University Health Services

Promoting, protecting, and restoring health and well-being
MyUHS is the secure online portal that lets students make appointments online, input their health history records, receive secure messages, and send questions to their provider. Signing up is free and easy on the UHS website, and we recommend it for all our patients and clients.

University Health Services (UHS) is the campus health organization, open to all enrolled UW–Madison students. We combine a wide range of medical, mental health, prevention, and wellness services to help support students so they can be personally healthy and academically successful.

Our experienced staff understands the unique needs of the university environment and is committed to providing high-quality services in a manner that values all cultures, backgrounds, genders, and sexual orientations.

UHS has been providing quality care and services for more than 100 years and has been fully accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) since 1983. Our ongoing accreditation assures that our high-quality care meets nationally-recognized standards.
Medical
UHS provides treatment and preventive care for a variety of student needs. We have a primary care clinic where we treat the majority of injuries and illnesses. We also have specialty clinics in areas that are in high demand from students, such as travel, nutrition, women’s health, and sexual health.

Services include:
- Primary medical care
- Allergy injections
- Flu shots and other immunizations
- Lab work and radiology services
- STI and HIV testing
- Transgender health care
- Women’s health care (pelvic exams, contraceptive services, pregnancy tests)
- Physical therapy and athletic trainer services
- Travel services
- Nutrition services
- Occupational medicine

Privacy is our policy
Our services are confidential. We do not share health records with parents, friends, faculty, staff, university officials—or anyone else—without consent from the patient or client.
Mental Health

Our mental health professionals are here to help students be as healthy and successful as possible. We provide an open, safe, and confidential environment to help students through any issues that may interfere with their well-being, productivity, or happiness.

Common concerns include: relationships, depression, anxiety, stress, sexuality, body image, self-esteem, and alcohol and drug problems.

Services include:
- Individual, couple/partner, and group counseling
- 24-hour crisis services
- Let’s Talk consultations throughout campus
- Alcohol and other drug assessments and treatments
- Disordered eating assessments and treatments
- Behavioral health consultations
- Case management services
- Psychiatric services
- Consultations for students, faculty, staff, and parents who are concerned about a student

For parents

UHS is here for parents who may be concerned about a student or who would like to know more about a particular medical or mental health issue.

However, students’ personal health information and records are protected by privacy laws; therefore, UHS can only disclose information to family members or others with the consent of the student.

Visit www.uhs.wisc.edu/parents/ for more information.
There is more to health than eating right and exercising. Personal wellness is a balance of one’s physical, emotional, social, environmental, and spiritual self, all of which are critical to academic and personal success. UHS offers a range of valuable services designed to assist students in improving their wellness, including:

- Acupuncture
- Massage therapy
- Meditation training
- Mindfulness training
- Nutrition counseling
- Sleep management
- Stress management
- Wellness evaluations
- Yoga

**Student Health Insurance Plan (SHIP)**

SHIP is a comprehensive insurance plan for UW–Madison students, which covers additional health care costs incurred at UHS and elsewhere. By administering the plan at UHS, we keep costs as low as possible and ensure that the plan is tailored to the needs of our students.

Visit [www.uhs.wisc.edu/ship/](http://www.uhs.wisc.edu/ship/) for more information.
Campus Health Initiatives

Through campus-wide collaboration, prevention practices, surveillance, and communication, professionals from Campus Health Initiatives work to mitigate health risks and promote an environment where people are safe, included, and connected to others. This includes addressing issues such as sexual assault, suicide, alcohol use, diversity and inclusivity, wellness, academic and civic engagement, and social justice.

Environmental and Occupational Health

EOH is comprised of dedicated staff whose mission it is to protect the occupational and environmental health of the campus community. This includes addressing workplace health concerns such as ergonomics, industrial hygiene, hearing conservation, and respiratory protection; and environmental concerns including the inspection of campus food operations, swimming pools, and youth camps.

Services for faculty and staff

- Employee flu shots
- Environmental and occupational health investigations
- Prevention and health promotion programs
- Mental health consultations for concerns about students
- Occupational health and medicine
- Hazard assessments
All enrolled UW–Madison students are eligible to use UHS. Appointments required, unless otherwise noted. No charge for most services because they are already paid for by the Student Health Fee.

**General Information**
608-265-5600
www.uhs.wisc.edu

**Appointments**

**Medical Services**
608-265-5600
Online appointments with **MyUHS**

**Mental Health Services**
Drop-in M–F 9 am–4 pm for initial consultation

**Emergencies and After Hours**

**24-Hour Mental Health Crisis Services**
608-265-5600 (option 9)

**After-Hours Nurse Line**
608-265-5600 (option 1)
Available when UHS is closed, including evenings, weekends, and holidays

**Hours and Locations**

**Main Clinic**
M | T | R | F 8:30 am–5 pm
W  9 am–5 pm
333 East Campus Mall
Floors 5–8

**Lakeshore Clinic**
Walk-in care for minor illnesses
M–F 10 am–4:30 pm
Dejope Hall, Floor 1

www.facebook.com/UHSMadison
www.twitter.com/UHS_Madison

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