WELLNESS RESOURCES FOR GRADUATE AND PROFESSIONAL STUDENTS

University of Pittsburgh
“THIS BROCHURE HIGHLIGHTS RESOURCES AIMED AT KEEPING YOU HEALTHY SO THAT YOU CAN STAY FOCUSED ON YOUR EDUCATIONAL PURSUITS.”
As the vice provost for graduate studies, my role is to ensure that the University of Pittsburgh is an outstanding place for graduate and professional education and training. As part of our commitment to preparing students to lead lives of impact, Pitt provides services and resources extending beyond the strictly academic domain. This brochure highlights resources aimed at keeping you healthy so that you can stay focused on your educational pursuits.

The University has designated this academic year as the *Year of Healthy U* in order to embrace a holistic view of health for our entire University community. I hope you will take advantage of all the special programs and learning opportunities offered through the *Year of Healthy U*. I encourage you to pay attention to your health and to incorporate practices that will help you to achieve your academic goals both here at Pitt and beyond.

As always, I want to hear from you. If you have comments about existing resources or other suggestions, please e-mail me at VPGraduate-Urban@pitt.edu.

**Nathan Urban**  
Vice Provost for Graduate Studies  
and Strategic Initiatives

Pitt is among 58% of universities who provide health insurance at no cost to graduate students holding academic appointments, according to a 2016 survey of 33 institutions.
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. SafeRider boundaries are Baum Boulevard on the north, Carnegie Mellon University on the east, the Center for Biotechnology and Bioengineering on the south, and Trees Hall/Robinson Street on the west. Contact transsys@pitt.edu or call 412-648-CALL (2255) for your safe ride.

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/single-occupancy-restrooms, call 412-648-7860, or e-mail diversity@pitt.edu.

DISABILITY RESOURCES AND SERVICES

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, we work individually with each student to provide access to University classes, programs, and activities. Please contact DRS to discuss your individual needs at DRStreep@pitt.edu, or 412-648-7890, or stop by in person at 140 William Pitt Union.

ENVIRONMENTAL HEALTH AND SAFETY

The Department of Environmental Health and Safety (EH&S) can answer questions about safety and fire safety in your off-campus living arrangement. EH&S has expertise in best practices and safety in the laboratory. EH&S also offers safety training on multiple topics. Many forms of safety training can be acquired online at ehs.pitt.edu. The EH&S website also provides the schedule for in-person safety training along with all University guidelines regarding safety. If you have a concern or question pertaining to safety on or around campus, you may use the Concern Reporting link found at ehs.pitt.edu, e-mail safety@ehs.pitt.edu, or call 412-624-9505.

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. Additional information on PACWC can be found at provost.pitt.edu/pacwc.

The Graduate Student Parental Accommodation Guidelines were developed by the University Council on Graduate Study in consultation with student focus groups to help new student parents successfully integrate their academic and personal pursuits.
All Pitt graduate and professional students enrolled for the spring 2017 term were invited to participate in the Graduate Student Experience in the Research University (gradSERU) survey; about 40% (approximately 3,800 students) completed the survey. Among our graduate and professional students, 13% indicated that they are responsible for caring for children. Also, 7% indicated that they are responsible for caring for other adults (age 19+). Roughly twice as many part-time students are caring for either children or adults as are full-time students.

FAMILY FRIENDLY RESOURCES

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. See pitt.edu/~graduate/Grad_Parental_Accommodation_Guidelines.pdf.

LACTATION ROOM LOCATIONS
A list of lactation rooms has been compiled to assist mothers in finding a convenient location to express breast milk on the University of Pittsburgh Oakland campus. Visit diversity.pitt.edu/diversity-resources/lactation-rooms, call 412-648-7860, or e-mail diversity@pitt.edu.

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/home, call 412-383-2100, or e-mail ucdc@hr.pitt.edu.

You and Your Child Parenting Guides—a publication of the University of Pittsburgh Office of Child Development—is a series of plain-language, easy-to-use parenting guides that summarize the best practices for raising healthy children. Each guide is based on current parenting literature and has been reviewed by a panel of child development experts and practitioners. Visit ocd.pitt.edu.

Additional helpful links for families can be found at childdevelopment.pitt.edu/families/helpful-links.

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.

If you have concerns about sexual harassment or misconduct, our Title IX office can help.

