Introducing MIT Medical
Agenda

• Introductions
• MIT Medical — Our Clinical Services
• Student Mental Health & Counseling
• Student Health Plans
• Community Wellness
• Q+A
MIT Medical hours of operation

- Primary Care: Monday – Friday 8:30 a.m.–5 p.m.
- Urgent Care: Monday–Friday 8 a.m. – 8 p.m., Weekends and holidays 10 a.m. – 4 p.m.
- 24-hour numbers:
  - Urgent Care: 617-253-1311
  - Student Mental Health & Counseling: 617-253-2916 (days); 617-253-1311 nights and weekends
Services at MIT Medical

- Primary Care/Urgent Care
- Student Mental Health & Counseling
- OB/GYN
- Radiology
- Eye Service
- Sports Medicine and Orthopedics
- Dental
- Community Wellness
- And more...
COVID-19 response

- MIT requires daily health attestations and regular COVID testing (rt-PCR) for anyone accessing campus (regardless of their vaccination status)
- Campus access is tied to testing and attestation
- MIT Medical’s Contact Tracing Team notifies and monitors all COVID positive tests and close contacts
- Testing is free for students and available M–F 6 a.m.–6 p.m.
- MIT requires COVID-19 vaccinations for all entering students (medical and religious exemptions allowed)
- Up-to-date COVID-19 information is on medical.mit.edu
Student medical information is confidential

- In Massachusetts, all matriculated college students are considered emancipated minors even if under age 18. If over age 18 health privacy laws apply as with all adults.

- Federal law states that we can’t share information about the student without their permission (unless it’s a life-threatening emergency)

- Students can give a doctor or nurse one-time permission to speak with parents about a specific “episode of care”

- There are no “blanket permissions” allowed

- We ARE always happy to partner.
Student Mental Health & Counseling

• We see nearly 21 percent of the student body each year, and about 29 percent of students in a given class by the time they graduate.

• Confidential — we don’t talk about the visit with parents, friends, or professors (unless in cases of dire emergency)
Student Mental Health & Counseling can help with...

- Anxiety
- Depression
- Relationship problems
- Eating concerns
- Trauma
- Substance use and abuse
How can we help?

- Individual and group counseling
- Medication evaluation and management
- Urgent care
- Advice on how to help a friend
Student Health Plans

- All MIT students are covered by the MIT Student Medical Plan. It is included with tuition and pays for most services at MIT Medical at no additional cost.

- The MIT Student Extended Insurance Plan complements the MIT Student Medical Plan and meets Massachusetts state requirements. All students are automatically enrolled in this plan and the cost is billed to the student’s bursar’s account.

- Spouses/partners and families are eligible to sign up for insurance as well.

- The MIT Graduate Student Dental Plan provides a dental insurance option for patients who wish to receive on-campus dental care.
Staying on home insurance

- Students are eligible to waive the Extended Plan coverage if they have a comprehensive insurance plan that provides comparable coverage in the area where they will be studying.
- Waiver deadline: Mid to late August
- Contact: insurancehelp@med.mit.edu
Insurance questions

- Contact the MIT Member Services Team
  - 617-253-5979
  - mservices@med.mit.edu
Community Wellness at MIT Medical
Connections  Self-Care  Healthy Habits

medical.mit.edu/community
Wellbeing support options

• Virtual live & recorded classes
• Online wellness resources
• Programs for Community Connection
For more information...

- medical.mit.edu/new-students
- medical.mit.edu/parents
- medical.mit.edu/covid-19-updates
Questions?