



Get Support!



Health Education & Promotion

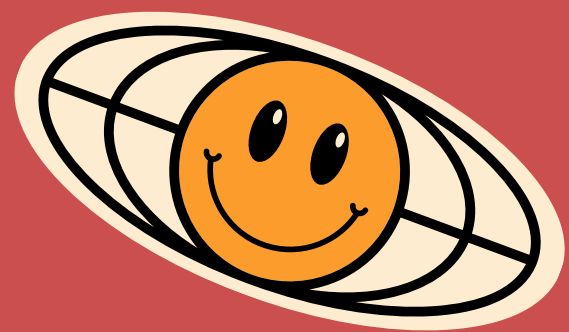
Health Services

Counseling & Psychological Services

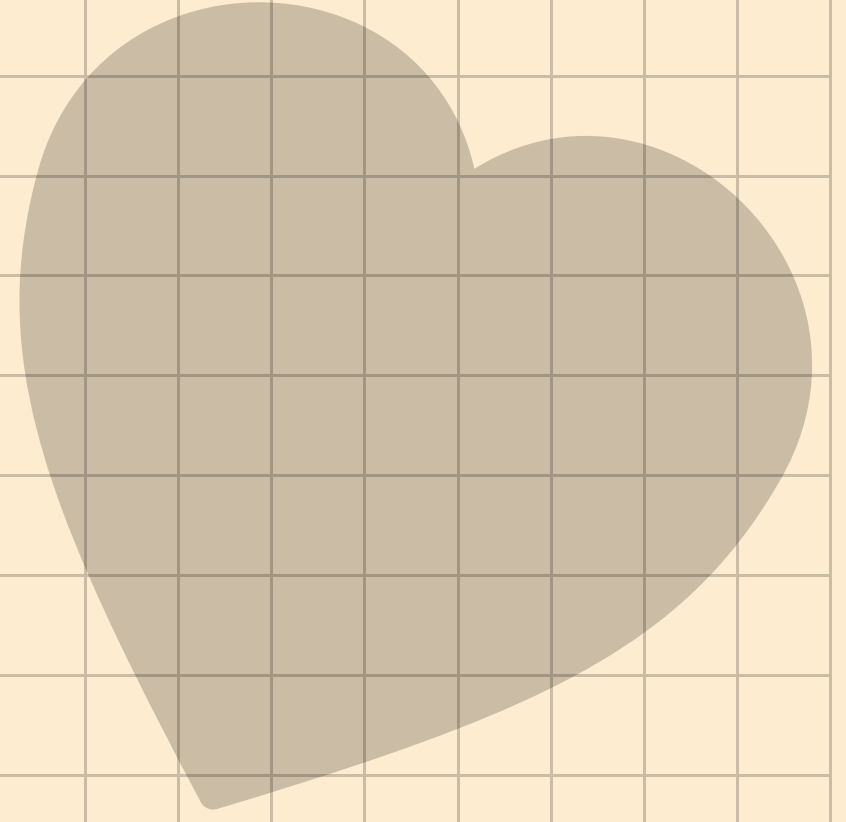
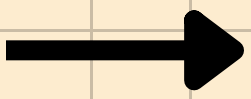
Disability Student Services

CARE Network

Student Success!



Health Education & Promotion



Elyana Kadish, MA
Health Educator
She/They

What is HEP?

Health Education and Promotion (HEP) provides health and wellness education across campus and leads initiatives that encourage, support and foster wellbeing.



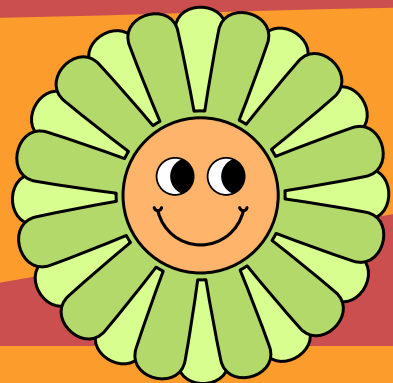
1:1 and community education, workshops, events and support

The vision of HEP is a RISD community where the cultivation of well-being practices are viewed as keystones to students' artistic aspirations and success.

Peace



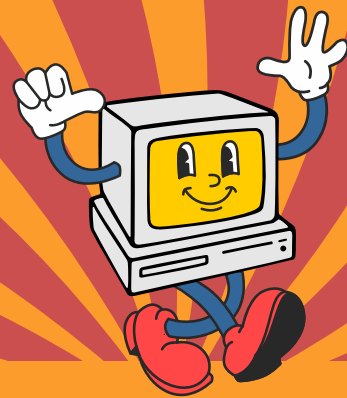
10 Dimensions of Wellness



Environmental



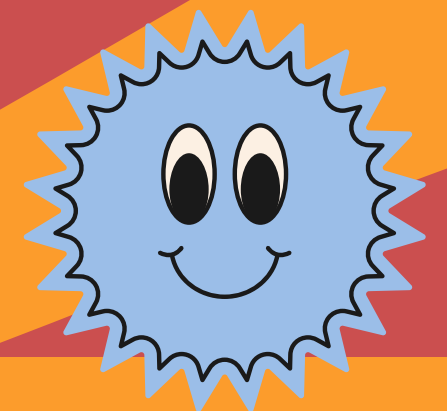
Creative



Occupational



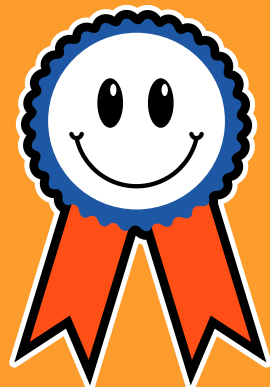
Spiritual



Financial



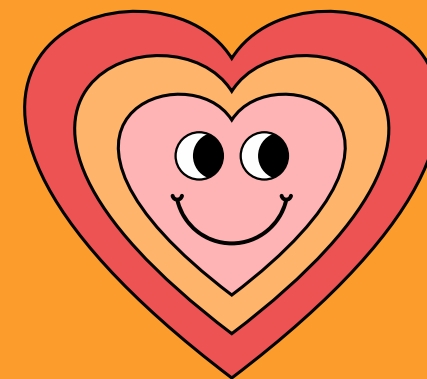
Social



Physical



Financial



Emotional



Cultural

ARE YOU DEHYDRATED?

