



HEALTHCARE

YALE HEALTH PLAN

www.yale.edu/uhs

University Health Services
17 Hillhouse Avenue
E-mail: member.services@yale.edu
General Info: 432-0246

URGENT CARE: 432-0123
Pharmacy: 432-0033

Student Med: 432-0312
Internal Med: 432-0038
Inpatient Care: 432-0001
Mental Hygiene: 432-0290
Ob/Gyn: 432-0222
Pediatrics: 432-0206

Toll-free (U.S. & Canada):
1-877-947-2273
International toll-free
numbers on the web.

How do I know if the Yale Health Plan is for me?

For Yale students, employees, and their families, the *Yale Health Plan* may be your best, most affordable option. All other Yale affiliates (such as visiting research fellows, scholars, faculty, etc.) who do not qualify for the special student or member rates, or who do not have the Yale Health Plan offered as part of their employment compensation, would be eligible to purchase the *Billed Associates Plan*, which gives the same coverage as the Yale Health Plan, but is unfortunately quite expensive. For more information on eligibility, fees and who is considered a Yale affiliate, refer to the section of this handbook entitled *Yale Coverage for Short-term Scholars*. Postdocs and visiting scholars should always check with their departments concerning their eligibility for the Yale Health Plan.

It is extremely important that all international visitors to the U.S. have adequate health insurance coverage. If someone without health insurance becomes ill, they would not be entitled to any free health care and would be personally responsible for all costs incurred. For a serious illness or accident in particular, this could cause great hardship.

All full-time Yale students are required to have adequate hospitalization and specialty care medical coverage and will be automatically enrolled in the Yale Health Plan. J-1 and J-2 visitors must meet a minimum health insurance requirement, which is described later on in this section. All dependents must have coverage, and if you have friends or relatives who are coming to visit as tourists, even for a short time, it is imperative that they at least have accident insurance while they are in the U.S.

YALE HEALTH SERVICES

Because of its comprehensive services, the *YUHS* facility might best be described as a 'mini-hospital', located on campus at the *University Health Services Center*, 17 Hillhouse Avenue. Those who are insured on the *Yale Health Plan* can go there for not just routine doctor visits and medical tests, but also 24 hour Urgent Care -- both walk-in and telephone service. This facility is where student medicine is located (primary care), and general services include sports medicine/athletic care, a pharmacy, a 23-bed inpatient care facility, and many specialty clinics such as Allergy, Dermatology, Orthopedics, Travel Clinic, etc.

YALE HEALTH PLAN (YHP)

The Yale Health Plan (YHP) is medical insurance available to Yale students, employees, and other Yale affiliates. This health coverage option coordinates and provides payment for the Yale University Health Services (YUHS) described above as well as for emergency treatment, off-site specialty services, and inpatient hospital care. YUHS's services are comprehensively described in the *Yale Health Plan Student Handbook* or *Member Handbook*, available on their website or call general information. Postdocs, visiting scholars and Yale employees must enroll within the first 30 days of employment at Yale or they lose the opportunity.

YHP COVERAGE FOR STUDENTS

Yale students will be automatically enrolled in and charged a fee for the *Yale Health Plan Hospitalization/Specialty Coverage* and the *Prescription Plus Plan*. The annual single student premium for these plans is \$1500

for the academic year 2006-2007 (fall term \$625, spring term \$875). You are, however, permitted to waive the plan by completing a waiver form and showing evidence of comparable alternate coverage before September 15, 2006. You can call the YHP Member Services Department 432-0246 if you need to request a waiver form.

FORMS/IMMUNIZATIONS FOR STUDENTS

Connecticut State law requires **all incoming students** to provide written proof of adequate immunization to Measles (Rubeola) and German Measles (Rubella) in order to register for classes. **All medical/nursing students** are also required to provide documentation of immunization to Mumps, Varicella, Hepatitis B, PPD, Tetanus-Diphtheria and polio. For further information or questions please call the Office of Health Promotion and Education at Yale University Health Services (YUHS) at 203-432-4094 **All students living in on-campus housing (dorms)** must, by Connecticut law, be vaccinated against meningococcal disease. All returning students who plan to live in University housing must be immunized or show proof of immunization within the last five years.

