

VISITING US

Office visits at Health Services are **FREE** to enrolled students.

Lab tests and medications can be ordered by providers, and sent to a local draw station and pharmacy. Be sure to check your insurance coverage for in-network lab and pharmacy locations near campus.

OUR SERVICES

- Medical consultation, treatment and referral to specialists
- Laboratory test orders
- X-ray and imaging referrals
- Free annual pelvic exam
- Pap test (may be covered by insurance)
- Oral contraceptive consultation
- Referrals for IUDs and other birth control methods
- STI screening and treatment
- Safer Sex Station - free condoms!
- Free flu vaccine
- Administration of allergy injections
- Some low-cost prescription and over-the-counter medications and medical supplies available
- Travel vaccine consultations
- Health education, preventive and health maintenance services

WHAT ABOUT INSURANCE?

Office visits at Health Services are **free** to enrolled students. Our office does not bill insurance. However, all Caltech students are required to have health insurance to supplement the care they receive at Student Health Services. If you have waived the Caltech student insurance plan, you are advised to identify local pharmacy, laboratory services, behavioral health, urgent care, and emergency care facilities that accept your plan.

Your coverage must include:

- Laboratory testing
- Specialty care (e.g. dermatology, radiology, orthopedics, etc.)
- Psychiatric hospitalization
- Urgent care
- Emergency services
- Inpatient hospital care

For information about the Caltech sponsored United Health Care Student Resources Insurance Plan:
healthcenter.caltech.edu/insurance

Caltech Human Resources
Total Rewards Department
626-395-6443

AFTER-HOURS MEDICAL CARE

Medical Emergencies:

On campus: x5000 or 626-395-5000
Off campus: 911

Nearest Emergency Room:

Huntington Memorial Hospital
100 W. California Blvd.
Pasadena, CA 91106
626-397-5111

Urgent Care Centers:

HealthCare Partners Urgent Care
797 S. Fair Oaks Ave.
Pasadena, CA 91105
Phone: 626-795-2244
Open 24 hours a day/7 days a week

Exer - More Than Urgent Care

3160 E. Del Mar Ave.
Pasadena, CA 91107
Phone: 626-270-2400
Open 9am-9pm, 7 days a week

Telehealth

Available 24 hours a day
Free to Students with Caltech UHC
Visit healthcenter.caltech.edu for information about how to register

More after-hours care information:
healthcenter.caltech.edu/afterhours

APPOINTMENTS

Clinic visits are available by appointment. Walk-in visits will be accommodated as scheduling allows, but may result in extended wait times.

Appointments may be scheduled in-person, by phone, or online via the Student Health Portal:
<https://mycaltechhealth.caltech.edu>
Log in using your access.caltech credentials.

OFFICE HOURS

Monday - Friday
8:00am - 5:00pm
Closed during Institute holidays

CONTACT US

Student Health Services
1239 Arden Road
Pasadena, CA 91125

We are located just south of California Boulevard, east of the tennis courts.

(626) 395-6393 - phone
(626) 585-1522 - fax
wellness.caltech.edu

TIPS FOR STAYING HEALTHY AT CALTECH

- Make sleep a priority! Try to sleep and wake around the same time each day. Give yourself time to wind down at night.
- Take active breaks - try drinking water, taking a walk, or chatting with a friend. Breaks should help prepare you to return to your task.
- Stay active! This doesn't mean you have to go to the gym every day, but taking the scenic route, parking farther away from your destination, and taking the stairs are easy ways to build physical activity into your daily routine.
- Seek out and spend time with people who support your goals. Reflect on how you're spending your time; ask yourself what really matters. Spend more time on activities that are meaningful to you.
- Be proactive about your health; seek services sooner rather than later. Pushing yourself when you're feeling unwell may make it more difficult to recover.
- Choose a balanced variety of foods, don't skip meals, and prepare healthy snacks to eat throughout the day.



STUDENT HEALTH SERVICES