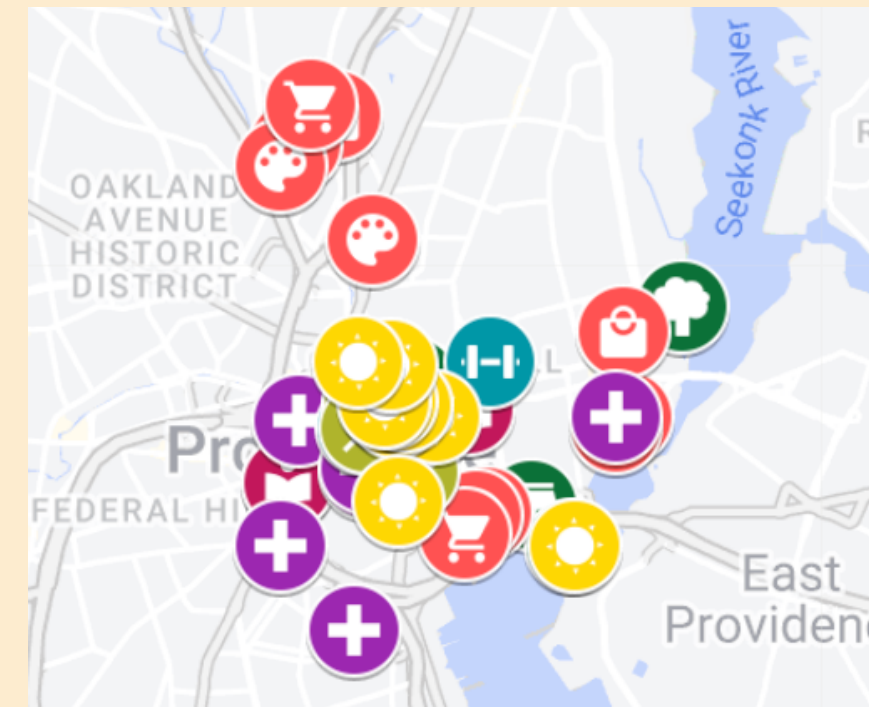
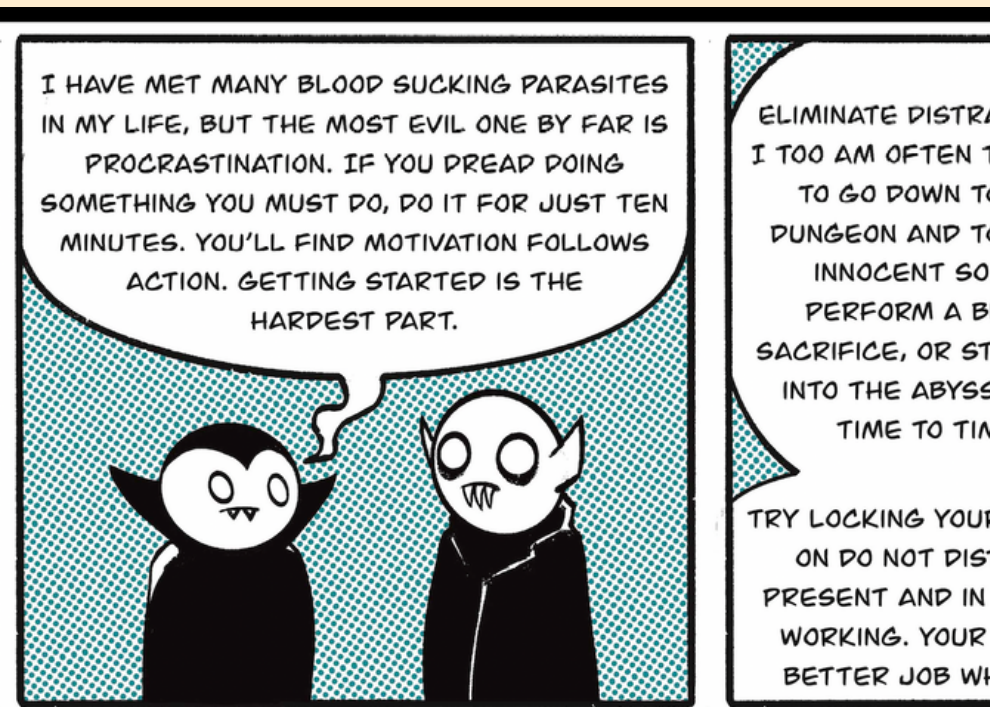
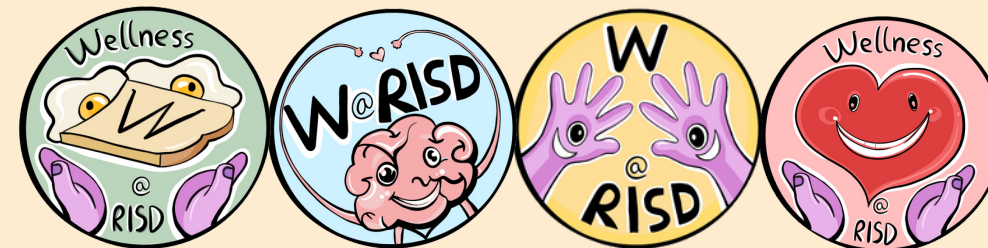
Make sure you're drinking water, even during studio!