Registration requirements - Students who have not met the following requirements prior to registration will be subject to a registration "health hold" and won't be able to complete registration.

- Bursar bill must be paid in full, including health insurance (or a waiver submitted proving adequate health coverage)
- All immunization requirements must be up-to-date
- If under 18 years old, a completed *Authorization for Medical Care and Treatment* form must be submitted.
- Health history form, the results of a physical examination must be submitted to the University Health Services

YHP FOR POSTDOCS/VISITING SCHOLARS

Make sure you arrange health insurance as one of the first things you do. This is especially important if you will be on the *Yale Health Plan*, the university health insurance, since you only have 30 days in which to enroll, or you lose your eligibility. Whether or not you can or will be covered on the Yale Health Plan can be best answered by first checking with your department's *business office*. You can also get information at www.yale.edu/hronline/benefits or call the *YHP Member Services* office for more information at 432-0246.

Be advised that understanding health coverage can be a confusing question, with a variety of answers, since Yale has so many different kinds of appointments, such as *visiting research fellows*, *visiting fellows*, *visiting scholars*, *visiting faculty*, *visiting research affiliates*, *non-degree special students* and *post-doctoral associates*.



Emergency

Call 911 for a life threatening emergency. For a trip in an ambulance you may have to pay out of pocket if not covered by insurance. You can also go on your to the nearest hospital *Emergency Room* (no appointment necessary) or the *Yale Health Plan* offers 24 hour *Urgent Visit* for its members for non-life threatening emergencies, call 432-0123.

Yale-New Haven Hospital
20 York St, www.ynhh.org
General Emergency: 688-2222
Children's Emergency: 688-3333
Psychiatric Emergency: 688-2222

Hospital of St Raphael's
1450 Chapel St,
www.srhs.org
Emergency Room: 789-3464



BILLED ASSOCIATES PLAN 2006 MONTHLY RATES YALE HEALTH PLAN

Single	\$1007.00
Two-person	\$2206.00
Family (spouse and child/ren)	\$2995.00

(Rates change annually on July 1). Questions? Call YHP Member Services at 432-0246.



PROBLEMS WITH YHP?

The *Yale Health Plan (YHP)* is dedicated to achieving a high level of member satisfaction. However, even with the best efforts, there may be an occasional incident which leaves a member feeling dissatisfied with some particular encounter, policy or decision. If this happens to you, you may want to contact the *Patient Representative* who can investigate and attempt to resolve any issues you may have. The Patient Representative is located on the fourth floor of UHS at 17 Hillhouse Ave and can be reached by phone: 432-0109.



NEED AN URGENT MEDICAL APPOINTMENT?

It can take weeks or months to get a *routine* medical appointment. If you feel you need to be seen sooner than the appointment you are given because of urgent medical needs, call back and insist that you need to be seen sooner. All offices save some time for urgent same day appointments. You could visit *Urgent Care* if you are on the *Yale Health Plan*.



TRANSLATION SERVICES AT YALE HEALTH PLAN

Patients with limited English proficiency can request *translation service*, which is always available in 150 languages, 24 hours a day. Patients with an on-going need for the service can obtain a card from Member Services that they can present at the time of any visit to let the staff know that they wish to use the service.

Again, if you are not sure about your health insurance coverage, check with your department first. You will want to ask them if health insurance is included with your position, and if so, will it be fully or at least partially subsidized by Yale? If Yale will not be subsidizing your health insurance, you will want to understand whether or not you are eligible to purchase the *Yale Billed Associates Plan* at special member rates. In any case, especially if your health insurance is not covered by your department, you will most likely want to shop around for private insurance options before making a decision (see *Non-Yale Health Insurance* and *Shopping for Insurance Plans* for helpful information).

