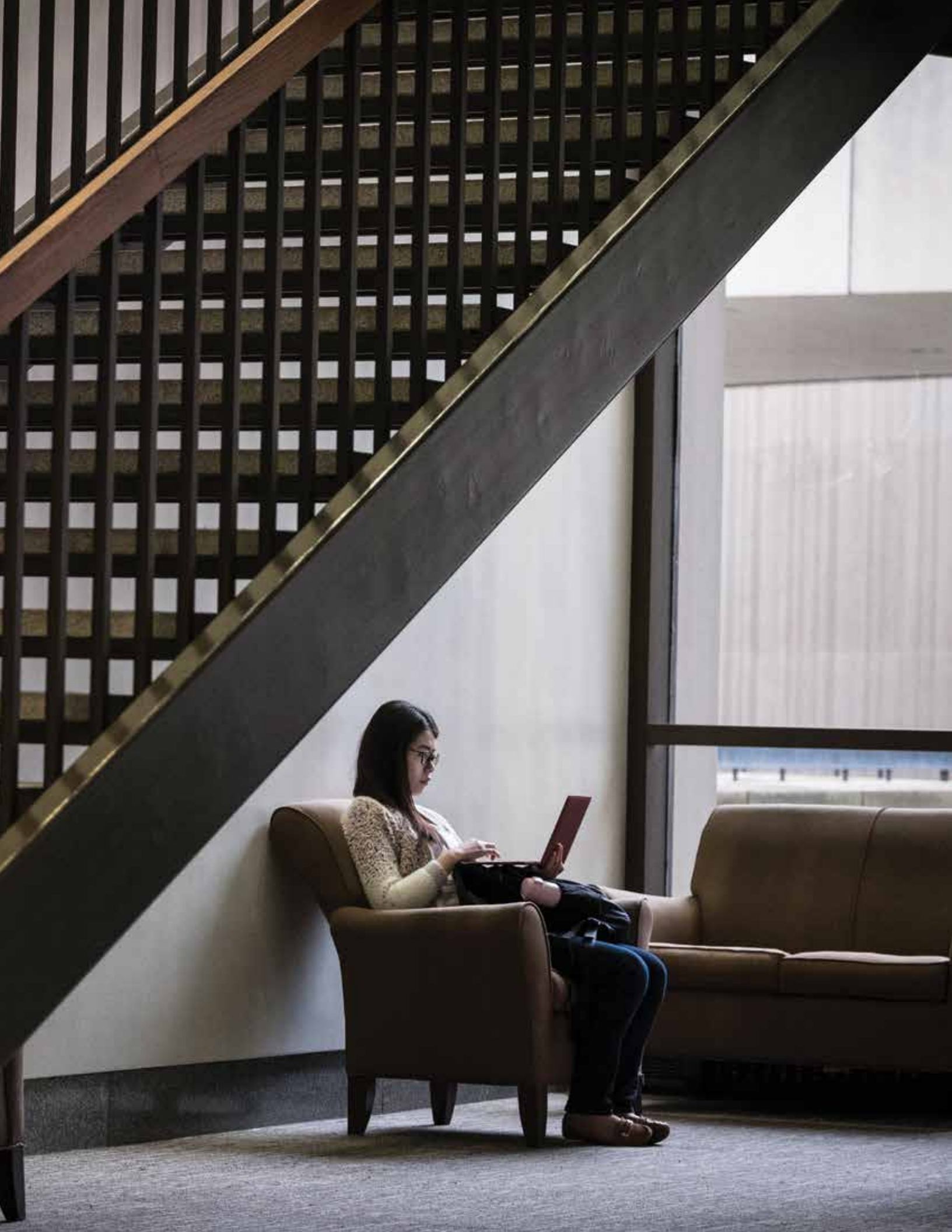




WELLNESS RESOURCES

FOR GRADUATE
AND PROFESSIONAL
STUDENTS



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DEAR GRADUATE AND PROFESSIONAL STUDENTS,

As the vice provost for graduate studies, my role is to ensure that the University of Pittsburgh is an outstanding place for the education and training of graduate and professional students. As part of our commitment to preparing students to lead lives of impact, Pitt provides services and resources extending beyond academics. This brochure and the associated Web site highlight resources aimed at keeping you well and healthy so you can stay focused on your educational pursuits. There are many aspects to wellness, and I encourage you to pay attention to your health and to incorporate practices that will help you to achieve your academic goals while you are at Pitt and beyond.