	WOW! Hydration champ - you are all set!
	Still doing great!
	Looking a little darker, but not concerning yet. Drink some water soon.
	You are mildly dehydrated! Drink a glass of water.
	Dehydration zone!! You need to drink water very bad.
	Very concerning!! Drink water ASAP and maybe see a doctor

DISCLAIMER - this is a general chart and should be used as a guide, not a medical diagnosis



Health and Wellness Ambassadors



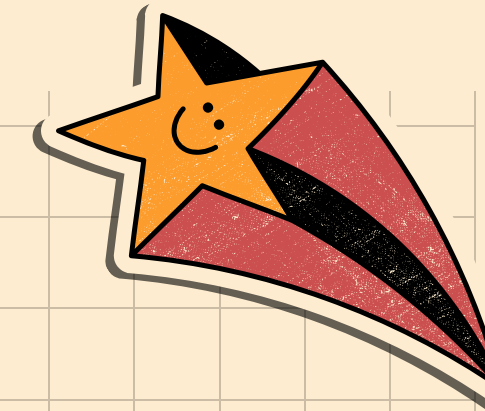
How to get Involved



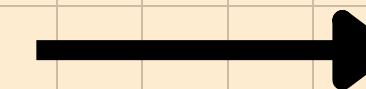
Health Education and Promotion is available to all RISD students

Carr House, Room #204
Monday-Friday 8:30 am - 4:30 pm
Healthpromotion@risd.edu

Meet with Health Education & Promotion



Attend Programs
Stop in for supplies
Become a HANA
Ask Questions



@Healthy_RISD
@wellnesswithRISD

Student Health Services

Helping you practice the Art of Health

Katie Oberacker, MSN, FNP-BC
Health Services Director

401-454-6625

health@risd.edu

Monday-Friday 8:30AM to 4:30PM



About Us

Mission Statement

- RISD Health Services will provide confidential, quality health care services to students, while empowering and educating them to manage their health and wellness throughout their college years and beyond; to create and promote a balance between the mind, body, and spirit in order to achieve a healthy lifestyle, optimal wellness, and overall well-being.

Vision Statement

- Through compassionate care and education, students will be empowered to manage their health.

Core Values

- Innovative patient care
- Exceptional customer service
- Education for self-care & prevention of illness
- Compassion
- Right to confidentiality



Staff



- Director
 - Katie Oberacker, FNP-BC
- Assistant Director
 - Sara Petit, AGNP-BC
- Office Coordinator
 - Nelfi Geraldo
- Nurse Practitioners
 - Ari Solomon, ANP-BC, WHNP-BC
 - Justin Malette, FNP-C
 - Karen Chase, FNP-C
- Nurse Case Manager
 - Julie Nhem, RN
- Medical Assistants/Phlebotomists
 - Evelyn Martinez
 - Sallian Diodati

Services

- Physical Exams
- GYN Exams
- Acute care visits
- STI Testing
- PrEP
- Birth Control Counseling
- Medication Administration
- Immunizations (To come...)
- Prescription Management
- Rapid testing
 - Strep, COVID, Flu, HIV
- On-site phlebotomy
- Specialty Referrals
- And more...



Patient Portal

[Home](#) [Immunizations](#) [Insurance](#) [Forms](#) [Messages](#) [Education](#) [Upload](#)

Welcome to RISD Health Services Patient Portal

All students (including pre-college) are required to complete the following:

1. Complete all required [health forms](#)
2. Enter health [insurance](#) information (required for those not enrolled with RISD insurance)
2. [Upload](#) proof of required vaccinations
 - Hepatitis B (3 doses)
 - MMR (2 doses)
 - Varicella (2 doses or a documented history of disease)
 - Meningitis ACYW (Under age 22 only; 2 doses required if first dose received prior to age 16)
 - Tdap (1 dose in the past 10 years)

Appointments

- To schedule a medical appointment or speak with a nurse, please call health services at 401-454-6625

Messaging

- To send a secure message to a provider, please click [Messages](#)
- Secure messages become part of your medical record
- Secure messaging should **NOT** be used for urgent or emergent matters

Profile Update

- Students can click on the [person icon](#) on the top right corner to update their preferred name, pronouns, and gender identity (this will only update your information within Health Services)



Upcoming Appointments

You do not have any upcoming appointments.

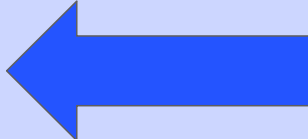


Forms



Uploads

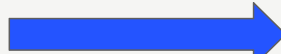
You have documents that need to be uploaded.
Please click the Upload link to send us the documents.

-  RISD.medicatconnect.com
- Login with your RISD username and password
- Complete health compliance requirements
- Confidentially communicate (non-urgently) with your healthcare provider via messaging
- Access your immunization history and lab results
- Update your personal information and health insurance
- Complete visit specific forms

Student Health Insurance Plan

All students are *required* to have a US-based health insurance plan while enrolled at RISD

United Health Student Resources (UHSR) is the health insurance offered by RISD and managed by University Health Plans

UniversityHealthPlans.com 
Email: info@univhealthplans.com
1-833-251-1147

All students are *automatically* enrolled, you must complete a waiver to opt-out

Enrollment does *not* include vision and dental insurance

There is *no charge* to see a provider within Health Services

Your insurance is utilized for any services outside of Health Services, this includes:

- Prescriptions
- Lab work
- Imaging
- Specialty Referrals
- Medical Care received at other facilities




Introduction

Contact Information

United COVID-19 Updates

Student Health Plan

Waiver Form 

Dependent Enrollment Form

Qualifying Event Enrollment Form

Benefit Information >

Provider Search >


Insurance ID Card

Telehealth - Healthiest You >

Confirmation of Coverage Letter

Travel Assistance Services

Prescription Tier Structure

1095-B Form 

Optional Plans

Voluntary Dental Plan

VSP Vision Care Plan

Renters Insurance

Rhode Island School of Design STUDENT HEALTH INSURANCE PLAN

2023-2024 Academic Year

RISD is committed to promoting good health and meeting the medical needs of its students. A health insurance plan is critical in providing peace of mind, knowing that students can receive the services they need in the event of a sickness or injury.

RISD policy requires that all students be covered by a comprehensive health insurance plan. The college provides coverage through UnitedHealthcare, administered by University Health Plans. All incoming students are automatically enrolled in the plan and charged \$2,045. The charge is billed along with your semester tuition and fees. The insurance plan begins on September 1, 2023 and covers you through August 31, 2024.

