CAMPUS HEALTH CENTER(S) & WELLNESS
Services Provided:

- Walk-in Clinic
- Dental Clinic  713.781.1261
- Medical Specialty Clinic  713.743.5149
- Psychiatry Clinic  713.743.5149
- Pharmacy  713.743.5125
- Dermatology  713.743.5154
- Women’s Clinic  713.743.5131
- Men’s Clinic  713.743.5154

Diagnostic Services

Immunizations/TB Testing/ Bacterial Meningitis
Flu Shots/Anonymous HIV Testing, Lab Work

UH Student Health Insurance Accepted

Regular Hours
Monday, Tuesday, Thursday, Friday
8 AM - 5:30 PM
Wednesday 8 AM – 6:30 PM
713.743.5151

For an Appointment:
713.743-5156 (General Medicine)

The Health Center does not offer emergency care. In case of a Medical Emergency – Notify campus Police 713.743.3333 or dial 911 to report the severity of the medical problem & the location of the person needing care. University police will meet emergency care providers and direct them to the individual needing assistance. Stay with the person until medical assistance arrives. Do not move the individual unless there is immediate threat (i.e. fire, dangerous fumes).

After Hours: 24/7 Call 1-866-315-8756
365 days/year
Connects to Emergency Care Hotline
Staffed by Registered Nurse
Health Emergency

If you get sick after hours, on weekends or holidays, and you would like to be seen by a physician, you may seek off-campus health care.

www.uh.edu/healthcenter/about_us/after_hours_options.html

There are many options in the Houston area.

It is the responsibility of the student to understand the details of their particular health insurance policy and payment responsibility.

Be sure to take your student ID / driver’s license, and health insurance card with you.
URGENT CARE CENTERS*

Take Care Health Clinics at select-Walgreens
West Gray Location: 1919 W. Gray Street, Houston, Tx 77019

UH endorsed Student Health Insurance Preferred Provider
(additional locations available throughout the metro Houston area)
Open 7 days a week & weeknights Walk-ins Welcome
Online Appointment Scheduling Available

Concentra Urgent Care
A. Downtown Houston: Open Monday-Friday 8 am – 5 pm.
   2004 Leeland Street, Houston, Tx 77003       713.223.0838

B. West Houston Katy Freeway Location: Open 7 days a week & some holidays
   12345 Katy Freeway, Houston, Tx 77079       713.679.5600

*From UH Website
www.uh.edu/healthcenter/about_us/after_hours_options.html
EMERGENCY CENTERS*

No appointment necessary. Open 24 hours, Weekends and Holidays

St. Luke's Episcopal Community Emergency Centers UH endorsed Student Health Insurance Preferred Provider
   a) Holcombe: 1717 W. Holcombe Blvd (near Kirby), Houston, Tx 77025. Kelsey-Seybold building near Bellaire, West University. 832-355-7525
   b) San Felipe: 6363 San Felipe, Houston, Tx 770057 (Galleria/Tanglewood area) 713-972-8300

Neighbors Emergency Center
   Bellaire: 6030 South Rice Avenue, Suite C, Houston, Tx 77081 713-669-9900

Elite Care 24 Hour Emergency Center
   Rice Village: 2500 Rice Blvd, Houston, Tx 77005  713-995-1216.
   Additional location: League City.

*From UH Website
www.uh.edu/healthcenter/about_us/after_hours_options.html
HOSPITAL EMERGENCY ROOMS*

Emergency Room co-payment, co-insurance and deductibles apply. Exact charges vary based on health insurance plan. It is helpful to take photo ID and health insurance card.

No appointment necessary.

Additional locations available throughout the metro Houston area.

Open 24 hours, Weekends and Holidays.

**St. Luke’s Hospital Emergency Room.** 6720 Bertner Ave. St, Houston, Tx 77030  
Phone: 832-355-1000  *UH endorsed Student health Insurance preferred Provider*

**Methodist Hospital Emergency Room.** 6565 Fannin, Houston, Tx 77030.  
Phone: 713-790-3311  *UH endorsed Student Health Insurance Preferred Provider*

**Memorial Hermann Emergency Room.** 6411 Fannin St, Houston, Tx 77030  
Phone 713-704-4000

*From UH Website  
www.uh.edu/healthcenter/about_us/after_hours_options.html
University of Houston Eye Institute

M-F  8 AM – 6 PM
713.743.2020
Accepts Most Insurance

Comprehensive Examination
Eyeglasses
Contacts
Ocular Diagnostics
Sports Vision Performance

Ocular Emergency  713.743.2010  24/7
Extreme pain and/or redness
Sudden loss of vision
Seeing flashes of light
Unusual light sensitivity
TOBACCO ON MAIN CAMPUS

Effective June 1, 2013, the University of Houston is designated as a \textit{tobacco-free campus}.

