

Student Health Service Staff

Polly Wheat, M.D., Director

Medical Services - (212) 305-3400

Tower 1, 60 Haven Avenue, Lobby Level

Polly Wheat, M.D. – Primary Care
Melanie Bernitz, M.D. – Primary Care
Thomas Mele, M.D. – Primary Care
Angela Amendola, P.A. – Primary Care
Tanesa Stanton, M.S., R.D. – Nutritionist
Eileen Fox, R.N. – Nursing Coordinator
Elsa Cadena, R.N. – Immunization Coordinator
Brenda Johnson, L.P.N. – Triage Nurse
Nicole McFarlane – Medical Assistant
Tina Marie Sammon – Medical Assistant
Haydee DeJesus – Evening Receptionist
Frances Rivera – Day Receptionist

Mental Health Services - (212) 496-8491

Burton Lerner, M.D. – Associate Director, Student Health Service; Director, Mental Health Service

Center for Student Wellness - (212) 304-5560

50 Haven Avenue, Suite 107, Bard Hall

Jane Bogart, M.A., C.H.E.S. – Director
Justin Laird, Ph.D. – Assistant Director

AI:MS - Addiction Illness: Medical Solutions

50 Haven Avenue, Suite 102, Bard Hall

Daniel Trujillo, Ph.D. – Director (212) 305-3989

Administrative Resources - (212) 305-3400

Tower 1, 60 Haven Avenue, 3rd Floor

Elsa Caraballo, M.B.A. – Administrator
Dilenny De La Cruz – Administrative Coordinator
Jackeline Paulino – Accountant & Claims Representative
Kimberly Gonzalez – Insurance Enrollment Officer
Henry Figuereo – Administrative Aide

How are we doing?

Your feedback is essential. Let us know what you think about the Student Health Service by:

- Putting a suggestion in the waiting room box
- Contacting a staff member or a Student Health Advisory Committee representative (listed on our website), or
- Sending us an email from our website at www.cumc.columbia.edu/student/health.



Student Health Service

Location: 60 Haven Avenue, Lobby Level, Tower 1
Mailing: 630 W. 168th Street, Box 77, New York, NY 10032
Tel (212) 305-3400

Fax (212) 342-3955 or (212) 342-3947

Hours (Fall & Spring Semesters)

Monday – Thursday: 8 am – 7 pm
Fridays: 9 am – 4 pm

Hours (Summer Semester)

Monday, Tuesday: 8 am – 7 pm
Wednesday & Thursday: 8 am – 4 pm
Friday: 9 am – 4 pm

After Hours Clinical Emergencies

(212) 305-3400, press 7

2011 - 2012



COLUMBIA UNIVERSITY
MEDICAL CENTER

Welcome to the Student Health Service at Columbia University Medical Center

The Student Health Service (SHS) provides a comprehensive array of services to meet your health care needs.

Our staff of medical and mental health clinicians, health education professionals, and administrators are experienced in the health issues that arise during your intense educational process.

Our Mission:

To enhance the health of each student and to promote a healthy campus community through caring, healing and educating.

We are here because we believe that your own health care should demonstrate a standard of excellence that positively influences your goals as health professions students and future practitioners.

Confidentiality

What you say in the Student Health Service stays in the Student Health Service.

- Records are accessed only by those immediately involved in your care.
- Medical information is never released outside the Student Health Service without your written consent.* (This includes school deans, professors, family and friends.)

**Except in those rare instances of imminent risk of harm to self or others, or where otherwise required by law.*

Primary Care Medical Services

Student Health Service offers a wide range of primary care medical services. These include:

- Acute and chronic medical illnesses
- Occupational health, including blood-borne pathogen and required immunizations
- Women's, Men's and Trans Health
- Travel consultations
- Physical exams
- Immunizations
- Laboratory and ancillary services
- Referral to specialists when necessary
- Selected medications available on site at discounted prices
- Smoking cessation
- Nutrition counselling

After Hour Emergencies (212) 305-3400, press 7

Making a Medical Appointment

- Make your appointment online through the Web Portal (accessed from the front page of the SHS website) or call (212) 305-3400, x1 during office hours.
- The triage nurse has access to same-day appointments for urgent problems if a regular appointment is not available. Please speak with the nurse in person or on the phone for more information.
- Please schedule routine visits, such as physical exams or routine gynecology appointments well in advance.

Administrative Resources

We have a dedicated staff of administrators located at 60 Haven Avenue, 3rd Floor in suites 3D and 3E. They are available to help you with insurance information, reimbursements or billing concerns, and other administrative needs that may arise.

Aetna compensates CUMC for certain administrative expenses associated with servicing the student health insurance plan (including certain personnel expenses incurred by the Student Health Service Office).

If You Need Care Outside the SHS

If you have enrolled in the Aetna Student Health Plan and need specialized care not provided by Student Health Service, we can refer you to a health care provider who belongs to the national Aetna network. Always verify that the clinician still accepts Aetna when making your appointment and remember, **you must have a referral, updated each insurance year.**

\$20 co-pay; Referral from SHS required!

Remember that the insurance may not cover all your medical costs. You can obtain more information about coverage at www.aetnastudenthealth.com.

If you have a different insurance plan, please verify any requirements for referrals, laboratory work, or diagnostic testing with your insurer.

Mental Health Service (MHS)

The Mental Health Service offers confidential consultations, counseling, psychotherapy, and pharmacotherapy for individuals and couples. Our psychologists and clinical psychiatrists are experienced in the issues arising for students in the course of their professional training.

See the MHS brochure for a more in-depth description of services and staff listing.

After Hour Emergencies (212) 305-3400, press 7

Center for Student Wellness

The Center for Student Wellness provides free, confidential wellness counseling, coaching, and health promotion programs, including low-cost yoga and pilates classes. Wellness Works! is the health promotion arm of the Student Health Service and the Center for Student Wellness. Certified health education specialists develop and coordinate individual and group activities to address health and wellness concerns, including stress management, relationship issues, nutrition and fitness, sexual health, and substance use. For more information, visit www.cumc.columbia.edu/students/wellness.

AI:MS - Addiction Illness: Medical Solutions

Under the Center for Student Wellness, professional staff and student-elected peer counselors are available in a confidential setting to assist students who have concerns about their own or others' addictive behaviors, including use of alcohol or other drugs. AI:MS also provides support services for students in recovery.