Cost and Coverage Periods

	Annual Students	NEW Spring Students
Coverage Dates	9/1/23 - 8/31/24	1/1/24 - 8/31/24
Insurance Cost	\$2,045	TBD
Waiver Deadline	August 1, 2023	TBD

If you are a Domestic student with comparable, U.S. based coverage through another carrier and do not wish to enroll in the United Healthcare policy, you must **complete the student health insurance waiver before September 1, 2023** to ensure that the health insurance charge is removed from your account. **This waiver must be completed on an annual basis during the semester you start classes at RISD. It may take up to 3 business days for the waiver to be applied to your student account.**

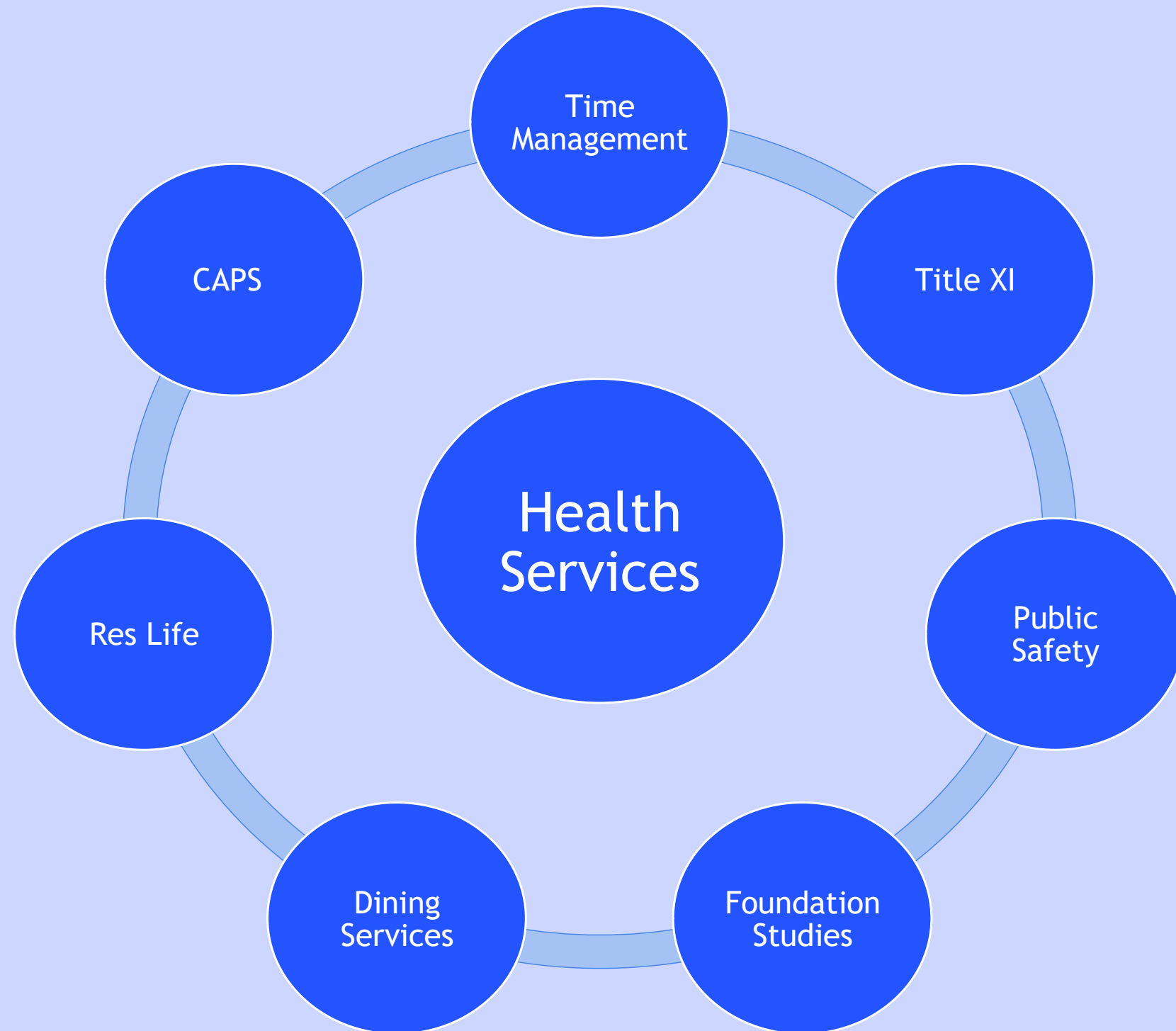
All International students will be automatically enrolled in the United Healthcare policy. If your health insurance is provided by a company with a US-based home office and you do not wish to enroll in RISD's plan, you must **complete the student health insurance waiver at univhealthplans.com before September 1, 2023** to ensure that the health insurance charge is removed from your account.

If you do not need the coverage and have a comparable plan you may apply for a waiver. All medical insurance policies must be **from a U.S. domestic insurance company**. Non U.S. based Insurance companies or coverage provided in countries with socialized medicine, including Canada, does NOT meet the insurance requirement.

To assist in providing you with the coverage you will need during your studies at RISD, we have contracted with University Health Plans to offer The Student Health Insurance Plan. The Plan includes a local and national network of Preferred Providers, and is designed to be an affordable option. You can review the plan by clicking on the Brochure link in the "Benefit Information" section on the left side of this page. **We urge you to enroll in this Plan for several**