Review the University policy at

\url{http://www.uh.edu/policies/tobaccofree/}

25 Texas Administrative Code § 703.20 (Cancer Prevention and Research Institute of Texas [CPRIT], Grants for Cancer Prevention and Research)

\url{http://www.cprit.state.tx.us/images/uploads/rule)703_20.pdf}

Texas Administrative Code § 297.5(e) (Dept. of State Health Services, Building Operation and Maintenance Guidelines)

University MAPP 07.02.02
TOBACCO......CONTINUED

Tobacco products means all forms of tobacco (including but not limited to):
• Cigarettes
• Cigars
• Pipes
• Water pipes (hookah)
• Bidis (hand rolled cigarettes from India – chocolate, orange, & other flavors)
• Kreteks (clove-flavored cigarettes originally from Indonesia)
• Electronic cigarettes
• Smokeless tobacco
• Snuff
• Chewing tobacco
• Any non-FDA approved nicotine delivery device
TOBACCO
ON TEXAS MEDICAL CENTER CAMPUS
TOBACCO

AWARENESS & EDUCATION

 Notices bearing “Tobacco-Free Campus” or international “No Tobacco” Symbol

 Organizers and attendees at conferences, meetings, public lectures, social events, cultural events and sporting evening using University facilities will abide by the Tobacco-Free campus policy

CESSATION ASSISTANCE

 UH insurance covers smoking cessation for faculty/staff

 Smoking cessation programs available at Health Center for faculty/staff/students

 Pharmacy student organizations offer smoking cessations programs.
TOBACCO CESSATION PROGRAMS

1. Contact the University Health Center  
   
   or

2. Participate in one of the college’s smoking cessation programs offered by pharmacy student organizations  
   
   or

3. On-line programs as listed on the University website:

   Freedom from Smoking® Online Program  
   Evidence based on-line program from the American Lung Association consisting of eight self paced modules, each containing four lessons, and an interactive message boards to assist you in quitting tobacco  

   Become an Ex – The Ex plan teaches you how to live life without cigarettes in 3 steps – all geared to help make the seemingly impossible possible

   Quit Tobacco- Make Everyone Proud – On-line program from the Department of Defense for US military service members and Veterans

   My Last Dip – Is a free web-based intervention that is designed to help young smokeless tobacco users quit

   Kill the Can – Free website offers resources and tools to help dip, snuff, and chewing tobacco users quit. Offers a support forum and a live quit chat room.

   MedlinePlus® - Tobacco Cessation References
CAMPUS RECREATION & WELLNESS CENTER

Rock Climbing Wall – 2,500 sq ft of climbing (available for parties)
Leisure Outdoor Pool – Dry sauna
Racquetball & Squash Courts
Main gym –
  3 Basketball Courts
  5 volleyball courts
  4 badminton courts
Natatorium – water polo available
Outdoor Track - for runners/walkers
Racquetball/Squash Courts
Sports Club Field
Personal Trainers Available
Work-out/gym equipment
INTRAMURAL SPORTS

......AT THE WELLNESS CENTER

Leagues:

Soccer
Flag Football
Volleyball

Team/Single Sports Tournaments:

Badminton Basketball
Cricket Dodgeball
Football Pick’em Golf
Poker Tennis Singles
Wiffle Ball X-box Football
Bowling
Flag Football
Indoor Soccer
Volleyball
SINCE 2011, THE PRINCETON REVIEW REPORTS.....

UH IS ONE OF THE MOST ENVIRONMENTALLY RESPONSIBLE UNIVERSITIES WHEN COMPARED TO 286 GREEN COLLEGES.
RECYCLING

UH recycles plastic, aluminum, steel and paper

Currently recycles 35% of waste

Goal 80%

Recycling bin full: Call 713.743.4948
csc@central.uh.edu
RECYCLING
- WITH SOLAR TRASH COMPACTORS
FILTERED WATER BOTTLE STATIONS

37 stations on campus
-One in SR2- 1\textsuperscript{st} floor

Refill water bottles or cups with filtered drinking water - FREE
RECYCLING BATTERIES

