



What is a Nurse Practitioner?

Nurse Practitioners are health professionals who:

- Provide health care, emphasizing health promotion and disease prevention as well as diagnosis and management of acute and chronic disease (including prescriptions);
- Provide individualized care, focusing not only on health problems but the effects health problems have on individuals and their families;
- Work autonomously as well as in collaboration with a variety of individuals to diagnose and manage a client's health care problems. Serve as health care resources, consultants, and patient advocates;
- Promote wellness and patient empowerment by giving people information they need to make healthy lifestyle choices and health care decisions.

General Information

Eligibility

All registered Graduate Center students who pay a student activity fee at the Graduate Center are eligible to use Student Health Services.

Hours & Appointments

Our center is open Monday-Friday, 9 a.m. - 5 p.m. The Nurse Practitioner is in the office part-time Monday-Thursday; please call for hours. Scheduled appointments are necessary in order to be seen and can be made in person or by calling **212-817-7020**.

Walk-in services are available on a limited basis for urgent health problems as time permits.

Confidentiality

Health information is private and confidential. Medical records are not available to anyone without the student's permission.

Contact Us

Phone: 212.817.7020

Email: wellness@gc.cuny.edu

Web: <http://cuny.is/wellnesscenter>



THE WELLNESS CENTER
Student Health Services

365 Fifth Avenue,
Room 6422
New York, NY 10016



**THE
WELLNESS
CENTER**

**STUDENT
HEALTH
SERVICES**

Services

*** Indicates some cost to the student**

- Diagnosis and treatment of acute medical problems, as well as management of ongoing health issues
- Laboratory services*
- Physical exams (routine, pre-clinical placement, pre-employment clearances)
- Women's health care, including: breast exams, gynecology exams, and Pap smears*
- Men's health care and genitourinary examinations
- Screening for sexually transmitted infections (STIs), hypertension, diabetes, tuberculosis, and other health problems*
- Immunizations
- Individualized health and wellness information and counseling, including advice and prescriptions for international travel
- Referrals to outside healthcare providers and specialty clinics, as needed*
- Health information and resources; health education workshops and special events

***A NOTE ON COSTS**

There is no charge for a visit to see the Nurse Practitioner.

Laboratory fees are the responsibility of the student but are typically discounted and/or subsidized (by the DSC) when ordered by the Nurse Practitioner if the student is uninsured.

Radiology testing is available to uninsured students at a discount through Mount Sinai Medical Center.

Some prescription medications are available for purchase at a discounted fee on site. All others prescribed by the Nurse Practitioner can be filled at any pharmacy.



Vaccinations

Free to eligible students, which includes those students who are uninsured, as well as those students whose plans do not cover immunizations.

Insurance

No proof of insurance is necessary in order to receive services. Services are provided to students registered at the Graduate Center whether they are insured or not insured. All students are, however, strongly encouraged to carry health insurance. The Office of Student Affairs provides students with information on a variety of insurance plans. These plans include GHI, NAGPS, Healthy New York, Child Health Plus, Family Health Plus, and others. Students who are Grad A, B, or C may qualify for the NYSHIP insurance program. Please call 212-817-7400 or visit room 7301.

Staff

Student Health Services:
Director / Nurse Practitioner
Adraenne Bowe, FNP, PNP, MS

Administrative Coordinator
Cheri Betancourt, M.S.

College Assistant
Deborah Mandas

College Assistant
Janaye Solomon

Health Education Coordinator
Ashley Chastain, MPH

Director of the Wellness Center
Robert L. Hatcher, Ph.D.

Emergencies

If you have a medical emergency, **Dial 911**.
Call the Security Desk at ext. **7777**

IMPORTANT: Security **MUST** be called, after calling 911; they facilitate and assist the emergency responders. They will alert the Student Health Services if appropriate.

Student Counseling Services at the Wellness Center

We're here to help: free, confidential

Individual Counseling

We work with graduate students to help with all kinds of personal and academic problems, big and small. Don't hesitate to come in if you want help or just want to talk things over.

Couples Counseling

Keeping your relationship healthy can be a big challenge in the stressful life of a graduate student. We offer short-term couples counseling to help. Your spouse/partner does not have to be a Graduate Center student, as long as you are matriculated here.

Group Counseling

Meeting with other students going through similar challenges can be helpful. Our current groups include Ongoing Challenges of Graduate Student Life, Parenting in Graduate School, LGBTQ and Dissertation Completion. See our website for descriptions of each group.

Dissertation & Academic Consultations

We offer individual consultations to help you with your dissertation or other academic issues. We work with you on the obstacles to progress, and help you develop strategies to overcome them. These consultations have been very successful and popular.

Upcoming Workshops

Our Center offers workshops throughout the academic year, designed to help with important issues in graduate student life, such as working with your advisor, public speaking, parenting while in graduate school, and completing the dissertation. Please check our website for the latest postings.

Walk-in-Hours

We now have walk-in hours during which students are free to come in without an appointment. A staff member will see you for a brief consultation, listen to your concerns and decide with you which services would best meet your needs. Please see our website for details.

Referrals

If you are interested in a kind of mental health service that we do not offer at the Wellness Center, we can provide a referral. We are knowledgeable about low fee and in-network providers near the Graduate Center with a range of expertise. We can help walk you through the steps of following up with an appropriate provider.

Website

Our website contains up-to-date information about our services, as well as links to many sites that we believe will be interesting and helpful to you.

**To request any of our services or for more information please stop by the
Wellness Center Room 6422, call us at 212-817-7020, or visit our website at
<http://cuny.is/wellnesscenter/>**

We are open Monday through Friday, 9-5.