UniversityHealthPlans.com

Collaboration



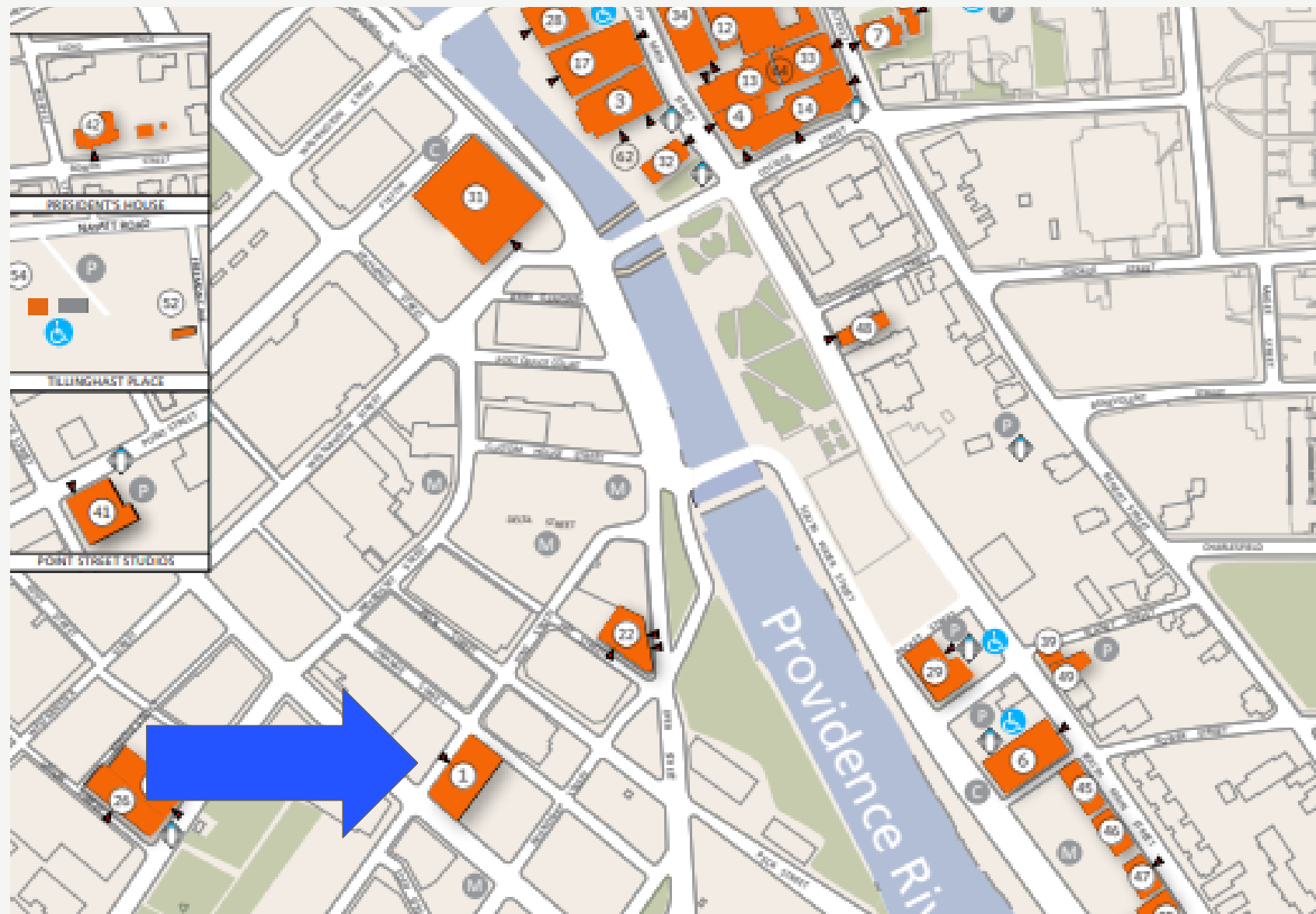
- Health Services collaborates with other campus services to best support your health and wellbeing, while keeping in mind your right to confidentiality.
- We also work with outside hospitals, emergency rooms, and specialists with your permission
- For prolonged absences due to a medical reason, Health Services will work with Student Affairs Office to notify faculty
- RISD Policy states Health Services does not provide excuse notes for minor illnesses
- We strongly encourage students to communicate with their faculty when absent

Contact Us

Visits are by appointment only

Please call 401-454-6625

Same day appointments often available!



72 Pine Street, 2nd Floor
Same location as CAPS

Monday-Friday 8:30AM to 4:30PM

Non-urgent inquiries may email at
health@risd.edu

Counseling and Psychological Services (CAPS)

Deborah Levans, LICSW
Nicole Nelson, LICSW
Sera Knight, FAV '26
July 19, 2023

CAPS helps students navigate...



- A wide variety of academic and non-academic related reasons
 - 1 in 5 students access CAPS every year
-

CAPS Services

- Confidential counseling, at no additional cost
 - In person or virtual
- Medication management/consultation
 - Psychiatrist and psychiatric resident during academic year
- Case management
 - Support with referrals to find services off-campus
- After hours on-call support by calling 401-454-6637
 - ProtoCall, staffed by licensed therapists





How to contact us

- Call: 401-454-6637
 - Email: counseling@risd.edu
 - Office: 72 Pine Street, 2nd floor
 - Monday-Friday 8:30am-4:30pm
 - Late nights on Mondays and Wednesdays during the academic year
-

Disability Support Services



Nicole Verardo, Director of Disability
Support Services and Academic
Support

Mollie Goodwin, Senior Advisor



About DSS

Carr House, 2nd Floor, 206 & 207
210 Benefit St, Providence, RI
401-709-8465

disabilitysupportservices@risd.edu

M-F: 8:30am - 4:30pm

- The Office of Disability Support Services (DSS) develops, arranges, and provides appropriate and reasonable accommodations for students in courses, programs, services, and facilities.
 - DSS can recommend technologies, assist with navigating requests for accommodations or services, and may provide access to financial support for evaluations for students encountering financial barriers.
 - Time Management Coaching.
-

Who Do We Support?

- Disability Support Services (DSS) assists RISD students who have cognitive (learning), psychological and physical disabilities. The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activity.
- Major life activities include, but are not limited to, caring for oneself, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working.
- Major Bodily Functions include, but are not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions.
- Students who are seeking a diagnosis.

