POWER TIPS: Staying Healthy at MSU

OFFICE FOR INTERNATIONAL STUDENTS AND SCHOLARS
VIDEO FEATURE: HOW TO USE OLIN AT MSU

Olin.msu.edu

YouTube Channel

Click Here
YOUR STUDENT SHOULD ADD MSU OLIN PHONE NUMBERS TO THEIR CONTACTS

Olin Scheduling:
517-353-4660

Olin 24-hr Phone Nurse:
517-353-5557
YOUR STUDENT SHOULD KEEP THE MAP THEY WILL RECEIVE THIS WEEK IN A CONVENIENT LOCATION
Is your student thinking of buying a different insurance?
CHECK THE DEDUCTIBLE

Ok, great.
But...
WHAT IS A DEDUCTIBLE?!?
The Deductible is WHAT YOUR STUDENT WILL PAY

▪ MSU’s BCN Student Health insurance has a $150 deductible.
  ▪ Your first 3 visits to Olin are still FREE.

▪ For example, if you buy an insurance with a $500 deductible, you will pay over 3 times as much for your medical care!
OK, THAT’S FINE. MY STUDENT WON’T GET SICK ANYWAY.

Don’t be so sure!

1 in 3 MSU students need a doctor each year.

If it’s your student, are they ready?
Warning: 2019-2020 is the last academic year to waive insurance!

No insurance waivers

Fall 2020!
YOUR STUDENT SHOULD GET VACCINES!

- Olin Health Center has an Allergy & Immunizations Clinic that carries many vaccines.
- Everyone living in the U.S. should get a flu vaccine every year!
  - 36,000 people die in the US every year from this preventable disease.
- HPV vaccine is encouraged for both women and men.

If your student has MSU BCN, vaccines are FREE!!
REMIND YOUR STUDENT THAT PHARMACISTS CAN GIVE ADVICE ABOUT BOTH PRESCRIPTIONS AND OVER-THE-COUNTER* DRUGS

* Over-the-counter drugs are medicines that do not require a doctor’s prescription. Examples are: cold drugs, anti-Inflammatory and allergy medications.

In addition to the Olin Health Center, your student can find pharmacies at the following major retailers:
REMEMBER THAT HEALTH INSURANCE DOES NOT COVER DENTAL OR VISION CARE
YOUR STUDENT CAN BUY BOTH DENTAL AND VISION INSURANCE FROM MSU

Read your handout for more information!

<table>
<thead>
<tr>
<th>Plan</th>
<th>Maximum</th>
<th>Diagnostic/Preventive %</th>
<th>Oral surgery</th>
<th>Periodontics %</th>
<th>Major restorative (Crown) %</th>
<th>$1000 per member</th>
<th>$0 deductible</th>
<th>$25 deductible</th>
<th>$25 deductible</th>
<th>$35 deductible</th>
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VIDEO FEATURE: MENTAL HEALTH AWARENESS FOR INTERNATIONAL STUDENTS
ENCOURAGE YOUR STUDENT TO VISIT MSU COUNSELING AND PSYCHIATRIC SERVICES (CAPS) IF THEY NEED SUPPORT

▪ Counseling is for EVERYONE.

▪ Anyone who is experiencing a difficult moment in their life can benefit from the support of a counselor.

▪ Studying in a foreign country is a difficult thing!

▪ Counseling appointments at MSU are FREE and can help your student achieve academic success.

▪ Please ENCOURAGE your student to visit CAPS if they are struggling academically or emotionally.
ENCOURAGE YOUR STUDENT TO USE THE ONLINE INTERNATIONAL STUDENT SUPPORT PROGRAM
WE WISH YOUR STUDENT GOOD HEALTH AT MSU!!

OISS Community Health
ihealth@msu.edu

For non-emergency questions, your student can visit our walk-in hours:

Monday-Friday
1:00pm – 3:00pm