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

Interim Measures: If you need a change in your class schedule, a No Contact Order with another Pitt affiliate, or other accommodations related to your Title IX concern, we can assist you.

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

In addition, the Title IX office provides training and education. E-mail: titleixcoordinator@pitt.edu, or call 412-648-7860, or visit titleix.pitt.edu.
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, copayments per in-network visit in the 2017–18 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, 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 also purchase either 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. For more information, visit hr.pitt.edu/benefits/student-in.

ASSIST AMERICA

Graduate students (and their families) enrolled in a UPMC health insurance plan are automatically eligible for Assist America services. These services include emergency medical services such as help with hospital admissions, referrals to qualified physicians, emergency medical evacuation, and more. For additional information, visit assistamerica.com.

INTERNATIONAL SOS

In 2016, Pitt began to provide comprehensive health and security coverage to any enrolled Pitt graduate or professional student traveling abroad in pursuit of his or her scholarship and professional development. For more information related to this program, visit globaloperations.pitt.edu/traveling-abroad/insurance-coverage. For more information, call 412-624-0125 or e-mail globalsupport@pitt.edu.

STUDENT HEALTH SERVICE

The mission of the Student Health Service is to provide high quality prevention, health education, and primary health care and pharmacy services to enhance student living and learning.

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.

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

- 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)

Wellness Center
Mark A. Nordenberg Hall
119 University Place
studentaffairs.pitt.edu/shs
412-383-1800

UNIVERSITY COUNSELING CENTER

The University Counseling Center offers graduate and professional students a variety of mental health services including crisis intervention, assessment, counseling and psychotherapy services (individual, group, and couples), and outreach. Sexual assault services and substance abuse programs also are available.

The University Counseling Center offers a variety of workshops and general therapy groups, including support groups for dissertation writers, international students, LGBTQIA+, and grad students, among others.

Wellness Center
Mark A. Nordenberg Hall
119 University Place
studentaffairs.pitt.edu/cc
412-648-7930
UNIVERSITY PHARMACY

The University Pharmacy is available to graduate and professional students, their families, and even the public. Pharmacy services include the following:

- the ability to fill prescriptions from any practitioner, even from out of state
- the ability to special order items for products that are not routinely stocked
- the ability to transfer prescriptions to and from the pharmacy
- a wide variety of over-the-counter medications, often priced lower than commercial drug stores
- discounted copayments for prescription drugs for those enrolled in Pitt's medical plans
- individual, confidential counseling services

Mark A. Nordenberg Hall
103 University Place
studentaffairs.pitt.edu/shs/pharmacy
412-383-1850

STRESS FREE ZONE

At the Stress Free Zone, graduate and professional 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 in both walk-in services, regularly scheduled classes, and special workshops on topics ranging from from meditation practices to chiropractic care for stress. Visit studentaffairs.pitt.edu/shs/stressfree.

Another resource is the Center for Mindfulness and Conscious Studies. Detailed information can be found at mindfulnesspitt.org.

CAMPUS RECREATION AND INTRAMURAL SPORTS

The Department of Campus Recreation provides many fitness and wellness services to graduate and professional students. At the four campus fitness centers—the Baierl Student Recreation Center, the William Pitt Union third-floor gym, Bellefield Hall, and Trees Hall—opportunities to exercise and improve overall well-being are always available. Students are given access to a wide variety of fitness programs, including group exercise, personal training, wellness consultations, and exercise prescriptions. Students also can rent equipment and lockers for the semester. Whether you are an experienced fitness enthusiast or a recreational novice, you can find a type of recreation to fulfill your fitness needs.

The Department of Campus Recreation offers a variety of intramural sports for graduate and professional students to maintain their competitive edge, remain active, or simply meet new people. Consisting of structured game play between other teams on campus, intramurals are a great way for University members to engage in physical activity while playing the sports they love. Intramurals do not involve a great time commitment, and registration is absolutely free. With game play consisting of men's, women's, coed, and Greek leagues, there is a place for everyone in the intramural sports program. For information, call 412-648-8210 or e-mail rec@pitt.edu.

CONTACT: Have a specific question? Please contact Graduate Studies—Office of the Provost at graduate@pitt.edu. Additional resources for graduate and professional students are available at gradstudents.pitt.edu.