Accommodation Process

- Registering and working with DSS as early as possible is important as some accommodations take time to put in place.
 - Provide documentation and complete the application for services.
 - Participate in an initial appointment to determine reasonable accommodations.
 - Deliver copies of disability accommodations letter to course instructors.
 - Students are required to discuss their accommodation with faculty but they are *not* required to disclose the nature of their disability.
 - Students continue to work with DSS to receive accommodations, while keeping open communication with the instructor.
 - Meet annually to reassess accommodations and receive an updated letter.
-

Time Management Support

- DSS offers one-on-one time management coaching for registered students.
- Time management virtual drop in hours and pop up events are available to all RISD students during fall and spring semesters, regardless of disability status or affiliation with DSS.
- Ways students can use time management support:
 - a. Help creating a Google Calendar
 - b. Tips to prioritize tasks and track assignments
 - c. Efficient use of technology and campus resources
 - d. Stress management and mindfulness

Wondering About a Diagnosis?

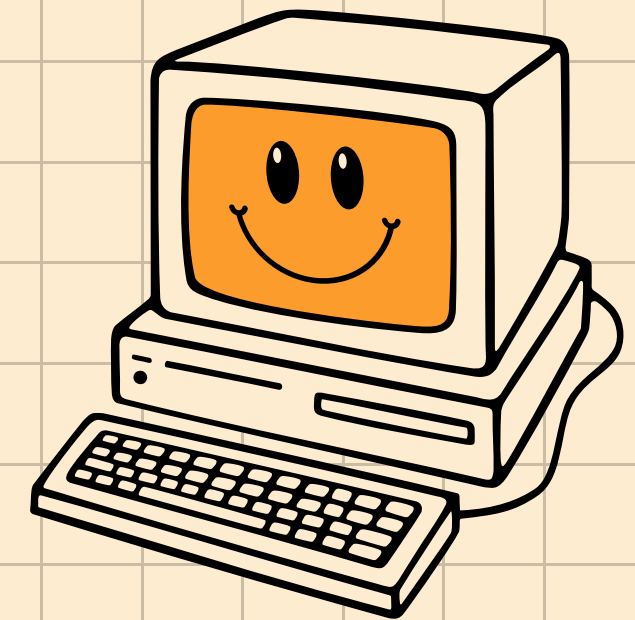
- Students can meet with a DSS staff member to talk about these questions and to review options for getting evaluated.
 - Students with documented need are able to receive financial assistance for neuropsychological testing.
 - DSS can review options for putting in temporary accommodations or services in place while students are getting evaluated.
-

Jess Harris (she/her)

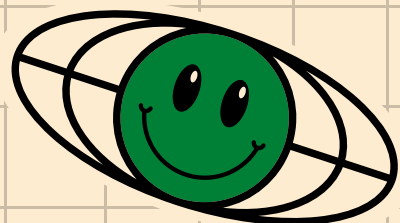
**Student Support and CARE
Network Program Manager
Chair, CARE Network**

CARE Network

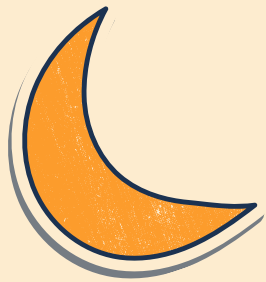
Concern Assessment Response Evaluation



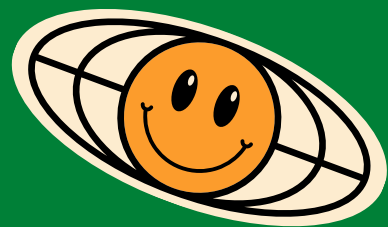
**RISD
CARE
NETWORK**



What does CARE Network do?



**Assist
students in
distress**



**Work to
support
students
holistically**

**Provide on-campus
and off-campus
resources**



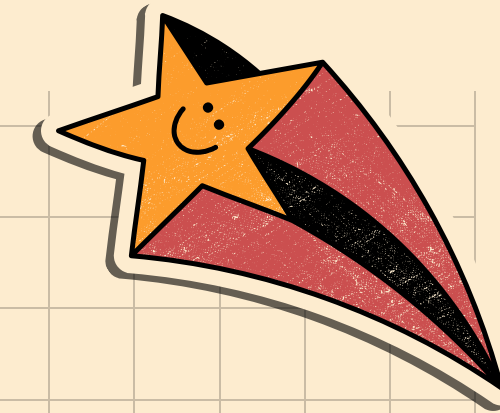
*What kinds of concerns
does CARE Network
assist with?*



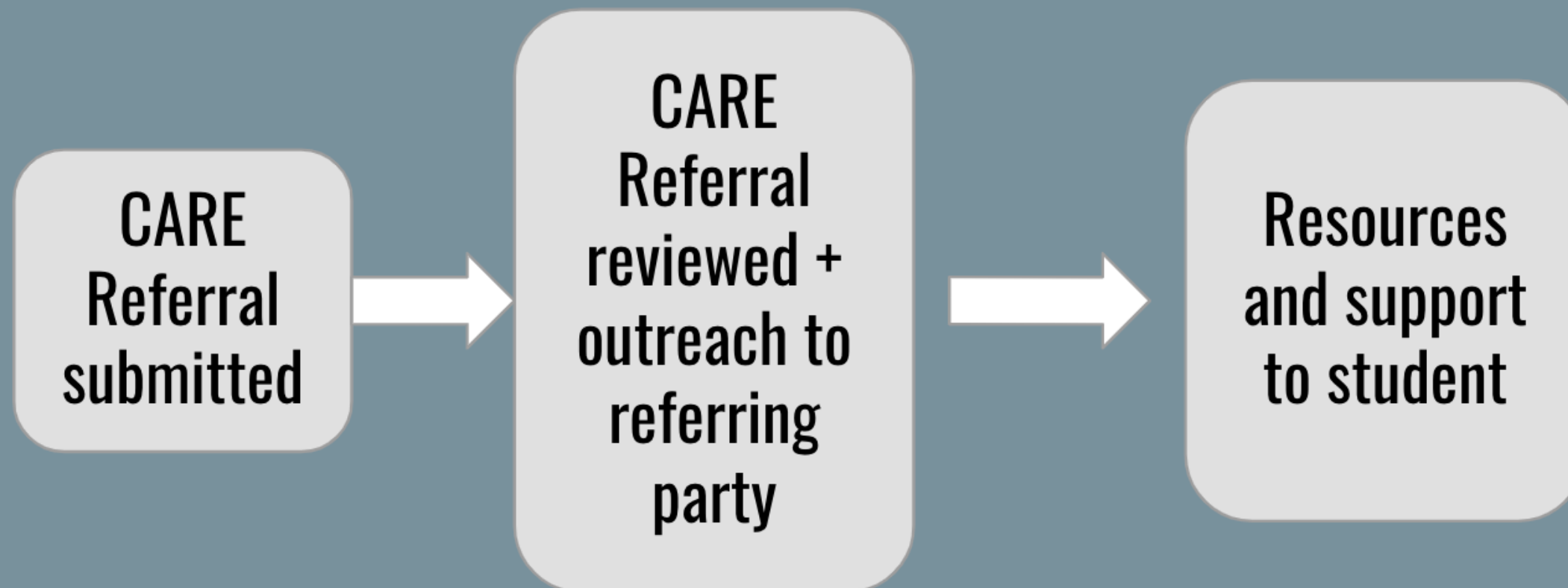
**Wellness: emotional,
behavioral, social,
physical, financial**

