Key Topics for Family Members
Session overview

- Thielen Student Health Center
- Student and Scholar Health Insurance
- AccessPlus and Third-Party Access
- Residence hall move-in information
- Dining options
- Safety on campus
- Academic success tools
- Learn from Cyclone Aides
Thielen Student Health Center

2647 Union Drive

- West side of campus
- Corner of Union Drive and Sheldon Avenue
- Across from State Gym

cyclonehealth.iastate.edu
Student Health and Wellness Unit

Recreation Services
- Wide range of facilities, programs, and activities
- State Gym, Lied Recreation Center, Beyer Hall, outdoor facilities

Student Wellness
- Online education programs and outreach surrounding wellbeing
- Friley Hall

Student Counseling Services
- Mental health professionals provide accessible and confidential services to students
- Student Services Building, 3rd floor
Clinical services

- Illness and injury care
- Physical exams
- Chronic condition care
- Women’s health
- Mental health
- Allergy clinic
- Travel clinic
- Immunizations and vaccinations
- X-ray and lab services
Pharmacy

• New or refilled prescriptions
• 24-hour order line
• Receive a text when the Rx is ready
• Over-the-counter medications available
• Located on the first floor of Thielen Student Health Center
Physical therapy

- Sport/work related injuries
- Orthopedic surgery rehabilitation
- Located on the second floor of Thielen Student Health Center
Immunization requirements

Make sure all immunizations are up-to-date
Submit records online via AccessPlus by July 31

MEASLES, MUMPS, AND RUBELLA (MMR)

Required: Copies of immunization record with proof of two measles vaccines.

MENINGITIS

Most students have this vaccine as Iowa requires it in high school. It is highly recommended by the CDC and American College Health Association.

TUBERCULOSIS (TB) SCREENING

All students will be asked screening questions during the immunization submission process. Students will be contacted directly by a TSHC nurse if more information is needed.
Insurance information

- Make sure your student has a copy (front/back) of their health insurance and pharmacy benefits cards with them at Iowa State
- Check with your insurance company regarding coverage before receiving services
- Charges will be sent to your insurance company for payment following a visit
Submit insurance information

Online submission:
Through AccessPlus

Scan and email:
submitinsurance@iastate.edu

Drop-off in person or mail:
2647 Union Drive
Ames, IA 50011
Complete online training courses

Mental Health Online Training Course and Alcohol Online Training Course

• Required for all incoming students
• Complete in Canvas (July 1-31)
• Deadline July 31
• Questions? 515-294-1066 or studentwellness@iastate.edu
First aid care kit

• Digital thermometer
• Bandages and antibiotic ointment
• Cold relief medications: cough drops nasal spray, and vitamin C
• Hand sanitizer and surface disinfectant
• Over-the-counter pain reliever
• Reusable cold pack
• List of medications you take regularly
• List of known or suspected medication allergies
• Photocopy (or photo on your phone) of health insurance card(s) and policy holder information (date of birth, name, and address)
Forms to complete

- Minor consent to treat
- Release of information
- HIPPA and inability to share information with others
Charges for services

- Health fee ($126.50) and health facility fee ($8)
- Charges for ancillary services
- Medical insurance
  - SSHIP Insurance
    - Compare to your current coverage
    - May be more cost-effective
- Billing office
  - Sliding fee program available
  - Estimates (no surprises act)
Appointments and hours

• Call to make an appointment (515-294-5801)
• Same day/next day appointments
• Plan ahead for physical exams
• Hours will vary during breaks, visit health.iastate.edu for most up-to-date hours
First Nurse and after hours care

**MCFARLAND CLINIC**

Urgent Care: 3816 Stange Road // 515-956-4044
Express Care: HyVee West // 515-956-4100
Express Care: HyVee Lincoln Center // 515-956-4051
Hours: Weekdays until 7:00 p.m.,
Saturday and Sunday until 5:00 p.m.