YHP FOR YALE EMPLOYEES

Staff or employees regularly scheduled to work a minimum of 20 hours a week and faculty who hold at least half-time appointments are eligible for *Yale Health Plan* membership and may have some or all of the monthly premiums paid by Yale University. Eligible Yale faculty, staff, employees and individual associates must enroll within the first 30 days of employment or affiliation with Yale or during the University's open enrollment period each Fall. Casual and temporary employees are not eligible to join YHP. New employees who will be on the Yale Health Plan will receive information from the benefits office at new employee orientation. When you enroll in the YHP, you may choose individual, two-person or family coverage. To get more information about new employee orientation or options for employee medical insurance, call the benefits office at 432-5550.

YHP FOR UNPAID YALE SCHOLARS

Visiting research fellows, visiting fellows, postdoc fellows, visiting scholars, visiting faculty, visiting research affiliates, non-degree special students and post-doctoral associates who are not receiving Yale paychecks are eligible for membership in *Yale Health Plan* through the *Billed Associates Plan* (rates listed on previous page of this handbook). Enrollment must be within the first 30 days of your affiliation with Yale University. Coverage begins on the first day of the month following the date the enrollment application is received by YHP and continues until the end of the month in which the affiliation ends. Enrollment changes must be made in accordance with YHP policies and procedures as stated in the *Yale Health Plan Member Handbook*.

SPOUSE/FAMILY HEALTHCARE

It is extremely important that any member of your family who accompanies you to the U.S. has adequate health insurance and access to health care. (J-2 dependents are **required** to have insurance). In preparing your budget, you must be sure that you can meet health insurance expenses.

Yale Health Plan - 2-Person or Family Plan - For students or employees covered by the *Yale Health Plan*, you will probably want to add your accompanying spouse or same-sex domestic partner and/or family (dependent children under the age of nineteen) to your insurance. Spouses, same-sex domestic partners and family are not automatically enrolled simply because the student or employee is a member, so you will have to request it and pay an additional premium. For employees, faculty, postdocs, visiting scholars on the Yale Health Plan, dependants must be enrolled in the first 30 days of your employment or event (such as birth or adoption) or during yearly fall open enrollment period. *Students* may enroll their spouse and in the Yale health Plan by annually filing an application with the YHP Member Services Department and by paying the additional premium each semester. The *family enrollment form* for students dependents must be filled out and turned in by Sept. 1.

Non-Yale Insurance - If you are not on the Yale Health Plan, you will want to shop around for the coverage that best meets your needs as a family. See the sections on *Non-Yale Health Insurance* and *Shopping for Insurance Plans* for information and suggestions.

Immunizations for Public Schools or Daycare - If you have children who will be attending public schools or daycare, you will be required to show proof of immunization, including D.P.T. (diphtheria, pertussis, tetanus). It is helpful to bring copies of medical records and proof of immunization from your country.

J-1 INSURANCE REQUIREMENT

All J-1 Exchange Visitors and their J-2 dependents are required by federal regulations to have medical insurance for the entire period of their stay in the U.S. You may select the medical insurance that is best for you and any family; however, here is the minimum coverage that must be met:

- \$50,000 per accident or illness
- Medical evacuation in the amount of \$10,000
- Repatriation coverage for up to \$7500
- A deductible of no more than \$500 per illness

Any insurance policy that fulfills these requirements must be underwritten by an insurance corporation having an *A.M. Best* rating of "A" or above, an *Insurance Solvency International, Ltd. (ISI)* rating of "A-i" or above, a *Standard and Poor's Claims-paying Ability* rating of "A" or above, a *Weiss Research, Inc.* rating of "B+" or above, or such other rating service that the Exchange Visitor Program may specify. Insurance coverage backed by the full faith and credit of the government of the Exchange Visitor's home country meets the requirements. Health benefits programs offered on a group basis to employees or enrolled students by a designated sponsor or underwritten by a federally qualified health maintenance



YHP STUDENT FAMILY RATES 2006-07

Rates for academic year; must enroll family by 9/1:

Two-person Family (spouse and child/ren)	\$5208.00 \$8556.00
--	------------------------