**Academic difficulties,
family/relationship
issues, safety concerns**

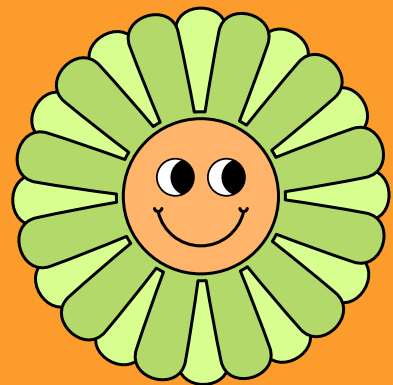
How does the process work?



CARE Network Process



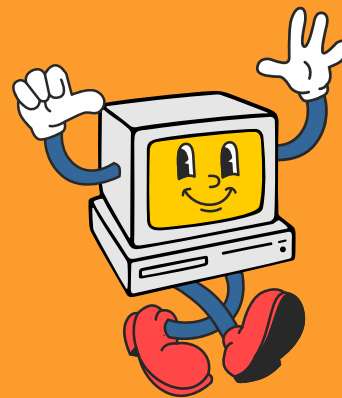
Where can I find the CARE Network Referral form?



Carereport.risd.edu



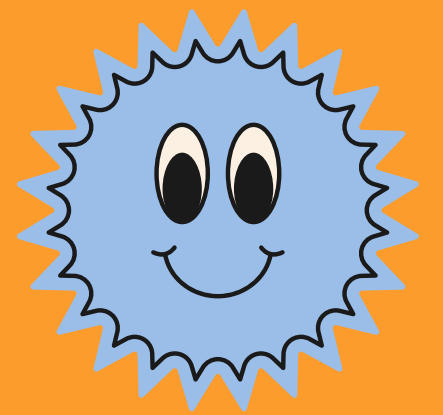
Email
signatures



Student Affairs
website

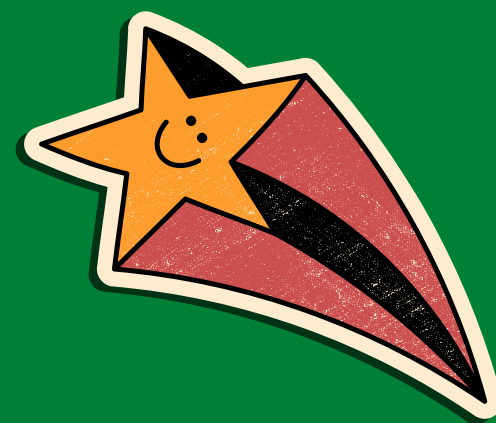


RJSD
Student Hub

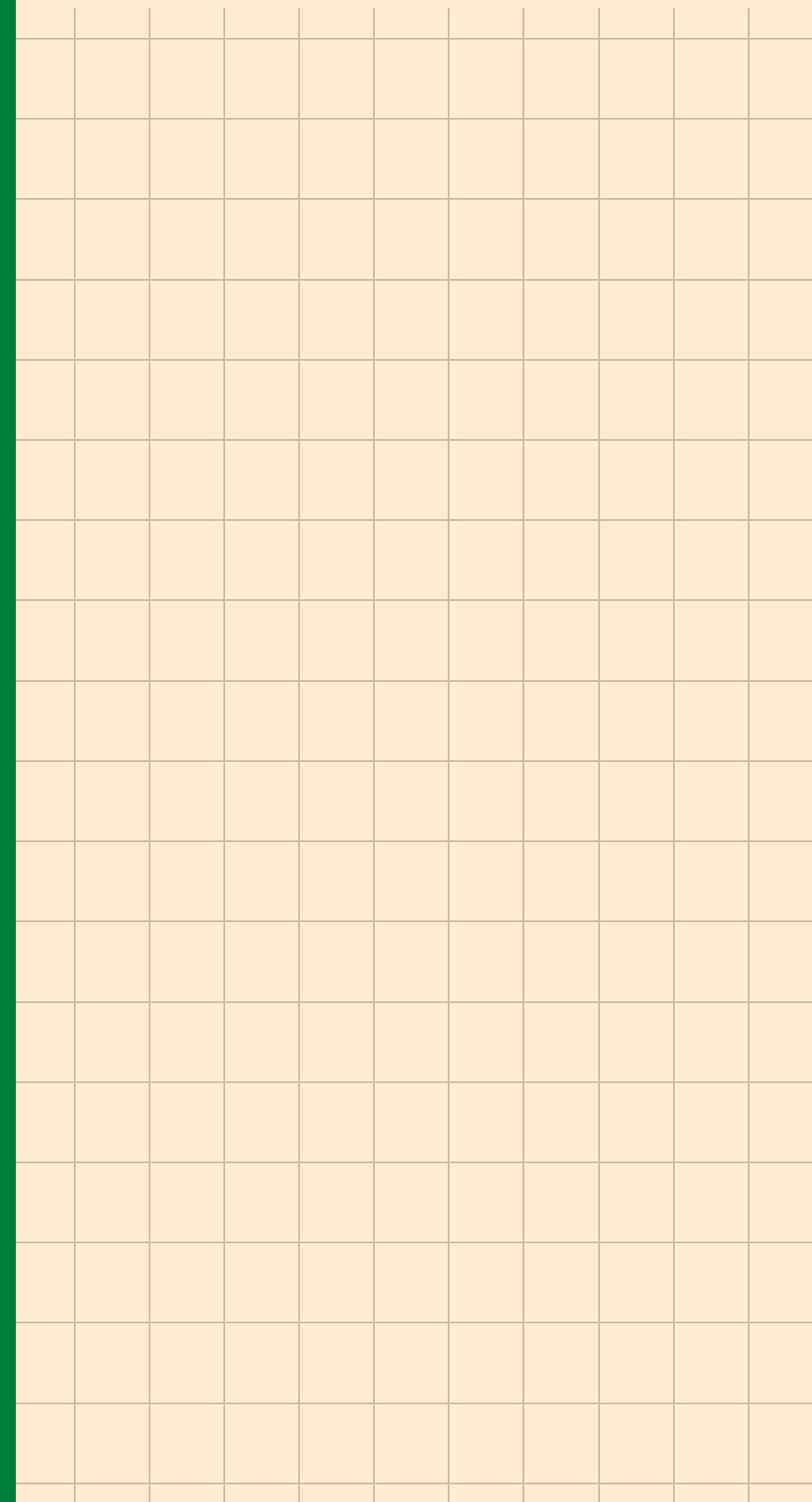


Welcome.risd.edu

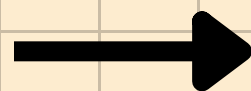
Let's Connect!