**MARY GREELEY MEDICAL CENTER**

Emergency department: 1111 Duff Avenue // 515-239-2011
Hours: Open 24 hours, 7 days a week
Keep in touch

Put our number in your phone
515-294-5801

Check our website for information
health.iastate.edu

Follow us on social media
Cyclone Health
Your current insurance coverage

• Does your current provider network include the clinics and hospital in Ames?
• Does your student understand the current plan’s definition of a medical emergency?
• Contact the SSHIP Office (515-294-4800 or isusship@iastate.edu) for other questions to ask your current health insurance carrier about coverage while your student is on campus and in Ames
Wellmark BC/BS student health benefits include:
• Comprehensive world-wide medical coverage
• Emergency travel assistance services
• Prescription benefit

Delta Dental student dental benefits include:
• Two cleanings per year paid at 100 percent
• $600 maximum coverage per plan year

Enrollment: Online through SSHIP webpage (sship.hr.iastate.edu) beginning July 1
ISU Student and Scholar Insurance Program

University Human Resources – Benefits Office
Room 3810
Beardshear Hall
515-294-4800
isusship@iastate.edu
Important dates

August 16-17  Residence hall move-in
August 18-20  Destination Iowa State
August 22     Fall 2022 classes begin
September 5   Labor Day – No classes
October 1     2023-2024 FAFSA and OneApp open
October 14    Mid-term reports
November 21-25 Fall break – No classes
December 12-15 Final exams
December 16   Fall semester ends
December 19   Optional winter session begins
January 13    Optional winter session ends
January 16    MLK Jr. Day – University Holiday
January 17    Spring 2023 classes begin
Communication

- Iowa State communicates with the student
- Most communication through AccessPlus
  - Grades
  - Financial aid
  - Bills
  - Transcripts
Using **AccessPlus**

- Students log-in using university ID
- Family members log-in using third party access ID
Third party access

• Establish up to five active third party accounts
• Students decide who can view and what items are available for access:
  • Class schedule
  • Enrollment certification
  • Financial aid offer and aid award status
  • Grade report
  • Unofficial transcript
  • University bill (view and pay)
  • CyCash (view and add value)
  • Tax credit information
Addresses are **important**

Students maintain three addresses:

- In-session
- Interim
- Parent or guardian
Residence hall move-in

- Tuesday, August 16 (even-numbered rooms)
- Wednesday, August 17 (odd-numbered rooms)
- Meal service begins with lunch on Tuesday, August 16
- Sorority recruitment participants will move into their assigned residence hall rooms on Friday, August 12
- Marching band members move in on Sunday, August 14 or Monday, August 15, depending on instrument
Move-in tips

- Allow plenty of time
- Utilize Move-In Crew
- Be prepared to move vehicle
- Involve siblings
- Pack patience
- Bring basic tools
- Use a hand truck/dolly
- Be flexible
Packing list

APPLIANCES
- Mini refrigerator
- Microwave

BEDDING
- Extra-long twin sheets

TECHNOLOGY
- Personal computing device
- Consult TechCyte

ROOMMATE COMMUNICATION
- Student may communicate with their roommate ahead of time to avoid bringing duplicate items.
Beds

• All residence halls come with lofted beds
• Bed frames and XL twin mattresses are provided in all rooms
• Check the Department of Residence website for specific dimensions – housing.iastate.edu
### ISU Dining: Meal plan options

<table>
<thead>
<tr>
<th>Plan</th>
<th>Meals/Access Per Semester</th>
<th>Flex Meals Per Semester</th>
<th>Dining Dollars Per Semester</th>
<th>Cost Per Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyclone</td>
<td>Unlimited</td>
<td>20</td>
<td>$300</td>
<td>$5076</td>
</tr>
<tr>
<td>Cardinal*</td>
<td>Unlimited</td>
<td>14</td>
<td>$100</td>
<td>$4633</td>
</tr>
<tr>
<td>Gold</td>
<td>200 meals</td>
<td>15</td>
<td>$200</td>
<td>$4353</td>
</tr>
<tr>
<td>CyFlex</td>
<td>220 meals</td>
<td>10/week</td>
<td>$75</td>
<td>$5076</td>
</tr>
</tbody>
</table>
Flex meals