NON-YALE HEALTH INSURANCE

www.insuranceexchangeonline.com

www.psiservice.com

www.hthstudents.com

www.isoa.org

www.hginsurance.com

www.imglobal.com

INSURANCE FOR VISITING FRIENDS/RELATIVES

Travel insurance that will cover them in the unlikely event of accidents or sudden serious illness and repatriation should be purchased before departing for the U.S. This website offers a lot of helpful advice: www.path2usa.com/insurance/vmi_main.htm

STUDENT HEALTH EDUCATION

For students' questions about sexual health, sexual assault and harassment, and sexually transmitted diseases. Promotes health and wellness in the community and at the Health Services. If you are interested in service as a *Peer Health Educator (undergraduate)* or a *Graduate and Professional Student Health Advocate*, contact *Student Health Education* at 432-1892 or visit www.yale.edu/uhs/departments/health_ed/right.htm



IMPORTANT TO KNOW

Health Coverage does not begin immediately for employees/faculty/postdocs/visiting scholars on the Yale Health plan. Coverage begins the first of the month, at least 30 days after initial enrollment. You'll want to arrange for travel insurance or other coverage to cover the uninsured period.

Not all hospitals, doctors or pharmacies will accept all insurance cards, and some procedures may not be fully reimbursable. If you are unsure, you will want to check with your insurance company and/or the service provider first. Often you will be required to pay the full cost of services for which you may be reimbursed.

PUBLIC BENEFITS

International students and scholars should not, under any circumstance, accept public benefits from the federal, state, or local government agencies in the United States, since it can adversely affect immigration status by causing you to lose your legal status in the U.S. and barring your re-entry. This includes, but is not limited to participation in programs such as *Supplemental Security Income (SSI)*, *Temporary Assistance for Needy Families (TANF)*, *state and local cash assistance programs and subsidized housing*. Participation in the *Special Supplemental Program for Women, Infants and Children (WIC)* will not affect your immigration status, and is one example of an exception. If you are considering receiving assistance of any kind, you should always consult with the OISS first.

organization (HMO) or an eligible competitive medical plan as determined by the *Health Care Financing Administration* shall also qualify. The medical and hospitalization coverage provided by the *Yale Health Plan* meets and exceeds these requirements, but does not provide coverage for medical evacuation and repatriation.

If you willfully fail to maintain the insurance coverage as set forth or make a material misrepresentation to your J-1 sponsor regarding the coverage, you will be considered to be in violation of the *Exchange Visitor Program* regulations and will be subject to termination as an Exchange Visitor participant. **It is your responsibility, not Yale's, to obtain and maintain insurance coverage.**

REPATRIATION COVERAGE

If you are a Yale employee, affiliate or student, the medical evacuation and repatriation insurance requirement is covered for you by MEDEX, an additional insurance program purchased by the University. If you are a J-1 scholar, but not a Yale employee, or if you are a J-1 student, you must make certain that your insurance includes coverage for medical evacuation and repatriation. Talk to the OISS for more information.

NON-YALE HEALTH INSURANCE

If you are an exchange visitor and have not arranged adequate health insurance coverage before leaving home, you will want to arrange at least the minimum coverage as described in the section "J-1 Health Insurance Requirement". The OISS has a number of brochures detailing health insurance programs for international students and scholars and there many web resources as listed in this chapter.

SHOPPING FOR INSURANCE PLANS

If you are planning to purchase non-Yale health insurance, you will want to research the best plan and rates for your particular situation. When deciding how much coverage to purchase, some points to consider are:

- How much of a monthly premium can you afford?*
- Do you need individual or family coverage?*
- Do you require coverage for routine visits and emergency care, or just emergency care?*
- Do you want prescription coverage also?*
- Do you have an existing medical condition for which you will require treatment during your stay at Yale?*
- What is the deductible?*

When considering your options, keep in mind that routine visits to a doctor will cost approximately \$100 to \$150 per visit, which does not include any tests or

medications you may need. A trip to the emergency room will cost at least twice that amount, and a day in the hospital could cost thousands of dollars. Prescription drugs can also be quite costly, with a single prescription possibly costing \$100 or more.