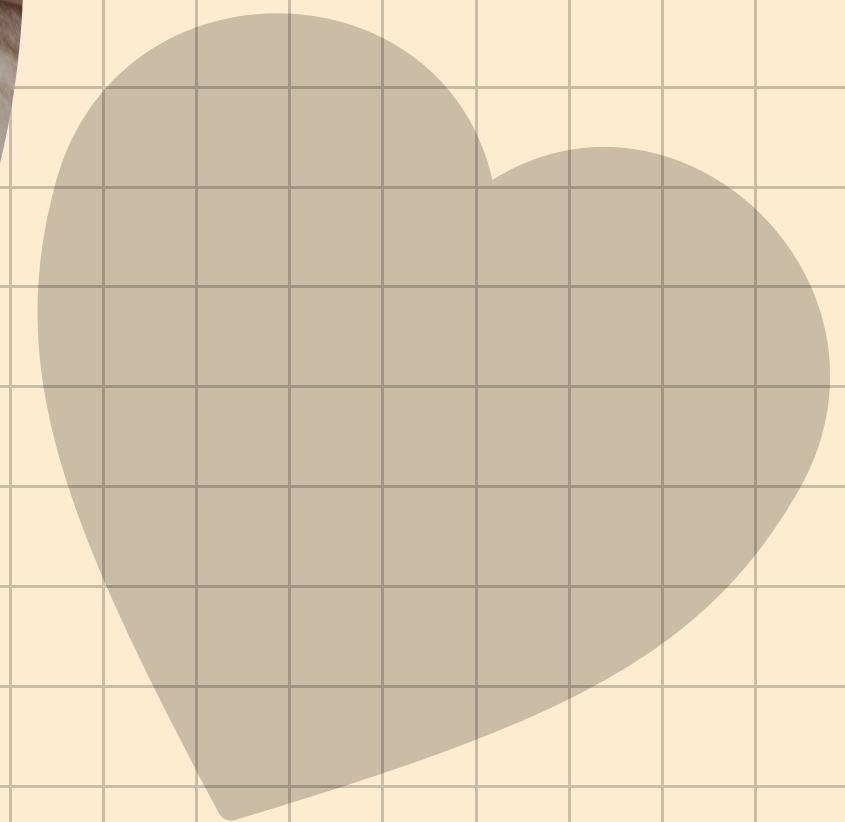
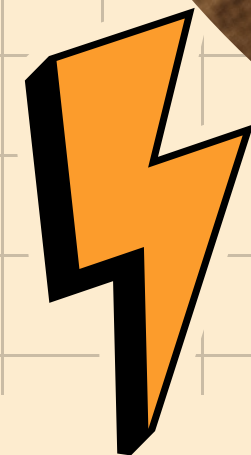
CARE Network
Carr House, Room #308
Monday-Friday 8:30 am - 4:30 pm
jharri04@risd.edu



Student Success



Brittany Goodwin
Student Success
Project Manager
She/Her/Hers

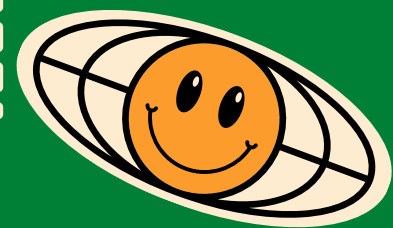


How can Student Success Help me?



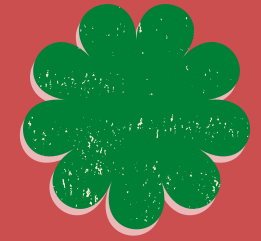
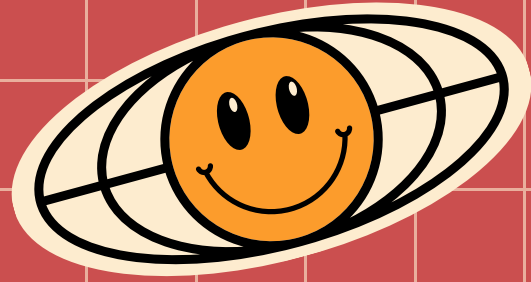
**MAJOR
SELECTION**

**SUPPLEMENTAL
ADVISING**



**ACADEMIC
PROBLEM
SOLVING**

**WHERE TO GO
WHEN YOU
DONT KNOW
WHERE TO GO**



Questions?

