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