The Wellness Center
Room 6422
365 Fifth Ave. New York, NY 10016
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wellness@gc.cuny.edu
www.tinyurl.com/gcwellness

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Services
*indicates some cost to student
• Episodic Treatment for Acute Health Problems
• Routine Physical Exams
• Laboratory Services*
• Diabetes, Cholesterol Screening*
• Women’s Health Care (including breast exams & teaching, pap smears, pregnancy testing)
• Men’s Health Care (including testicular exams and teaching)
• Sexually Transmitted Infection Testing*
• Confidential HIV testing*
• Immunizations: MMR, Hepatitis B, Flu, HPV
• Tuberculosis Testing (PPD)
• Referrals (to specialists for radiology exams*)
• Health Education and Resource Materials
• Health Workshops and Special Events

*A note on costs
Laboratory fees as well as screening costs are the responsibility of the student but are typically discounted and/or subsidized when ordered by the Nurse Practitioner. [Subsidies are provided by student government, the Doctoral Students’ Council (DSC).]

Medication and vaccinations are available for a fee and are charged “at cost” to the student.

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

Hours
The office is open and phones are answered Mondays through Fridays, 9 a.m - 5 p.m. The Nurse Practitioner is in the office Tuesday, Wednesday, and Thursday until 4pm, Monday until 7pm. Hours can vary; please call for appointments and information.

Appointments
Appointments can be made in person or by telephone to 212-817-7020. Walk-in services are available on a limited basis for urgent health problems.

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 Student Affairs office and Student Health Services provide 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; information may be found at the Office of Human Resources.

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

Administrative Coordinator
Cheri Martinez

College Assistant
Deborah Mandas

College Assistant
Megan Hays

Emergencies
If you have a medical emergency, Dial 911. Call security X 7777 and call Student Health Services X 7020.
IMPORTANT: Security must be called, after calling 911; they facilitate and assist the emergency responders. Call Student Health Services for the Nurse Practitioner (if available) to assist with the emergency.

Emergencies
If you have a medical emergency, Dial 911. Call security X 7777 and call Student Health Services X 7020.
IMPORTANT: Security must be called, after calling 911; they facilitate and assist the emergency responders. Call Student Health Services for the Nurse Practitioner (if available) to assist with the emergency.
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 client advocates;
- Emphasize wellness and self-care by giving people information they need to make healthy lifestyle choices and health care decisions.

Confidentiality

Student health care records are private and confidential. They are not available to anyone without the student’s permission.

May 2011
Student Counseling Services at the Wellness Center

We’re here to help: no charge, 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 are now offering 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, Dissertation Completion, Procrastination, and GLBTQ. See our website for up to date information.

**Dissertation & Academic Consultations**
We provide individual consultations to help you with your dissertation or other academic issues. We work with you on the obstacles to progress, developing 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 completing the dissertation, working with your advisor, public speaking, and parenting while in graduate school. 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.

**Website**
Our pages on the GC website contain up-to-date information about our services, as well as links to many sites that we believe will be interesting and helpful to you. Please visit our website at [www.tinyurl.com/gcwellness/](http://www.tinyurl.com/gcwellness/).

**Call us at 212-817-7020, or stop by the Wellness Center Room 6422 for more information.**

We are open Monday through Friday, 9-5.