

Health & Safety

Today's Topics

- General Wellness
- Mental Health and Imposter Syndrome
- Health Insurance and University Health Services
- Safety on Campus
- Safety in Berkeley and the Bay Area

The Wellness Wheel



Which aspects of the Wellness Wheel are easiest for you to manage? Which are the hardest for you?

What can you do to ensure you balance all of these needs?

The Key to General Wellness

Make time to eat,
sleep, exercise,
study and
socialize.



The Key to General Wellness



Find your crew!

Join Cal's [Recreational Sports Facility \(gym\)](#) or a [Cal Student organization](#).
Check in with a counselor at [Counseling and Psychological Services](#).



Mental Health



What is mental health?

What is a mental health counselor?

Mental health counselors help us deal with stress, anxiety, depression, grief, shame, guilt and emotional pain.

At Berkeley, you are not alone!

Imposter Syndrome

- I'm an imposter – a fake.
- I'm not as smart or talented as others think.
- I don't deserve to be here; I just got lucky.
- I need to prove myself to others.
- Everyone will realize I'm weak if I ask for help.



Imposter Syndrome

- Know that you are not alone.
- Talk to a friend or counselor.
- Be compassionate with yourself.
- Ask yourself: Are my thoughts logical? Do they have any basis in fact?



You were accepted to this University for a good reason, and you deserve to be here.
You do not need to prove to anyone that you are “Cal material.”

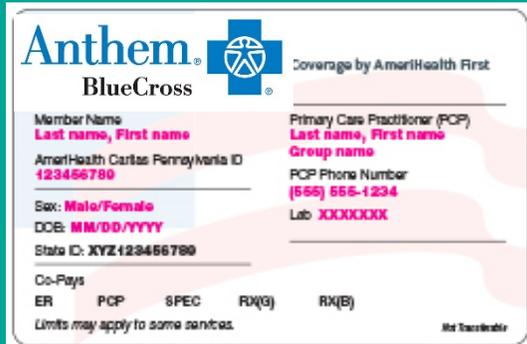
Health Insurance Q&A



1. What is health insurance?

Health insurance is a plan that you purchase. If you get sick, the plan will pay for all or part of your medical bills.

All Cal students **must** have health insurance. Most students purchase the **Student Health Insurance Plan (SHIP)**.



SHIP uses these health insurance companies:

- **Anthem/Blue Cross** – physical and mental health
- **VSP** – eye health
- **MetLife** – dental health

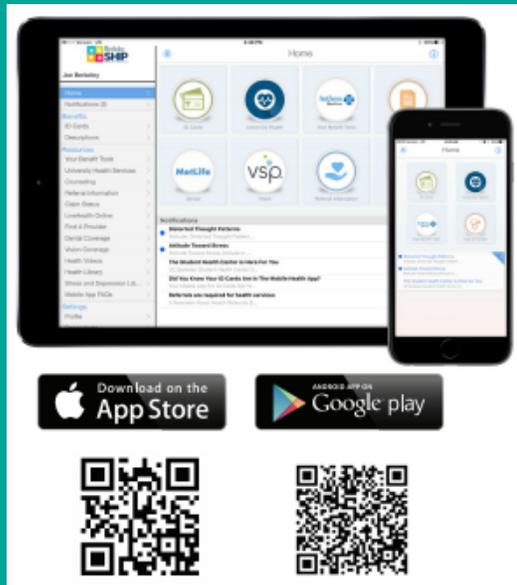
You will receive these cards in the mail or you can print them online.

Health Insurance Q&A

2. What happens if you get sick but don't have health insurance?

You will have to pay full price for your doctor and hospital visits. These prices are often extremely high.

Tip: The Student Health app gives you access to all of your health insurance benefits.



Health Insurance Q&A

3. Where should you keep your health insurance card?



Keep it in your wallet.

Anthem 		Coverage by AmeriHealth First
BlueCross		
Member Name Last name, First name	AmeriHealth Caritas Pennsylvania ID 123456789	Primary Care Practitioner (PCP) Last name, First name Group name
Sex: Male/Female	DOB: MM/DD/YYYY	PCP Phone Number (555) 555-1234 Lab: XXXXXXXX
State ID: XYZ-123456789		
Co-Pays		
ER	PCP	SPEC RX(G) RX(B)
Limits may apply to some services.		
Not for sale		

I feel sick! How can I get help?

Ask yourself two questions:

How urgent is the problem?

- Extremely urgent
- Urgent
- Not urgent

What sort of problem is it?

- Physical health
- Mental health
- Eye health
- Dental health

I feel sick! How can I get help?

How urgent is the problem?

It's extremely urgent.

EMERGENCY

For immediate help
with life or death
situations

It's urgent.

URGENT CARE / DROP-IN CLINIC

For same-day help
with colds, flus,
bones, nausea, etc.

It's not urgent.

PRIMARY CARE

For check ups, long-
term issues,
physical therapy,
counseling, etc.

I feel sick! How can I get help?

