

PAT WALKER HEALTH CENTER Who Are We?

Your On-Campus Partner for Health & Wellness

Medical Services

Counseling & Psychological Services

Substance Education, Assessment & Recovery Services

General Information

- All services are available M-F, 8 AM to 5 PM (9 AM on Fridays); Extended-service hours available for Primary Care Clinic during Fall/Spring semesters.
- Telehealth services are available for all medical, mental health, and substance use & support services (patients/clients must be in AR at the time of their appointment).
- Health Insurance PWHC can file with your medical insurance provider. Always bring proof of insurance to each visit.
 - Know what your plan will cover. Check with your insurance provider to see if our providers are in- network. A student health insurance is also available for purchase through Academic Health Plans.
- Medical charges not covered by insurance (or paid at time of service) are billed to student account. Self-Pay discount offered for those who choose not to file with insurance.
- Emergency mental health care is provided FREE-OF-CHARGE and without an appointment.

Medical Services



- ► Clinics: Primary Care; GYN (Women's) Clinic; Allergy, Immunization & Travel (AIT) Clinic; Lab Testing; Nutrition; Orthopedic & X-Ray services available.
- Services allergy shots, diverse health programs, general/chronic medical care, gynecological health, illness/injury treatment, immunizations, international travel consultations, laboratory & diagnostic services, non-invasive procedures, nutrition consultations, orthopedic services, TB screenings, x-rays
- Appointments by phone or online at myhealth.uark.edu. Limited same-day walk-ins available for acute & urgent care.
- Medical services performed by board-certified & licensed providers.
- Charges billed to insurance or student account.
- ► Saturday Hours available for Primary Care Clinic.
- Not sure if you need to be seen? Speak to a nurse via phone or send a message through the patient portal.

Patient Web Portal

- ▶ Designed to help you interact more conveniently and efficiently with our medical clinics.
- ► Schedule appointments online 24/7
- ► Receive test results/medical records and message securely with staff.
- ► Check health center financial account summary and pay balances due (student patient balances are transferred to the Treasurer's office and can be paid via UAConnect).
- Request prescription refills.
- ► Complete required paperwork prior to your appointment.
- Log in with UARK account and password.



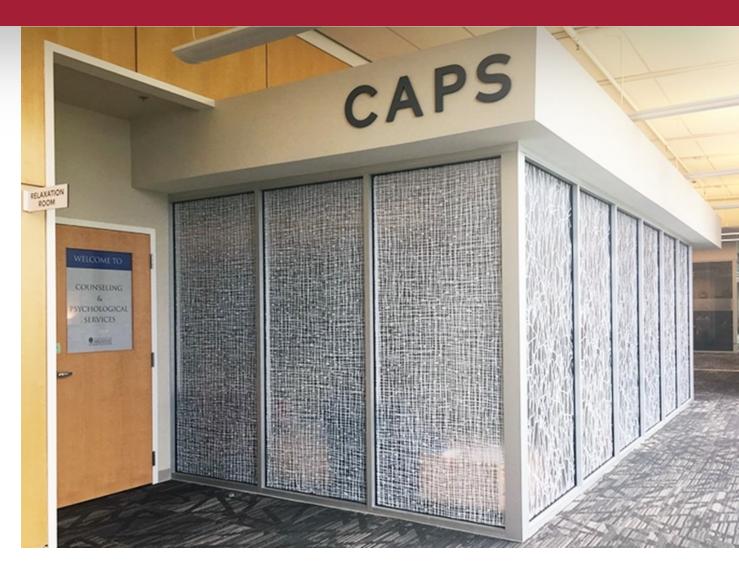
Counseling & Psychological Services

- ► Commonly referred to as CAPS; services are provided by licensed clinicians and designed to help students navigate the pressures of college-life and beyond.
- ➤ Services include: Initial Assessments & Consultations; Short-term Counseling & Psychotherapy; Group Therapy; Psychiatric Services; Mental Health Emergency Services; Community Referrals; Outreach & Prevention
- ► Individual services require an appointment; however emergency mental health services do not. Appointments can be scheduled by calling CAPS at 479-575-5276.
- ► Most services are covered by the student health and wellness fee; however there are charges for psychiatric services (can bill with insurance or self-pay is also an option).
- 24-hour mental health emergency phoneline: 479-575-5276.

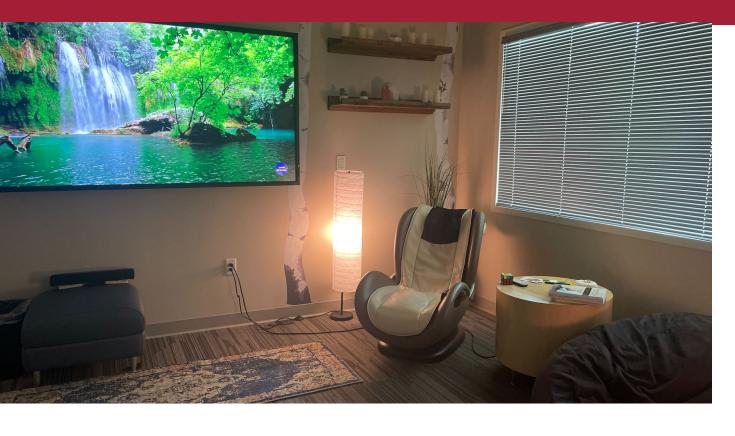


Counseling & Psychological Services

- ► The first appointment with a CAPS Clinician is called an initial consultation. Students will receive information, resources and follow-up care recommendations.
- ► Emergency mental health care is provided to all students, free-of-charge.
- CAPS also hosts various outreach and education events throughout the academic year.
- ► For more mental health programs and resources: health.uark.edu/mental-health.



Lane Marrs Relaxation Room



- ► Provides a safe and relaxing space for students to quiet their mind, reduce stress and restore themselves.
- ➤ Students do not have to be a current client of CAPS to access and enjoy the room.
- ► Located on the second floor of the health center inside of CAPS and is available all hours CAPS is open.
- ► Offers several features and tools to help calm the mind, body and spirit.
- ► Comfortable seating, massage chairs, soft lighting, relaxing music, yoga mats, meditation cushions, audio guided relaxation and iPad meditation activities.

Substance Education, Assessment & Recovery



- ► Making substance abuse prevention, treatment and recovery accessible for students at the University of Arkansas!
- ► Alcohol/drug assessments performed by an Arkansas licensed professional mental health practitioner.
- Substance education and prevention
- ► Confidential brief individual and group interventions
- ► Access to the Razorback Recovery Community and weekly recovery meetings
- Scholarship opportunities for those in recovery
- ► Sober events

Contact Information

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