The University has designated this academic year as the Year of PittGlobal (yearofpittglobal.pitt.edu) to celebrate Pitt being at home in the world and to promote the University as a convening point for people and ideas from across the globe. Throughout this year, the Pitt community will engage in collaborative dialogue and activities that advance interdisciplinary educational and research pursuits and improve the quality of life, health, prosperity, and social mobility of people in Pittsburgh and around the world. As part of your efforts to live a healthy, balanced life, I hope you will take advantage of all the special programming and learning opportunities offered through the Year of PittGlobal.

As always, I want to hear from you. If you have comments about existing resources or other suggestions, please connect with me.

A handwritten signature in blue ink that reads "Nathan Urban". The signature is fluid and cursive, with a long horizontal stroke at the end.

Nathan Urban

Vice Provost for Graduate Studies

CONTACT

Graduate Resources: gradstudents.pitt.edu

Updates and News: provost.pitt.edu/students/graduate-studies

Twitter: [@PittGradStudies](https://twitter.com/PittGradStudies)

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DIVERSITY

DISABILITY RESOURCES AND SERVICES

The Office of Disability Resources and Services (DRS) is the entity designated by the University to determine reasonable accommodations and services. Pitt is committed to providing equal opportunities in higher education to academically qualified students with disabilities. Through an interactive process, DRS works individually with each student to provide access to University classes, programs, and activities. Visit studentaffairs.pitt.edu/drs, e-mail DRSrecep@pitt.edu, call 412-648-7890, or stop in at 140 William Pitt Union.

PROVOST'S ADVISORY COMMITTEE ON WOMEN'S CONCERNS

The Provost's Advisory Committee on Women's Concerns (PACWC) seeks to ensure a productive environment for faculty, students, and staff, particularly in areas related to women's concerns. It focuses on general issues of campus climate and programs as they affect women throughout the University. PACWC also seeks to assist the Provost and the University community through its mandate. Two graduate students typically serve on PACWC. Visit provost.pitt.edu/pacwc2 or e-mail women@pitt.edu.

SINGLE-OCCUPANCY RESTROOMS

An online map identifies single-occupancy restrooms across campus. Students (as well as faculty and staff) are welcome to use these or any restroom that corresponds to their gender identity. More spaces are being added as new renovation opportunities arise. Visit studentaffairs.pitt.edu/lgbtqia, e-mail diversity@pitt.edu, or call 412-648-7860.

FAMILY-FRIENDLY RESOURCES

LACTATION ROOMS

A list of lactation rooms (with contact information for each room) has been compiled to assist mothers in finding a convenient location to express breast milk on campus. Visit diversity.pitt.edu/diversity-resources, e-mail diversity@pitt.edu, or call 412-648-7860.

PARENTAL ACCOMMODATION GUIDELINES

Since fall 2010, the Graduate Student Parental Accommodation Guidelines have helped students who are new parents through childbirth or adoption to find academic/personal life balance. These guidelines have provided students enrolled in graduate programs with the standing to work with their advisors and faculty to arrange for individualized accommodations that can help them during this life-changing event. During the accommodation period, birth mothers who hold academic appointments will continue to receive their stipend, health insurance, and tuition remission. Eligible students should consult with their advisor, principal investigator, and graduate chair. The guidelines are available at gradstudents.pitt.edu/graduate-student-life under Parenting.

UNIVERSITY CHILD DEVELOPMENT CENTER

The University Child Development Center encourages and supports each child to grow to his/her fullest potential in all areas of development, creating a positive self-concept and a realistic opportunity for success in life. Teachers work with children individually and in small and large groups, identifying their strengths while learning how to work together as a community.

The University Child Development Center offers part-time (two or three full days) and full-time (five full days) spaces to the children of University affiliates, including students, staff, and faculty. The tuition is a sliding-fee schedule based on annual household income. The enrollment process occurs throughout the entire calendar year, as spaces become available. It is recommended that parents place children on the waiting list as soon as possible, even in anticipation of a need. The waiting list is extensive and, depending on a child's age, the wait can be between one and three years. Visit childdevelopment.pitt.edu/enrollment, e-mail ucdc@hr.pitt.edu, or call 412-383-2100.

YOU AND YOUR CHILD PARENTING GUIDES

Produced by the University of Pittsburgh Office of Child Development, this series of plain-language, easy-to-use parenting guides summarizes the best practices for raising healthy children, including foster children. Each guide is based on current parenting literature and has been reviewed by a panel of child development experts and practitioners. Visit the Resources section at ocd.pitt.edu and find Parenting Guides under Research Summaries.

Additional information for families can be found at childdevelopment.pitt.edu/families under Helpful Links.

HEALTH INSURANCE AND COMMUNITY ASSISTANCE RESOURCES

HEALTH INSURANCE

Pitt has a long tradition of providing students who hold academic appointments a benefits-rich individual health insurance package at no cost.

