



# HEALTH & WELLNESS

*A list of health resources at CSUF and in the Fullerton area*

International Student Services | California State University, Fullerton

## Required Health Insurance

Cal State Fullerton requires all international students to purchase and maintain valid health insurance.

In general, your health policy will help you cover the following expenses:

- Visits to the doctor, hospital or urgent care
- Unexpected illness and/or injuries
- Medicine
- Medical evaluation
- Repatriation

## Health Insurance Card

Make sure you carry your health insurance card with you at all times in case something happens to you and you require medical attention. If you cannot provide proof of health insurance at the time of service, you may be expected to immediately pay for expenses that incur with your own funds.

## CSUF Student Wellness Center

When possible, please use the on-campus Student Wellness Center for services and referrals. The Student Wellness Center is located on the CSUF campus and provides most medical services at little to no charge to students.

### **CSUF Health Services (includes Pharmacy)**

Student Wellness (SHCC-West)

(657) 278-2800

For hours and full list of services, visit [www.fullerton.edu/health](http://www.fullerton.edu/health)

### **CSUF Counseling and Psychological Services**

Student Wellness (SHCC-East)

(657) 278-3040

For hours and full list of services, visit [www.fullerton.edu/caps](http://www.fullerton.edu/caps)

## Urgent Care

An urgent care clinic provides medical services to treat an illness or accident which is not life threatening but cannot wait for a scheduled doctor's appointment during regular office hours. You should go to urgent care, for example, if the Student Wellness Center is closed or is booked for appointments. Services at urgent care centers are available during regular office hours, in the evening and on weekends.

*Urgent Care centers closest to CSUF include:*

### **Concentra Urgent Care**

(no appointment needed)  
(714) 579-7772 / co-pay: \$15  
640 S. Placentia Ave.  
Placentia CA 92870

### **MedPost Urgent Care**

(no appointment needed)  
(714) 792-3736 / co-pay: \$15  
858 N. Rose Dr., Suite C2  
Placentia, CA 92870

## Emergency Services

In the event of a life-threatening illness or accident, **call 911**. Emergency situations can include difficulty breathing, chest pains, life threatening allergies, severe bleeding, head trauma, loss of consciousness, sudden loss of vision or blurred vision.

The operator will assess the situation and, if needed, an ambulance will be called to take the injured person to the nearest hospital emergency room. Alternatively, you may also decide to go to the emergency room with the help of a friend.

Emergency room services are available every day of the week, 24 hours a day. If you decide to use the emergency room of a hospital for a non-emergency treatment, you will have to pay higher fees for services. Fees for the ambulance will also be charged if you use them.

*Emergency Room (ER) facilities closest to CSUF include:*

### **St. Jude Medical Center**

101 E. Valencia Mesa Dr.  
Fullerton, CA 92835  
(714) 871-3280  
[www.stjudemedicalcenter.org](http://www.stjudemedicalcenter.org)

### **Placentia Linda Hospital**

1301 N. Rose Dr.  
Placentia, CA 92870  
(714) 993-2000  
[www.placentialinda.com](http://www.placentialinda.com)

# Pharmacy

If you have to fill a prescription for medication, the following are the pharmacies closest to CSUF. You must pay the full price for your medication and submit a claim to the health insurance company who will reimburse up to 50% of the cost of the medication.

## CSUF Health Services

*Medication available at a discounted cost.*  
Student Wellness (SHCC-West)  
(657) 278-2800

## CVS Pharmacy

24 Hours  
150 E. Yorba Linda Blvd.,  
Placentia, CA 92870  
(714) 528-3112

## CVS Pharmacy

7:00 a.m.-10:00 p.m.  
455 N. State College Blvd. Suite H,  
Fullerton, CA 92831  
(714) 871-6700

# Other Wellness Resources

The following are other on-campus resources that assist students in making healthy choices and maintaining physical and mental well-being.

## Smoke-Free Campus Policy

Effective August 1, 2013, smoking is prohibited on university property, including property owned or operated by CSUF. Reference Directive 18 for information about the campus smoke-free policy at the following website: [www.smoke-free.fullerton.edu](http://www.smoke-free.fullerton.edu)

## TitanWell

TitanWell offers educational programs and services about a variety of health topics including alcohol and drug use, nutrition, sexual health, stress-reduction and sleep consultations.

### TitanWell

Student Wellness (SHCC-West)  
(657) 278-4370  
[www.fullerton.edu/titanwell](http://www.fullerton.edu/titanwell)

## Student Recreation Center

The Student Recreation Center is an on-campus fitness facility that includes fitness equipment, a multi-court gymnasium, indoor jogging track, rock wall, outdoor swimming pool and more. Students can work out on their own or join classes, fitness programs or intramural leagues.

### Student Recreation Center

(657) 278-7529  
[asi.fullerton.edu/titan-recreation](http://asi.fullerton.edu/titan-recreation)