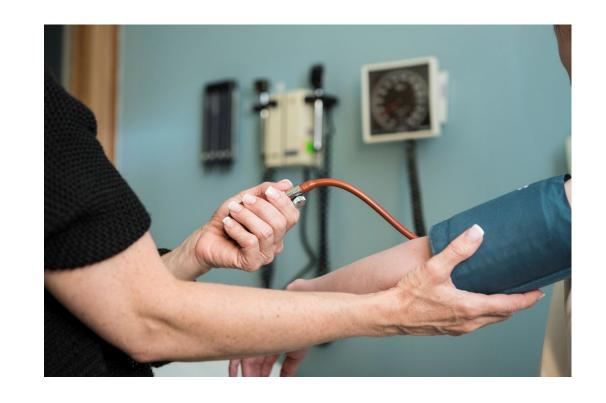






Care at MIT Medical

- 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/studenthealth-plans

Contact the MIT Student Insurance Team

• Phone: 617-253-1322

• Email: stuplan@med.mit.edu







Community Wellness at MIT Medical











care for the whole 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

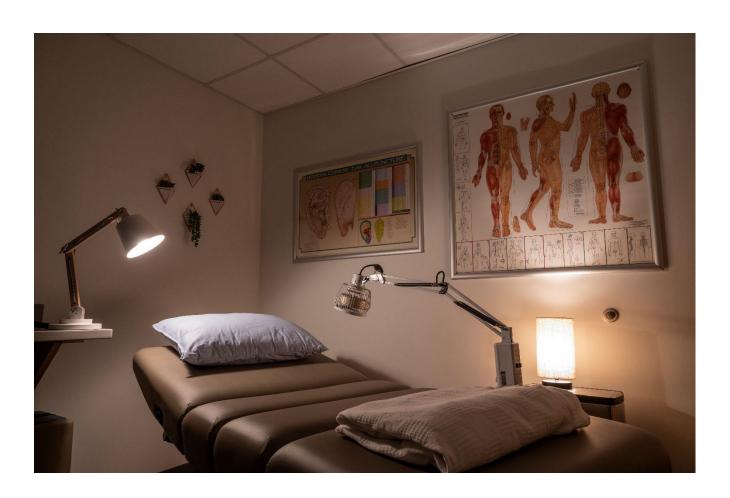
Get expert help to quit for good.





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?



