S.T.A.H.L. NEWS
STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by IUP Health Service, a part of the Center for Health & Well-Being   April 1, 2024
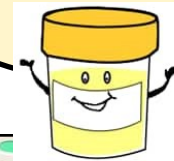
DID YOU KNOW?
IUP Health Service

- Offers low cost health care options for IUP Students.
- <u>Does not</u> bill insurance for services.
- Wellness Fee funds are used to support The Center for Health and Well Being Offices.
- Services are confidential, if there is a charge, it will show up on your tuition account as a "wellness visit" not as itemized services.

FREE Transportation to medical appointments and pharmacies!

Mental Health Services Available !
Psychiatric Nurse Practitioner
Psychiatrist just $10 a visit

BE KIND TO YOUR MIND

Walk in Gonorrhea and Chlamydia testing.
The first Wednesday of the month! $10

NO COST OVER THE COUNTER MEDICATION AND SUPPLIES!
(JUST GRAB AND GO)

Tylenol	Ora-gel	Ice Packs/Hot Packs	Dental wax
Ibuprofen	Lip Ointment	Ace wraps	Gas Relief
(tablets and liquid)	Hydrocortisone	BioFreeze	Toothbrush
Decongestant	Antibiotic ointment	Sanitary Pads	Toothpaste
Cough drops	Band-Aids	Wound care supplies	COVID tests
Cough syrup	(assorted size/colors)	Pepto Bismol	Condoms/
		Vaseline	Lube

Physicals, Injury and Illness visits, Strep, Mono, Flu A&B, COVID, Urine, Glucose testing, Allergy Shots, Titer testing, Birth Control consults, Weight and Blood Pressure checks, Prescription medication, Medication injection assistance, Sharp container disposal

FREE Emergency Contraception

"JULIE"
Available to IUP students

- Effective for up to 5 days after unprotected intercourse (Most effective within 3 days)
- No appointment needed but must have a nurse visit to review side effects and possible reactions
- Free pregnancy testing

Lactation Space/Changing Table Refrigerator, outlet and comfortable space to breast feed or pump!

Flu shots, TB Testing, Tdap, and Meningitis Vaccines!

IUP Health Service
Monday-Thursday
8am-4:30pm
Friday 10am-4:30pm

Call 724-357-2550
OR email
health-inquiry@iup.edu
to schedule an appointment, talk to a nurse or ask any questions!!