Despite soaring health care costs, plan copayments in the 2018–19 academic year have been kept at record lows: \$5 for a primary care physician, \$10 for a specialist, \$10 for an urgent care visit, and \$25 for an emergency room visit. Similarly, prescription drug copayments are modestly priced. This comprehensive coverage includes an unlimited lifetime maximum benefit, no annual deductible for in-network services, adult and pediatric preventive services, and inpatient hospital visits covered at 100 percent, treatment for mental illness and substance abuse, no-cost prenatal and postnatal maternity services, and gender reassignment services.

If this medical plan were available in the Affordable Care Act Health Insurance Marketplace, it would be categorized as a platinum-level plan according to federal standards, which is the highest level.

Graduate students who do not hold academic appointments can purchase this plan or the general student plan, which provides coverage not available in the marketplace. All students have the option of purchasing family health insurance (including domestic partners) as well as dental and vision coverage. So, while less-expensive plans are available, this coverage is unparalleled. Visit hr.pitt.edu/students.

For additional coverage options, the Office of International Services lists references at ois.pitt.edu/resources/health-insurance. Domestic students may purchase coverage from the Marketplace at healthcare.gov. Coverage for children may be available through the Children's Health Insurance Program (CHIP), Pennsylvania's program to provide health insurance to uninsured children and teens who are not eligible for or enrolled in Medical Assistance. See www.chipcoverspakids.com.

HEALTH INSURANCE WHILE TRAVELING

ASSIST AMERICA

Graduate students (and their families) enrolled in a UPMC health insurance plan are automatically eligible for Assist America services when they travel outside the UPMC network. These services include emergency medical services such as help with hospital admissions, referrals to qualified physicians, emergency medical evacuation, and more. Visit hr.pitt.edu/current-employees/benefits and find Coverage While Traveling on the Health and Wellness page.

INTERNATIONAL SOS

Since 2016, Pitt has provided comprehensive health and security coverage to enrolled Pitt graduate students and professional students traveling abroad in pursuit of their scholarship and professional development. Visit globaloperations.pitt.edu and select Insurance Coverage from the Travel drop-down menu, e-mail globalsupport@pitt.edu, or call 412-624-0125.

PITT AND COMMUNITY ASSISTANCE RESOURCES

The University Library System has compiled a resource list for students seeking housing, health, and/or food assistance at the University of Pittsburgh. Visit pitt.libguides.com/assistanteresources.

PITT PANTRY

The Pitt Pantry is dedicated to ensuring that all students (and their families) have regular access to a balanced and nutritious diet by hosting regular shopping hours to obtain food and services. Visit studentaffairs.pitt.edu/pittserves and select the Sustainability category or e-mail pantry@pitt.edu.

FITNESS

GYMS AND SPORTS FACILITIES

Graduate students can use the four campus fitness centers—at the Baierl Student Recreation Center, William Pitt Union, Bellefield Hall, and Trees Hall—to exercise and improve their overall well-being. Students can participate in group exercise, personal training, and wellness consultations and rent equipment and lockers for the semester. Visit studentaffairs.pitt.edu/campus-recreation and check Facilities and Hours, e-mail rec@pitt.edu, or call 412-648-8210.

INTRAMURAL SPORTS

Consisting of structured game play between other teams on campus, intramurals provide opportunities for graduate students to engage in physical activity while meeting other students across campus. Intramurals do not involve a great time commitment, and registration is free. Men's, women's, and coed leagues are available. Visit studentaffairs.pitt.edu/campus-recreation and select Intramurals, e-mail rec@pitt.edu, or call 412-648-8210.



PHYSICAL AND MENTAL HEALTH

STRESS FREE ZONE

At the Stress Free Zone, graduate students can learn and regularly practice evidence-based mind/body stress-reduction skills. These skills are primarily taught through mindfulness meditation, a form of attention training that involves an intentional, nonjudgmental observation of the present moment. Students can participate via walk-in services, regularly scheduled classes, and special workshops on topics ranging from meditation practices to chiropractic care for stress. Visit studentaffairs.pitt.edu/shs/stressfree.

CENTER FOR MINDFULNESS AND CONSCIOUSNESS STUDIES

The Center for Mindfulness and Consciousness Studies also provides graduate students with resources and programming on mindfulness. Visit mindfulness.pitt.edu.

STUDENT HEALTH SERVICE

Student Health Service (SHS) cares deeply about the health and well-being of every graduate student. The mission of SHS is to provide high-quality prevention, health education, and primary health care and pharmacy services to enhance student living and learning. SHS has established a comprehensive health care program that includes an outpatient clinic with an array of medical services, a full-service pharmacy, and health education programming.