- All meal plans have a specified number of flex meals
  - Memorial Union Food Court, Clyde’s, markets, etc.
  - Flex meals can be used for friends or guests
- Each flex meal is worth
  - $10 (Cardinal, Gold, Cyclone meal plans)
  - $11 (CyFlex meal plan)
- If more than the cash value of the flex meal is spent, student pays the rest with Dining Dollars, cash, or credit
Dining Dollars

- Part of all student meal plans
- Can be used at any ISU Dining location
- Adds flexibility to the meal plan
- Add more Dining Dollars on through the Housing and Dining portal
- Dining Dollars may be purchased individually by students without meal plans
- Discounted rate available when you purchase in bulk
Important information:

- Will display only plans available to the student
- Check balance on the GET App, through the dining website or at csgoldweb.its.iastate.edu
CyCash

- Begins as zero balance
- Add money through AccessPlus with a $50 spending limit
- Used for campus laundry services, copy centers, and University Book Store purchases
• Part-time work options available on-campus and in the Ames community
• Students can work up to 20 hours/week at on-campus jobs

Students should bring their Social Security card or passport if they plan to work on campus.
Textbooks

Iowa State University Book Store, Memorial Union

- Booklist available in AccessPlus one day after course registration
- View additional course materials
  - Immediate Access materials
  - Traditional textbook options are new, used, rental, and/or eBooks
- Order materials for pickup, shipping or shop the shelves
- Check out the Textbook Price Comparison tool
- Tech Cyte has computer recommendations and educational pricing
- Keep receipts through the first two weeks of class
- All purchases are tax free
Parking

- Students do not need to bring a vehicle to campus
- CyRide is fare-free
- Register vehicle with the Department of Public Safety through AccessPlus in July – starting July 21
  - Purchase proper parking permit
    - $124* Stadium Lot Permit
    - $166* Residence Hall Lot Permit
    - $64* Motorcycle Permit
- Free commuter lot at the Iowa State Center for off-campus students
- Chicago bus service during academic breaks available through CIT Signature Transportation

*Subject to approval by Board of Regents, State of Iowa
Bikes

- Iowa State is a bike-friendly campus
- Register bikes online for free
  - Department of Public Safety, Parking Division website – parking.iastate.edu
- Use bike racks around campus
- Purchase a quality lock
Safety

• Department of Public Safety
  • More than 40 state-certified ISUPD officers
  • Iowa State Police help line: 515-294-4428
  • Help Van: 515-294-4444
• Helpful apps
  • SafeRide ISU
  • ISU Guardian
Safety

- Keep doors locked
- Do not leave belongings unattended
- Mark personal belongings
- Residence halls locked
- Campus notification systems
  - Loudspeaker system
  - Iowa State website
  - ISU Alert
ISU Alert

Encourage your student to register to receive notifications

• Campus emergency notification system
• Phone, text, and email notifications
• Maintain information on AccessPlus
Sexual violence prevention

- Iowa State does not tolerate sexual violence
- Everyone engages in violence prevention
- Ongoing efforts to create a safer community include:
  - Prevention skills training
  - Outreach and programming
  - Students complete Violence and Discrimination Prevention and Awareness training in Canvas by August 15
Increase awareness, education, and skills-practice to reduce violence in the community

Experience Green Dot Overview at Destination Iowa State

Visit studentwellness.iastate.edu/greendot
Academic support

- Academic Success Center
  - Supplemental Instruction
  - Tutoring
  - Academic Coaching
  - Psychology 131
- Student Accessibility Services
- Writing and Media Center
- Instructor office hours
- Additional resources listed on the syllabus
Destination Iowa State

Register today!
• Make connections
• Explore campus
• Prepare for classes
• Experience traditions
• Join Cyclone Nation
• Make memories of a lifetime
Student to-do list

- Get ISUCard // 0530 Beardshear Hall
- Register for Destination Iowa State
- Purchase textbooks and course materials
- Review online orientation (watch email for link)