STUDENT HEALTH SERVICES
IS HERE FOR YOU!

HEALTH PROMOTION & PREVENTION SERVICES
1525 North Webb Center
757.683.5927
Hours: Mon-Thurs: 8am-7pm & Fri: 8am-5pm

- Weight Management & Nutrition Counseling
- Resource Library on various health topics
- Stress Management
- Health Promotion
- Eating Disorder Awareness
- World AIDS Awareness Week
- Fitness Counseling
- Peer Health Educators
- Safe Spring Break
- Sexual Responsibility Awareness
- Smoking Cessation Program
- Student Health Advisor Committee
- Substance Abuse Prevention Program
- Individual Information Sessions
- Alcohol Intervention Training (TIPS)
- Registered Dietitian
- Alcohol, Tobacco, & Other Drugs (ATOD) Health Educator
- Condoms

STUDENT HEALTH CENTER SERVICES
1007 South Webb Center
757.683.3132  FAX: 757.683.5930
Hours: Mon-Thurs: 8am-7pm & Fri: 8am-5pm

- Cholesterol
- Breast Exams
- Pregnancy Tests
- Allergy Shots
- Pap Smears
- Flu Shots
- Blood Pressure
- Kidney Stones
- Tuberculosis Tests
- Birth Control Options
- Prescriptions
- STD Testing and Treatment
- HIV Testing
- Asthma
- Breast Lump
- Jock Itch
- Kidney Infection
- Ring Worm
- Eczema
- Cysts
- Warts
- Acne
- Crutches
- Athlete's Foot
- Pneumonia
- Diarrhea
- Missing Periods
- Abnormal Bleeding
- Yeast Infection
- Cervicitis (Cervical Infection)
- Eye Pain
- Abdominal Pain
- Constipation
- Ulcer Problems
- Mono
- Painful Periods
- Sprain
- Strain
- Back Pain
- Headache
- Migraines
- Physicals
- Head Colds
- Bronchitis
- Hernia
- Viral Illness
- Testicular Pain
- Chicken Pox
- Hepatitis
- Ingrown Toenail
- Burns
- Bruises
- Joint Pain
- Tetanus
- Vaccines
- Bladder Infection
- Skin Infection
- Lab Tests

For more information visit: www.odu.edu/studenthealth

Full-time & Part-time students are Welcome
Patient Portal

If you have an active ODU student account, you have access to Student Health Services, Patient Portal

By logging into the webpage, you can...

✓ Access Forms
✓ Complete, View & Print your immunizations records
✓ Update your address & phone numbers in your health record
✓ Receive secure messages from ODU Student Health Services
✓ Access links to Health Education sites

*Students that have paid the Health Fee may also schedule limited appointment types on-line*

How to log in:
Visit Student Health Services website, go to odu.edu/studenthealth and click the link for the Patient Portal. Log in using your Midas username and password.
10 Health Tips for Student Success
Be Healthy & Productive!

1. **BREAKFAST.** Whether you are rolling out of bed at noon or up at the crack of dawn for class, a healthy breakfast will give you energy and help you to concentrate on school work and not your growling stomach.

2. **EAT HEALTHY.** Try to incorporate at least a few fruits and vegetables into your diet each day AND limit junk food. Sugary foods may taste yummy, but can leave you feeling sluggish.

3. **WORK IN WALKING.** Walking is a great form of transportation on campus. There's no better way to work exercise into a busy schedule than walking at a brisk pace around campus.

4. **RELIEVE STRESS THROUGH EXERCISE.** Spend some time at the Recreation and Wellness Center; it's free for ODU students. Regular exercise can help with stress reduction.

5. **GET A FLU SHOT.** Getting the flu in college could really set you back. Avoid the fever, aches, fatigue and cough associated with the flu by getting a flu shot. Student Health Services offers flu shots at low cost to ODU students.

6. **BE PREPARED FOR & TRY TO PREVENT MINOR ILLNESS AND INJURIES.** Having a thermometer, Tylenol, a decongestant and cough syrup will help you to take care of yourself if you get a cold. An antibiotic ointment (like bacitracin) and band aids will be helpful for minor cuts. It's also important to remember to wash your hands - studies have shown that simple hand washing can help prevent a large number of illnesses.

7. **ALCOHOL & GPA DO NOT MIX.** Studies have shown that as alcohol consumption increases, GPA decreases. You should not risk academic success by consuming alcohol irresponsibly.

8. **GET ENOUGH SLEEP.** Without sleep, you are not able to concentrate well enough to get the most out of your classes.

9. **GET TESTED.** Sexually transmitted infections are common on college campuses and if you are sexually active, you should get tested. Condoms are sold at the health center for a small fee and students can pick-up 3 condoms for free! STI testing is also available at Student Health Services.

10. **STUDENT HEALTH SERVICES IS HERE FOR YOU!** If you have a health concern, call 757-683-3132 for an appointment. Student Health Services is open until 7 PM Mondays through Thursdays during Fall & Spring semesters and until 5 PM on Fridays. For emergencies or urgent medical questions after hours, call 757-683-4000. And remember, Health Promotion offers free programs throughout the year, call 757-683-5927 FMI!
The Office of Counseling Services
Presents:
MONARCH MIND

Spend a little time each week learning to:

- Adult like a boss
- Bounce back from challenges
- Succeed at ODU and in life
- Understand happiness

Come to our relaxed weekly meeting (bring your lunch!)

or subscribe to follow our blog!

Every Thursday 12:30-1:15

MonarchMind.org
The Office of Counseling Services

Group

Interpersonal process groups are for students who wish to better understand themselves and their relationships with others.

Some Ways Group Can Help:
- Improve self-concept and self-confidence
- Provide peer support
- Increase trust in others

If interested please contact OCS at 757-683-4401

TIMES
TUES or WED
3:00-4:30 PM
OR
THURS
11AM -12:30 PM

LOCATION
1526 WEBB CENTER
Conference Room

Old Dominion University
Counseling Services
1526 Webb Center
Norfolk, VA 23529
757-683-4401