

All About MIT Medical

International Students Orientation 2020

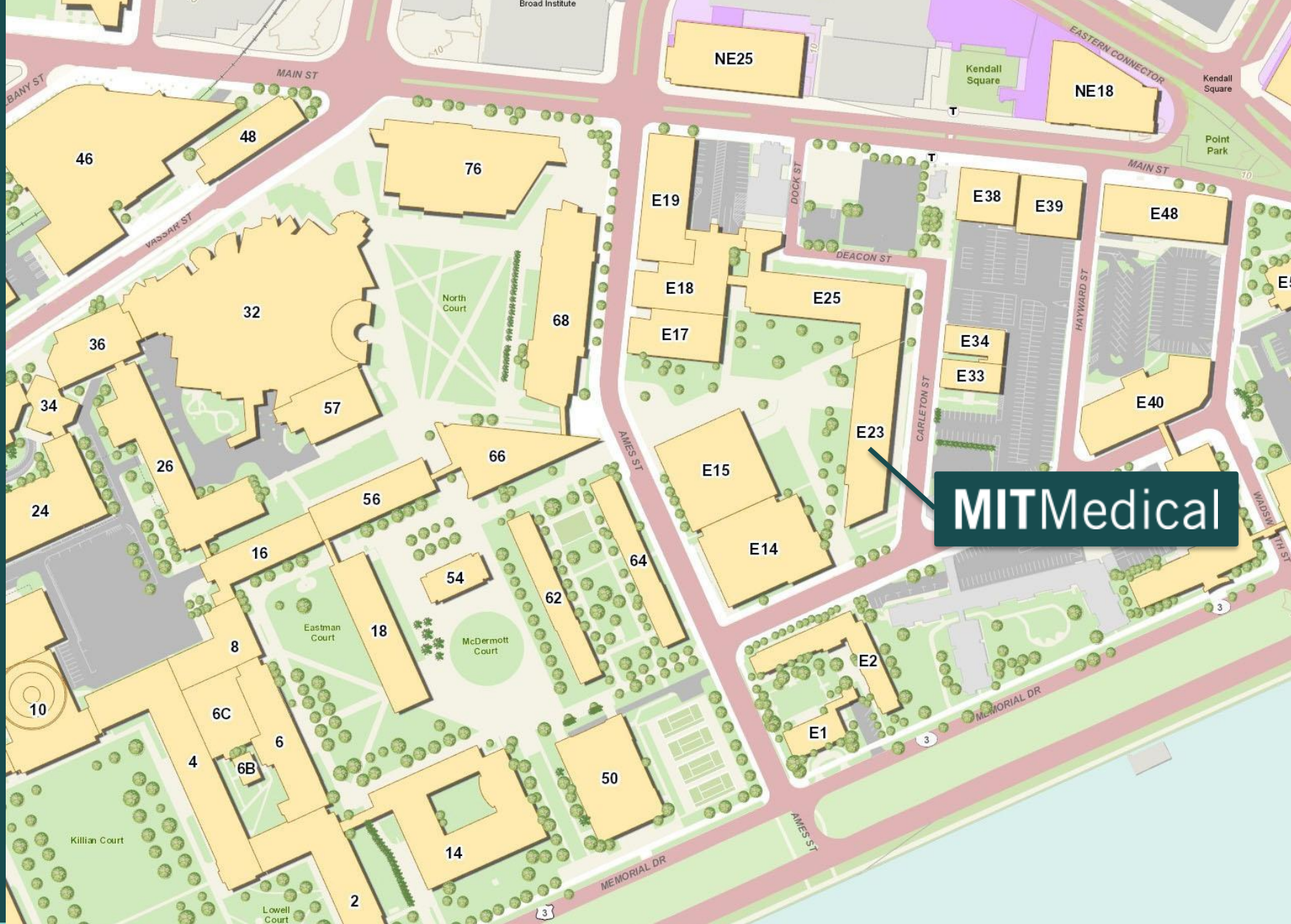


Key points to remember...

- Food + sleep are **REQUIRED** for maximum academic performance.
- My medical information is confidential.
- I am never alone with any problem.

Please note...

- Due to insurance regulations, international students are not permitted to access telehealth services with MIT Medical's mental health clinicians.
- We look forward to welcoming you on campus in Massachusetts as soon as we can.
- The following slides include information about MIT Medical that we hope you will find useful in the future.



Student Mental Health & Counseling



Student Mental Health & Counseling can help you with...

- Academic stress
- Feeling homesick or lonely
- Problems with family
- Relationship problems or break-ups
- Conflicts with other students, faculty, or others
- Depression
- Concerns about body image

How can we help?

- Individual, couple, or group counseling
- Medication
- Neuropsychological consultation
- Urgent care
- Advice if you are worried about someone else

Student Mental Health & Counseling

- Forty percent of last year's graduating class visited Student Mental Health & Counseling at least once during their undergraduate years.
- Confidential — we don't talk about your visit with your parents, friends, or professors.
- No out-of-pocket cost to you.

Student Mental Health & Counseling Online Resources

- Podcasts, videos, group sessions
- Visit <http://bit.ly/mitmentalhealthresources> to learn more

Community Wellness

- 617-253-CALM (617-253-2256)
- Sleep, yoga, mindfulness resources and downloads
- Student health coaching
- MedLinks
- <https://www.mit.edu/wellness>

What should I do if...



Four ways to protect yourself

- Pay attention to personal hygiene.
- Practice social distancing.
- Wear a mask.
- Keep surfaces clean.

Communication is important!

- Medical information can be complicated, especially if English is not your first language.
- MIT Medical can provide interpreters for more than 140 languages.
- You can use an interpreter on the phone or at your appointment.
- bit.ly/languageine

What if I need help outside of MIT Medical's business hours?

- Call **617-253-1311** (24 hours a day).
- You can talk to a nurse, who will give you advice about what to do.

Your medical information is confidential.

- We can't share your information without your permission (unless it's a life-threatening emergency).
- You can give a doctor or nurse one-time permission to speak with your parents.
- Your medical record is not connected to your immigration record.

Health Insurance

For specific questions related to health insurance, please contact insurancehelp@med.mit.edu.

What is health insurance?

- No universal healthcare in the U.S.
- **Health insurance protects you from owing a lot of money** to doctors or hospitals if you get sick or hurt and need medical care. Health insurance can also help you pay for regular check-ups, laboratory tests, vaccines, and prescription medication.

Health insurance and me...

- All MIT students are covered by the **MIT Student Medical Plan**. It is included with tuition and pays for most services at MIT Medical—**no additional cost to you**.
- The **MIT Student Extended Insurance Plan** complements the MIT Student Medical Plan and meets J-1 visa and state requirements. You're enrolled in this insurance automatically. You don't need to apply. The cost is billed to your bursar's account.

More about the MIT Student Extended Insurance Plan

THE PLAN COVERS:

- Prescriptions
- OB services (pregnancy and childbirth)
- Inpatient mental health or substance abuse treatment
- Services outside MIT Medical

medical.mit.edu/student-health-plans

For more information...

- medical.mit.edu/international
- medical.mit.edu/new-students
- medical.mit.edu/parents
- medical@mit.edu