A. Rechargeable batteries (less than 11 lbs)

B. Cell Phones AND their batteries

Go to:
1. 3rd floor MD Anderson Library, Faculty Senate Office or
2. University Center or
3. Engineering College, Dean’s Office or
4. UH Library Lobby
Battery Recycling on Campus
Recyclers must simply place a battery or cell phone in a plastic bag provided at the front of the box, seal the bag, and place it inside the box. A limit of one battery per bag is permitted.
Acceptable rechargeable batteries (each weighing less than 11 lbs) include the following:
- Nickel Cadmium (Ni-Cd)
- Nickel Metal Hydride (Ni-MH)
- Lithium ion (Li-ion)
- Nickel Zinc (Ni-Zn)
- Small Sealed Lead Acid (SLA/Pb)

Cell phones and their batteries are also accepted, regardless of size, make, model or age.

Toner Cartridge Recycling on Campus
See drop off locations on map.

Paper, Plastic and Aluminum can recycle bins can be found in every building on campus.

CONTACT INFORMATION
Green UH
832.842.9107
gogreenuh@gmail.com
Located in Cougar Woods (west side of campus – Cullen/Wheeler)

Grows corn, cucumbers, basil, bush and gita beans, cherry tomatoes, peppers, eggplants, onion scallops, sweet potatoes and sugarcane

Recently donated 52 lbs of cucumbers & 5 lbs cherry tomatoes to a local food bank.
Stop 1 - Lynn Eusan Park
• Named after the school's first African-American homecoming queen who was a prominent idealist, who strongly believed and advocated for minority representation.
• Lynn Eusan Park has various trees and shrubs and is also the home of the Cougar Community Garden.
• Popular site of many university and student events.

Stop 2 - Cullen Family Plaza
• The Cullen Family Plaza is a central area on-campus of the University of Houston. It was built upon a reflection pond, and the buildings around it are the oldest on-campus.
• Has one of the more recognized pieces of art “Waterfall, Stile and River” by artist Lee Kelly.

Stop 3 - Dr. Barnett Memorial Garden
• Dedicated for the first female African-American President who tragically died on February 1982, from metastatic cancer.
• Barnett helped establish the Texas Center for Environmental Studies, and was the driving force behind the creation of the nationally recognized Bridge Program, which helped disadvantaged students make a successful transition from high school to college.

Stop 4 - The Cougar Community Garden (new location)
• Will be created as part of the university's sustainability initiative of the Campus Sustainability Task Force.
• Garden will be used as a teaching environment for university academics, community and student organizations.
• Will be overseen by Garden Coordinator, Leah Wolfthal, with the help of the garden board, student organizations and the UH Grounds department.

Stop 5 - Burdette Keeland Design and Exploration Center
• Named after Burdette Keeland, Jr. - UH professor, architect and mentor.
• Has the only sloped green roof in the City of Houston.
• Native plants and flowers, Gulf Muhly, Butterfly Weed and Mexican Feather Grass.
• Supports the production of prototypes for the UH Green Building Components program.

Stop 6: Pond by The College of Architecture
• Inspired by traditional Japanese-style koi ponds.
• Contains native plants that attract butterflies and humming birds.
• Bowl shaped pond measures six feet deep on one end and four feet deep on the other.
• Stocked with marine life such as fish and turtles.

Stop 7: Air Quality Tower at Moody Towers
• One of three super sites, operated 24/7, that offer the most all-inclusive chemical and meteorological measurement platforms.
• Data gathered offers the most representative sample of what the average person typically breathes in on a daily basis.
• Research conducted at the air quality tower is overseen by the UH department of atmospheric science.

Stop 8: Dena and Guy V. Lewis Azalea Garden
• Planted in honor of UH's legendary men's basketball coach Guy V. Lewis and his wife, who were outstanding in their support and dedication to the university.
• More than 1100 azaleas of 22 varieties welcome more than 30,000 visitors daily.
• The azalea garden is the launching point of a cross campus azalea trail, a component of the University of Houston master plan goal of linking and enhancing open spaces.

Stop 9: Mesquite Tree
• Recognized by “The Park People” as the oldest honey mesquite tree in Harris County.
• This honor is a direct result of grounds supervisors that recognized the specimen and took measures to preserve and maintain it for the past 33 plus years.

Stop 10: Margaret Sharpe Antique Rose Garden
• Features a variety of antique roses in several beds surrounded by a low, brick wall with flagstone caps.
• Named for Margaret Sharpe, Houston's "grand dame of roses" who was an influential Houstonian, lover of horticulture and a UH supporter.