

FAQ's About Sexual Health and Wellness (SHAW) services at McCosh

- 1) **Are my parents going to find out I was there or had tests done?** SHAW clinicians do not contact or notify parents or university officials of any visits or services without express written consent from you. The only way your parents would become aware of a visit or tests done at SHAW would be if you told them or if you used their insurance and they received an explanation of benefits from labs that were performed through Quest Diagnostics.
- 2) **Are my services and test results confidential?** Yes, your services and test results are confidential however there are certain STI's that are mandated by state law to be reported to the local department of health in the case of positive results. These reportable STI's are HIV, gonorrhea, chlamydia, and syphilis.
- 3) **How much does STI testing cost?** Rapid HIV testing is provided at no charge for all students. If you have private insurance, all other STI tests can be billed through your insurance and coverage varies based on individual insurance plans. This is an instance where your parents may receive a bill or EOB (explanation of benefits) from the insurance company. All STI testing is covered by the Student Health Plan (SHP) however you must pay for certain STI tests at the time of your visit and then submit a receipt and form (available at the front desk of McCosh) to the plan to be reimbursed. Gonorrhea and chlamydia testing costs \$14 per site (oral, rectal, urine, and cervical). If you have private insurance but do not want to take a chance on your parents finding out you had tests done you can pay \$14 out of pocket for each gonorrhea/chlamydia swab instead of billing insurance.
- 4) **What types of contraception can I get at McCosh?** Contraceptives available for prescription or insertion at SHAW include oral birth control pills, NuvaRing, Ortho Evra (contraceptive patch), injectable contraception, IUD's, Nexplanon and diaphragms. You can also obtain condoms and emergency contraceptive pills at McCosh.
- 5) **How do I get emergency contraception?** During business hours you can call to schedule a same day appointment or walk in to McCosh. After business hours, emergency contraception can be obtained through the infirmary. The charge for PlanB is \$21 and the charge for Ella is \$26 at McCosh.
PlanB should also be available over the counter at any local pharmacy.
- 6) **What are the most common STI's on campus?** Chlamydia and genital herpes.
- 7) **Are there female providers I can see? Are there male providers I can see?** The SHAW staff is all female providers, however, if you prefer to see a male there are two male Physician Assistants on staff at McCosh who are available.
- 8) **How do I request a refill of my birth control? How quickly can I pick up my refill after I request it?** If you are using birth control pills and usually pick up your pills at McCosh you can request refills by using the on-line link in MyUHS or filling out a paper request at the front desk of McCosh. Although most refills are ready within a few hours at most, please allow 24 hours from the time you make your request for your refill to be ready for pick-up. If you usually pick up your prescription from a local pharmacy (U-Store or CVS) and you still have refills available on your prescription you should call the pharmacy to request a refill.

- 9) **Why do I have to schedule an appointment every year to see a clinician in order to get a renewal on my birth control prescription?** Because hormonal contraceptives have known risks and side effects it is imperative that a clinician review your health history and assess your vital signs (blood pressure and BMI (body mass index)) every year to determine if you the method you are on is still appropriate for you.
- 10) **What is the difference between an annual exam and a pap smear? Do I need to have this exam to get my birth control refilled?** An annual exam or well woman visit is recommended to be done yearly. It is a routine “check-up” for women. At this visit the clinician will review your medical history and do an exam which includes listening to your heart and lungs, assessing your thyroid gland, a breast exam, abdominal exam and a pelvic exam (visual inspection of the vulva or external genitalia and assessment of inside the vagina using a speculum). A Pap smear is the screening test for cervical cancer which starts at 21 years old and is done as part of the annual exam or well woman visit at recommended intervals. Although both the annual exam or well woman visit and Pap smear are recommended, they are not requirements for obtaining a prescription for birth control.
- 11) **The questions on the health history form for SHAW seem intrusive. Why are they necessary?** The questions that are asked on the health history form may seem intrusive but they help your clinician determine what your risks may be for certain STI’s or other sexual health concerns.
- 12) **There are so many appointment choices for on-line scheduling. How do I know which one to choose?** If you are confused by the appointment descriptions or are unsure of which appointment to choose you should call the front desk of McCosh during business hours for assistance.
- 13) **Why does the staff always ask if I could be pregnant?** Certain medications that are prescribed or tests that are ordered during your visit may be harmful to a fetus if you are pregnant. Clinicians ask this question in order to guide decisions regarding necessary tests and prescriptions.