All visitors to the U.S. will want to have at least accident insurance coverage to cover any emergency care or hospitalizations. If you are a J-1 visa holder you are required to hold a specific minimum coverage as described in this section of the handbook.

INSURANCE TERMINOLOGY

Here are some terms you will need to know in order to understand and compare insurance plans:

Deductible – The amount that must be paid by the insured before the insurance company begins to reimburse for covered expenses. For example, if you purchase a plan with a \$500 deductible and incur \$1500 of expenses, the insurance company will begin to reimburse for expenses after you have paid the initial \$500 "deductible".

Co-Insurance or Co-pay – The percentage or amount of eligible expenses that the insured pays after the deductible. For example: If an insurance company offers an 80/20 co-pay, it means that the insurance company pays 80% of the charges and the insured pays 20%. Many plans have a maximum out-of-pocket (co-pay) amount, which means that after you have paid a certain amount of expenses, the insurance company will reimburse for expenses at 100% up to the plan limit.

Exclusions – The expenses that the insurance company/plan will not pay. Possible examples include expenses resulting from illegal drug use, or pre-existing conditions. Read coverage carefully to understand the exclusions in each plan.

Pre-existing conditions – Medical conditions (including pregnancy), medication, consultation, or treatment which existed or which were performed prior to the effective date of the insurance coverage. These are often not covered in non-Yale plans.

Premium – The amount you pay to purchase your medical insurance plan. Premiums may be paid full in advance or monthly depending on the policy.

MEDEX - TRAVEL ASSISTANCE

MEDEX is a benefit provided at no cost to all students, faculty and staff members. This program provides medical, personal safety and travel-related emergency assistance while traveling domestically or abroad, includ-



LOW-COST HEALTHCARE

There are few low-cost health care options for the uninsured. If you have not purchased comprehensive coverage and need routine care, you may want to visit one of these private, low-cost health care clinics. Their services include internal (adult) medicine, pediatrics, obstetrics and gynecology, on-site laboratory, nutrition, urgent visits, mental health counseling and dental services. Many staff members are bilingual Spanish/English. No appointment is necessary, but you may have a shorter wait if you call in advance to schedule an appointment. They charge on a *sliding scale*, which means that you are charged according to your income. You will need to bring along a current pay-stub or other official proof of support.

Hill Health Center, 428 Columbus Ave, 503-3000 (24 hour number for registered patients)

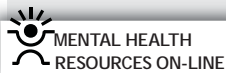
Dixwell Health Center, 226 Dixwell Ave, 503-3420

Women's Health Services, 911 State St, 789-1272 (Gynecology and low-cost pregnancy termination)



NURSE ADVICE LINE

For free, confidential medical information, you can telephone the Nurse Advice Line at *Yale-New Haven Hospital*. Speak with a nurse weekdays, 8 a.m. to 5 p.m. Call 688-9999 (local) or 1-877-688-1101 (toll-free).



Screening For Mental Health, Inc.
www.mentalhealth-screening.org

Anxiety Disorders Association of America
www.adaa.org

Depression and BiPolar Support Alliance
www.dbsalliance.org

National Center for Post-Traumatic Stress Disorder
www.ncptsd.org

National Eating Disorders Association
www.nationaleatingdisorders.org

National Institute of Mental Health
www.nimh.nih.gov

National Institute on Alcohol Abuse and Alcoholism (NIAAA)
www.niaaa.nih.gov

National Mental Health Association
www.nmha.org

Post-Traumatic Stress Disorder Alliance
www.PTSDAlliance.org

Stop A Suicide, Today!
www.StopASuicide.org

Substance Abuse and Mental Health Services Administration
www.samhsa.gov



LOW COST CONTACT LENSES

You must have a valid prescription (it can be from your home country). Free shipping with your Internet order: Go to www.1800contacts.com

ing medical evacuation and repatriation. In the event you sustain an injury, become ill, are hospitalized, have personal safety concerns or incur any travel-related emergency, call MEDEX at the toll-free numbers listed on the identification card 24-hours a day – 365 days a year.

