Meeting Minutes 2.18.2015

* USING CALPULLI CENTER
  + Shantille Thompson
  + Student Health Services
    - Mon-Fri: 8:30AM-4:30PM (Closed from 12-1pm for lunch and this is all of Calpulli)
    - 619-594-HEALTH (4235)- for all of Calpulli and can make appointments by calling this number
    - There is another 24 hour nurse line as well
    - You already pay for the basic health insurance to go to Calpulli through the student success fee
    - TB skin tests available there
    - Flu shots available
  + Healtheconnect.sdsu.edu
    - This is used to keep in contact with providers via Calpulli, etc.
    - Free
    - Create a profile with your redid
  + If you want a same day appointment CALL RIGHT AT 8:30 to try to an app. For the same day
  + They DO NOT offer emergency services
  + There is a pharmacy!
  + Additional Costs/ Extra Referrals
    - * OFFERED AT A CHEAPER PRICE THAN YOU WOULD FIND OTHERWISE
    - Optometry ($$)
    - Dentistry ($$)
    - Physical Therapy (just need a referral!:))
  + **Health Promotion**
    - One-on-one education sessions by appointment
    - Health Education Workshops
    - Health Information
    - Peer Involvement Opportunities
      * Peer Health Education
      * Program
      * FratMANers
      * Aztecs for Awareness
      * And more!
    - Women’s Health Workshops & Sexual Health Education Sessions
      * Need to get Birth Control or a women’s health exam?
        + Attend a GYN session!
      * Have Questions about Sexual Health?
        + GO HERE!:)
    - Community Resources
      * Obtaining Health Insurance
      * Utilizing Your Health Insurance
        + Specialists or primary care physicians in the area
        + Help finding a MediCal physicians
      * FAMILY PACT
        + A service sponsored by the state if CA to provide family planning services to low income men and women at no cost
        + Must qualify (takes 5 mins to sign up)
    - What can we offer to Student Orgs????
      * Presentations
        + Peer Health Education
        + Health Educators
        + Affordable Care Act aka “ObamaCare”
        + Alcohol and drug prevention
    - Student Disabilities Services
      * Provide qualified students with disabilities equal access to higher education through academic success
      * Help decrease disability stigma
      * YOU NEED TO TAKE THE INITIATIVE FOR THIS ONE
    - C&PS
      * Only place at Calpulli that doesn’t close for lunch
      * On the 4th floor
      * Couples Counseling, regular counseling, stress counseling, etc. offered
      * if you’re friend is struggling and you want to help them you can get advice via C&PS
    - Center for Well-Being
      * Wellness Lounge & Peer Educators
      * ActiveMinds