The wellness student fee covers an array of health care services. These include, but are not limited to:

- Primary medical care for acute and chronic medical conditions
- Women's health and gynecological services
- Men's health care services
- LGBTQIA+ services
- Basic laboratory and radiology services
- Orthopaedic care
- Physical therapy
- Psychiatry services
- Observation room
- Nutritional counseling
- Sexual health and contraceptive counseling
- Rapid oral HIV testing
- Alcohol, tobacco, and other drug counseling
- Referral to specialists when necessary
- Allergy injections
- Immunizations, including free flu shots
- Intrauterine device (IUD) insertion
- Complete physical exams (with required paperwork/forms)
- Travel health assessments
- Specialty laboratory and radiology tests
- Holistic services, including acupuncture

The Student Health Service does accept health insurance and will file a claim to your insurance company for services rendered. As a provision of the mandatory semester wellness fee, graduate students will not be charged a copayment. Your insurance company, however, will determine if some or all of the charges incurred will be covered by your policy.

Visit studentaffairs.pitt.edu/shs, e-mail studhlth@pitt.edu, call 412-383-1800, or stop in at Nordenberg Hall, Wellness Center, 119 University Place.

CLINICAL PSYCHOLOGY CENTER

The Clinical Psychology Center is staffed by doctoral students in clinical psychology supervised by licensed faculty and clinicians. This clinic does not accept insurance but has a very reasonable sliding scale for payments. Visit pitt.edu/~clinic or call 412-624-8822.

UNIVERSITY COUNSELING CENTER

The University Counseling Center provides free access to mental health specialists for all students in the university community. While not a replacement for mental health care covered by your insurance, the Counseling Center can provide services for students—including assessment, counseling and psychotherapy (individual, group, and couples), and psychiatry—on a short-term basis in addition to offering acute care and crisis intervention. Sexual assault services and substance abuse programs are also available. The Counseling Center employs a multidisciplinary team of psychologists, social workers, and advanced graduate trainees in various mental health disciplines.

The Counseling Center offers a variety of workshops and general therapy groups, including support groups for dissertation writers, international students, LGBTQIA+, and graduate students, among others. Visit studentaffairs.pitt.edu/cc, call 412-648-7930, or stop in at Nordenberg Hall, Wellness Center, 119 University Place.

UNIVERSITY PHARMACY

The University Pharmacy is available to graduate students and their families. Pharmacy services include:

- Filling prescriptions from any practitioner, even from out of state;
- Ordering items for products not routinely stocked;
- Transferring prescriptions to and from the pharmacy;
- Offering a wide variety of over-the-counter medications, often priced lower than commercial drug stores;
- Providing discounted copayments for prescription drugs for students enrolled in Pitt's medical plans; and
- Providing individual, confidential counseling services.

Visit studentaffairs.pitt.edu/shs/pharmacy, call 412-383-1850, or stop in at Nordenberg Hall, 103 University Place.

MENTAL HEALTH SELF EVALUATOR

Mental health is a key part of overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional. This online program is completely anonymous and confidential, and immediately following the brief questionnaire, you will see the results, recommendations, and key resources. Visit ulifeline.org/UPITT/self_evaluator.



SAFETY

ENVIRONMENTAL HEALTH AND SAFETY

The Department of Environmental Health and Safety (EH&S) has expertise in best practices and safety in the laboratory. EH&S offers safety training on multiple topics, including your off-campus living arrangement. For resources, the training schedule, and an anonymous concern reporting form, visit ehs.pitt.edu, e-mail safety@ehs.pitt.edu, or call 412-624-9505.

SAFERIDER

SafeRider provides safe transportation during the evening and early morning hours when special, nonemergency needs arise for graduate students to get across campus, say from your office to the parking lot. For usage, hours of operations, and boundaries, visit pc.pitt.edu/transportation, e-mail transsys@pitt.edu, or call 412-648-CALL (2255).

TITLE IX

Title IX protects graduate and professional students (as well as the entire University community) from sexual or gender-based misconduct, including discrimination, harassment, and assault. The Title IX Office recognizes that graduate and professional students face very specific challenges because of their unique roles in the University community. The Title IX office provides targeted training and education.

Resources: If you need information on counseling, health, or related services, the Title IX staff can provide referrals to both on- and off-campus providers.

Interim Measures: If you need a change in your academic schedule, a No Contact Order with another Pitt affiliate, or other accommodations, Title IX staff can assist you.

Reporting: If you want to file a formal complaint with the University or the University of Pittsburgh Police Department, Title IX staff can walk you through the available options and provide contacts in the appropriate offices.

If you need additional resources or aren't sure where to start, visit titleix.pitt.edu/resources, e-mail titleixcoordinator@pitt.edu, or call 412-648-7860.





Pitt

Office of the Provost
Graduate Studies

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