MEDEX cards and program description guides are available on line at www.yale.edu/finance/control-ler/riskman/programs/medex.html or by contacting Vicki Ramsay at 432-8258, or victoria.ramsay@yale.edu. You will want to familiarize yourself with coverage terms and conditions prior to any travel. If dependents are in the U.S. with you, you will want to purchase the MEDEX benefit for approximately \$4.00 per month. Call *Haylor, Freyer & Coon* at 800-289-1501 and ask for a *college specialSt*

MENTAL HEALTH

In your country it may not be common to seek the help of a doctor or therapist for personal problems. However, in the United States, there is no stigma or shame in asking help from a psychologist or other mental health professional. Furthermore, everything you discuss with a mental health clinician is held in strictest confidence. Should you find that adjusting to this new environment is more difficult than you expected and you feel that you are having trouble managing personal or academic difficulties, you should seek the assistance of a counselor, psychologist or other mental health professional. Additionally, there is a free (anonymous) on-line mental health screening for students that you may find helpful at www.mentalhealthscreening.org/screening/welcome.asp (keyword = *Yale*). Here are some options for where to go for assistance:

Yale Health Plan - Plan members and their enrolled dependents who need counseling, psychotherapy or crisis intervention, should call or visit the *Mental Hygiene Department* at the *University Health Service Center*. The staff there is very accustomed to talking with international students and scholars about the adjustment process. If you have an emergency and need to see someone right away, there is a doctor on-call 24 hours a day. You can go in person, Monday through Friday, 8:30am to 5pm, to *17 Hillhouse Ave*, or call 432-0290 to schedule an appointment. For emergency mental health care anytime after normal business hours, call *24 Hour Urgent Care* at 432-0123.

Should Yale Health Services refer you to a counselor or psychologist outside of the *Yale Health Plan*, and you are worried about the costs involved, you should request that you see someone who will bill on a *sliding scale*. This means that you will be billed according to what you can afford to pay based on your income.

Yale Employee Assistance Program (EAP) - This program allows Yale staff, faculty and their families to obtain immediate, confidential and professional help when personal difficulties begin to affect home life, health or job performance. Difficulties might include: marital conflicts; family concerns; personal relationships; drug or alcohol abuse; legal or financial problems; job pressures; or lifestyle changes related to divorce, aging, retirement, illness, etc. *Wellness Corporation* administers Yale's program. For further information about services, see www.wellnesscorp.com or contact a representative directly at 800-232-6092.

Non-Yale Insurance or Non-insured Referrals: If you are not on the Yale Health Plan or if you are uninsured, you will need to do a little research to find someone. The OISS can help you find assistance, or you can look in the yellow pages of the telephone book under "Psychologists" or "Psychotherapists". To search on-line for certified therapists who can help you with specific problems, go to www.4therapy.com. The site includes lots of helpful information about when to seek therapy, choosing the right therapist and more. *Yale New Haven Hospital* also provides a referral service, and you can call them at 688-2000.

DENTAL & VISION CARE

A dental and vision health care discount plan is available for **Yale students** to purchase through the *Co-Health Group*. Enroll anytime and then the program is good for one year from the date of enrollment. Obtain information and enrollment forms online at www.yale.edu/uhs/menu/fs, or call *Yale Member Services* at 432-0246.

For **postdocs, visiting scholars, and Yale employees**, you may be eligible to buy into Yale sponsored dental insurance. Go to www.yale.edu/hronline/benefits for more information. Dental insurance is also available through some private companies, but before purchasing any dental plan, you would want to compare the cost with the benefits since the premiums can be quite high in relation to the percentage of reimbursement. Go to www.dentalplans.com to compare dental insurance plans available in the New Haven area.

