

# 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](https://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](https://medical.mit.edu/mit-health-plans/student-health-plans)

## Contact the MIT Student Insurance Team

- Phone: 617-253-1322
- Email: [stuplan@med.mit.edu](mailto:stuplan@med.mit.edu)





# Community Wellness at MIT Medical





CONNECTIONS



SELF-CARE



HEALTHY HABITS

[medical.mit.edu/community](https://medical.mit.edu/community)



Community Wellness  
AT MIT MEDICAL

care for the  
whole  
community



**MIT**Medical

# Overview of services:





# 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](mailto:wellness@med.mit.edu)

Phone: 617-253-1316

Instagram: @wellness\_mit

Facebook: @MITCommunityWellness

# For more information...

- [medical.mit.edu/new-students](https://medical.mit.edu/new-students)
- [medical.mit.edu/parents](https://medical.mit.edu/parents)
- [medical.mit.edu/covid-19-updates](https://medical.mit.edu/covid-19-updates)





# Questions?