WELCOME!

The staff of the Hofstra University Health and Wellness Center cares about you and your health. Our team of physicians, nurse practitioners, nurses and administrative staff is dedicated to meeting your health care needs. Health education resources are available on a variety of topics, including nutrition, stress management, substance abuse, and learning about and practicing appropriate self-care. We are here to serve your health needs.

Our Mission

The mission of the Hofstra University Health and Wellness Center is to provide high-quality, accessible, cost-effective treatment, prevention, education and health promotion services to our students, in support of the University's mission, goals and objectives and in response to the changing needs and concerns of the Hofstra student population.

Health Services

- Urgent care for illness and injury
- Preventive health care
- Physical examinations
- Gynecological services
- Referrals to specialists
- Health education
- Immunizations
- Laboratory testing
- Medications
- HIV and STD testing
- Allergy desensitization
- Limited care for chronic illness

In order to serve you most effectively, appointments are required for all non-emergency visits. Scheduling an appointment is easy; call the Health and Wellness Center at (516) 463-6745.

If you believe you have an emergency medical problem, you will be evaluated by a provider on a walk-in basis.
What Is Urgent Care or an Urgent Need?

The following are some examples of symptoms requiring urgent care. Students should come in for a nursing assessment when they have:

- Persistent fever or chills
- Pain that does not go away
- Shortness of breath
- Chest pain
- Musculoskeletal injuries
- Lacerations or wounds

What Is a Nursing Assessment?

If you experience illness or injury, a trained, experienced nurse at the Health and Wellness Center will:

- Assess your symptoms.
- Discuss your concerns.
- Assist in obtaining the most appropriate care for you, including scheduling a same day or future appointment with a nurse practitioner or physician.

Urgent Care

The Hofstra University Health and Wellness Center focuses on providing holistic-oriented health care. This includes initial diagnosis and treatment of injuries and/or illnesses, and appropriate follow-up for most short-term illnesses. Our providers are experienced in treating common medical problems seen on college campuses and are advocates of a wellness approach to health care, which empowers patients to become partners in managing their health needs through education and knowledge.
Women’s Health

Gynecological care is available by appointment. Services include annual examinations and assessment and treatment of infections and pain. These services are available at no additional cost to Hofstra students, with the exception of laboratory fees, prescription contraceptives and pregnancy testing.

Medications

Commonly prescribed pre-packaged prescription medication as well as over-the-counter medication is available.

Allergy Serum Administration

Allergy desensitization injections are available by appointment during clinic hours. Students must provide specific written instructions from their allergist, and allergy injections are given only when a physician is present. Please call the Health and Wellness Center at (516) 463-6745 to make an appointment to discuss your treatment plan.

Referrals

The Hofstra University Health and Wellness Center staff can and will make appropriate referrals to a specialist (e.g., orthopedist, dermatologist, neurologist, etc.), using an extensive, well-established network of community providers, including local hospitals.

Study Abroad

If you are preparing to study abroad in the near future, please call the Health and Wellness Center to make an appointment concerning your health care needs, including required and/or suggested immunizations.
Immunizations

Preventive immunization services are available, including measles, mumps and rubella (MMR); Hepatitis B; Meningococcal vaccine; influenza vaccine; tetanus; and tuberculosis screening on a reasonable fee-for-service basis.

New York state law requires that all students born on or after January 1, 1957, attending schools in New York state who are taking 6 or more credit hours, have the following: two vaccinations against measles, one against mumps and one against rubella, received after one year of age and at least 30 days apart. A Medical Record Form is mailed to new students and is available at the Health and Wellness Center. The Immunization Record must be completed by a health care provider who can administer any missing immunizations.

Acceptable forms of proof of immunization:

- An official school, state, country or national immunization record verifying two (2) MMRs.
- A blood test showing immunity to those diseases, with a titer clearly stated.
- A written history, signed by a health care provider, with documentation of two (2) MMRs.
- A written history, signed by a health care provider, documenting having had the disease measles, Mumps or Rubella.
In addition, the University is required by New York state law to maintain documentation of acknowledgment of the receipt of meningitis information and the available vaccine. The University is required to document that you have received this information and have either had the vaccine or declined the vaccine.

The University is required by state law to exclude any student who is not in compliance with their immunizations. Noncompliant students are not permitted to attend the University. This includes exclusion from classes, residence halls, and other curricular and co-curricular activities.

Confidentiality

Medical information and records are strictly confidential. Information and records are not released to University officials, friends or family members without a student’s written permission, unless required by law. In addition, information will not be shared with any medical provider who is not involved in the student’s immediate care without a student’s permission.

Patient Bill of Rights and Responsibilities

You have a right to:

- Be treated with consideration, respect and dignity.
- Have consideration shown to the spiritual and cultural beliefs that influence your perception of illness and care.
- Privacy during medical care and confidentiality of communications and records pertaining to your care.
- Know who is responsible for coordinating your care.
- Receive complete and understandable information about your condition and care and participate in decisions regarding your care.
- Refuse recommendations for treatment to the extent permitted by law.
- Access information in your medical record.
- Approve or refuse the release of information from your medical record, except when release is required by law.
- Voice concerns to administration or medical staff without fear of reprisal or discrimination.
You have a responsibility to:

- Provide accurate and complete information about current and past illnesses, medications and other matters pertaining to your health.
- Ask questions when you are in doubt.
- Follow your health care provider’s instructions or discuss any obstacles you may have in complying with your prescribed treatment plan.
- Be held accountable for refusing treatment or not following your treatment plan.
- Keep and cancel appointments on a timely basis.

Hours of Operation

**Fall and Spring Semesters:**
Monday through Friday, 9 a.m.-8:45 p.m.
Saturday and Sunday, 10 a.m.-5:45 p.m.

**Summer Sessions:**
Monday through Thursday, 9 a.m.-4:45 p.m.
Friday, 9 a.m.-3:45 p.m.

**January Session:**
Monday through Friday, 9 a.m.-4:45 p.m.

**Medical Emergency After Hours:**
When the Health and Wellness Center staff is not available and you believe you have a medical emergency (such as severe abdominal pain, an inability to breathe, bleeding that will not stop or a severe injury) and you are on campus, call Public Safety at (516) 463-6789 for assistance. If you are off campus, call 911.

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