Dental work can be quite expensive in the U.S. Without dental insurance, you will be responsible for the full cost of any dental work you have done while in New Haven. If you know you need extensive dental work, you may wish to have it taken care of while you are at home. Should you need dental care in the U.S., it's a good idea to ask someone to recommend a good dentist

The *Graduate Student Assembly (GSA)* has put together a list of dentists that have agreed to give Yale graduate



MENTAL HEALTH CRISIS

If someone is in imminent danger of hurting themselves or someone else, call 911.

If you, or someone you know, is in crisis, these telephone numbers will reach a person who will answer and assist 24 hours a day. Professional standards of confidentiality are followed by all of these services.

Yale Urgent Care
432-0123
Domestic Violence
789-8104
Rape Crisis
878-1212
Suicide Prevention
1-800-273-8255 or 211



CANCELLING MEDICAL APPOINTMENTS

Most doctors and dentists have a 24 hour cancellation policy. This means that you must cancel an appointment no later than 24 hours in advance or you risk being charged a cancellation fee, which can be as much as the estimated cost of the visit. If you need to cancel last minute, make sure you clearly understand the cancellation policy first

INFORMATION FOR WOMEN

Sanitary pads and tampons should not be flushed. They clog U.S. toilets. You will sometimes find disposal receptacles in the toilet stall of public restrooms. If not you will need to wrap the item in toilet paper and dispose of it in the trash can located outside the stall.



YALE-NEW HAVEN HOSPITAL

Maternity Services
www.ynhh.org/maternity

RESOURCES FOR EXPECTANT PARENTS

A recommended book: "What to Expect When You're Expecting" by Eisenberg, Murkoff and Hathaway. New York: Workman Publishing. ISBN 0-89480-829-X.

Nearby shops for baby stuff include: *Wal-Mart* and *Toys'R'Us* in Hamden, *Target* in North Haven, *Baby Club of America* in West Haven, and *Babies'R'Us* in Milford.



DOCUMENTS FOR BABY

U.S. BIRTH CERTIFICATE
If it's not mailed automatically, you can pick up a copy of the birth certificate at City Hall - Bureau of Vital Statistics, 165 Church St, Room 154 between 9am to 4:30pm, Monday to Friday. You will need to bring \$5 cash and a photo ID of yourself.

U.S. PASSPORT
Babies Born in the U.S. are automatic citizens and entitled to a U.S. passport.

For information: travel.state.gov/passport/passport_1738.html

For expedited processing, you may want to investigate this service: www.americanpassport.com

students who don't have insurance a special discount on various services. For information on these dentists, visit www.yale.edu/gsa/dent.html. Most likely, even if you are not a graduate student, if you have a Yale I.D., you can still take advantage of the discount, and should make sure you mention that you are with Yale when you call to inquire about fees or make an appointment.

DENTAL EMERGENCIES

Yale New Haven Hospital has a full service dental clinic; for routine visits and dental emergencies. At the time of this writing, they are no longer accepting new patients for routine visits. They will however take emergencies, which includes acute pain, bleeding or infection. Private insurances are not accepted, but you can self-pay. Always inquire about fees before a visit. To make an appointment call 688-2464. Their web address is www.ynhh.org/patients/med_serv.html#dental. Some private dentists handle dental emergencies as well, and you would need to look in the phone book yellow pages under *dentists* and call them for details.

PREGNANCY & CHILDBIRTH

If you suspect you are pregnant, you should contact the *Obstetrics and Gynecology (OB-GYN)* at Yale University Health Services (YUHS), or if you are not on the Yale Health Plan, you should seek an obstetrician privately. After your pregnancy has been confirmed by a lab test you will see either a midwife or an obstetrician monthly for the first seven months, every two weeks during the eighth month and every week during the ninth month. **For information about New Parent Clubs/Breast-feeding Groups**, see the chapter on *Student and Scholar Life*.

Ultrasounds are routinely scheduled at 18-24 weeks, and are usually performed in the doctor's office. *Women's Education Life Learning (WELL)* at Yale-New Haven Hospital offers childbirthing classes. There are some brochures/info on these classes at Ob-Gyn at YUHS, but you can contact them directly at 688-9355, or get details on the website at www.ynhh.org/maternity/countdown/classes.html.