How urgent is the problem?	What sort of problem is it?	Get help at ...	SHIP Insurance Name
Emergency	Physical, Mental, Eye or Dental Health	the nearest hospital Alta Bates Medical Center 2450 Ashby Ave. Berkeley, CA 94705	Anthem Blue Cross
Urgent Care or Primary Care	Physical or Mental Health*	Tang Center Visit the drop-in clinic or schedule an appointment.	Anthem Blue Cross
	Vision Health	Tang Center or Minor Hall Visit the drop-in clinic or schedule an appointment.	VSP
	Dental Health	Find a dentist on the Met Life website. Schedule an appointment.	Met Life



Tang Center
2222 Bancroft Way
uhs.berkeley.edu

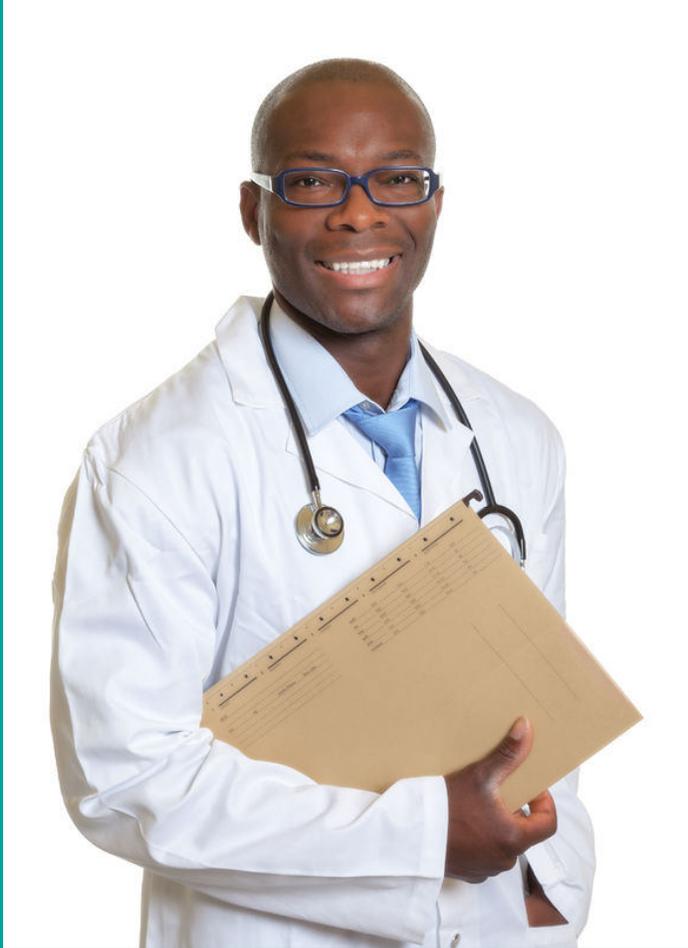
[Appointments](#)
510-642-2000



Sign into eTang Patient Portal

*All students – even those who don't have SHIP – can go to CAPS for a brief, free initial consultation.

Don't Lose Money!



For non-emergencies, go to the Tang Center first.

If doctors think you need further treatment from a **specialist** outside of the Tang Center, they will give you an **authorization** or **referral** to that specialist.

Can you just go directly to a specialist without going to the Tang Center first?

Yes, but you will probably have to pay full price. SHIP will probably not cover these visits.

Safety on Campus

The UC Police Department is here to help!

On-campus Emergencies:
Call 911 and UCPD

UCPD Emergency Phone:

- 510-642-3333
- Blue Light emergency phone

Off-campus Emergencies:
Call 911



Safety on Campus

[Berkeley Night Safety Services](#)

Berkeley Night Safety Services

[Home](#) [BearWalk Escort](#) [Night Safety Shuttle](#) [Door to Door Service](#) [Links](#)



Bearwalk

Dusk – 3:00AM

Walking a short distance? [Book](#) your BearWalk escort online or call (510) 642-9255, no earlier than 15min before your pick-up time. Last call is 2:30 am.



Night safety shuttle

7:30pm – 3:00am

[Football Update](#)

See where the [night shuttle](#) is in real time.

To see the next pick up time just hover over your closest bus stop.



Door-to-door service

3:00am – 6:00am

View a [map](#) of our service area. [Book](#) your pick up online or call (510) 642 9255 no earlier than 15 minutes before your pick up time

UC Berkeley night safety services are a joint initiative between Parking and Transportation and UCPD.

Safety in Berkeley and the Bay Area

- Lock doors and windows.
- Do not leave valuables visible in cars.
- Stay aware at ATMs. Do not count money in public.
- Hold electronics, wallet and purse tightly, especially on public transit.
- Be aware of your surroundings, especially at night and especially when using electronics.
- Use a U-lock and cable on your bike.



And finally, ...

I'm overwhelmed!
Where do I start?

I can't figure this out!

Everyone else seems
to know what to do!

Don't be afraid to ask for help!
We are here to support you!