LABOR & DELIVERY

Those on the *Yale Health Plan* must go to *Yale-New Haven Hospital (YNHH)* for labor and delivery. The midwife or obstetrician who delivers your baby will be one of the professionals you have met during your check-ups in the previous nine months.

Before delivery you can arrange a tour (through WELL) of the Labor and Delivery suite (recommended). During this tour you will have an opportunity to complete all the necessary paperwork (e.g. insurance forms). All rooms are single rooms with bathrooms, rocking chairs and all monitoring equipment. Any electrical equipment you take with you (e.g. CD player for soothing music!) must be battery powered.

When you go into labor, first contact your obstetrician. If your contractions are five minutes apart or less you should go directly to the hospital. YNHH offers free valet parking. Your partner can stay with you at all times, except for emergency caesarians. After delivery you will be taken upstairs to the post-partum floor, where you will stay for approx. 1 1/2 days after a normal vaginal delivery or about 4 days after a caesarian.

If you are driving home, by CT law, you are required to have a car seat for the baby. To shop for car seats and other baby products, check out the book *Best Baby Products, 8th edition* published by **Consumer Reports**. You can also get the contents of this book for free online via the Yale library system.

PEDIATRICS

During your pregnancy you can contact Pediatrics at YUHS for a preliminary visit. You will take your baby to Pediatrics for routine appointments at 1 week, 2 weeks, 4 weeks, and 2, 4 and 6 months, but you can call them any time you have concerns. At each appointment your baby will be weighed and his or her development checked. At some of the appointments the baby will receive vaccinations.

ALTERNATIVE HEALTHCARE

Alternative health care or *alternative medicine* generally refers to therapies not typically employed within traditional western medical practice. This includes natural medicine, homeopathy, chiropractic, acupuncture, therapeutic massage and more. In case you are interested in alternative health care options, here are some resources that have been recommended by students and scholars at Yale. Alternative health care may be covered by your health insurance, and you would need to call your insurance company to check since policies vary widely.

Amadeus, 245 Bradley St, 787-0869, www.amadeuscenter.com. Diverse staff of accredited experts in alternative health care. Employs a multi-technique, holistic, hands-on means toward a healthier body and mind. First-place winner in Best Of New Haven 2005 poll.

Connecticut Center for Natural Medicine, 2 Washington Ave, North Haven, 234-9780, www.gingernash.com. Ginger Nash, N.D. Pediatric naturopathic medicine.

Creative Body Therapies, 1079 Whalley Ave, 387-5015, www.creativebodytherapies.com. Therapeutic massage and yoga center.

See information in side bar for more *alternative health-care* resources.



BIRTH CONTROL & PREGNANCY RESOURCES

In the U.S., a prescription is needed to purchase birth control pills, which are expensive and often not covered by prescription insurance plans. You may find it more economical to bring a supply over from your home country. You may also need to have a doctor's note of permission to bring them into the U.S. Around campus, at various locations, including the *International Center*, you can find free condoms offered to the Yale community by YUHS, Office of Student Health Promotion & Education.

Planned Parenthood of CT, 345 Whitney Ave, 503-0450, www.ppct.org. They can help you with information & resources if you find yourself pregnant (planned or unplanned)

ALTERNATIVE HEALTHCARE

Natural Health Associates, 2558 Whitney Ave, Hamden, 230-2200. James Sensenig, N.D., Robin Ritterman, N.D. L.Ac. and Associates offer a full range of alternative medicine including naturopathic and Chinese medicine, chiropractic, licensed acupuncture, therapeutic massage and much more.

Naturegene, 75 Whitney Ave, 865-5121. Dr. Gao and Dr. Du practice acupuncture, Chinese medicine and massage.

Revive Wellness Center, Dr. Artemis Morris, 867-869 Whalley Ave, 387-1540, www.drartemis.com. Naturopathic family practice, acupuncture, Chinese and herbal medicine.