



TANG CENTER

# BEAR TALK

NEWS AND INFORMATION FROM UNIVERSITY HEALTH SERVICES

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## If you have SHIP, you now have dental coverage

**It's new this fall!**

All UC Berkeley students enrolled in the Student Health Insurance Plan (SHIP) automatically have dental coverage. This much-requested and anticipated improvement to SHIP became effective August 15 at the start of the SHIP coverage period.

**What does it cover?**

It covers preventive and diagnostic services at 100 percent—including two oral exams and cleanings per year, x-rays and fluoride treatment. It also covers fillings, extractions, oral surgery, periodontics (gum care) and endodontics (root canals) at 80%, after a \$25 deductible.

**How does it work?**

Your dental care is provided by community dentists. You may select a dentist from participants in MetLife's Preferred Dentist Program, which includes 50,000 participating dentists nationwide—and 100 within five miles of campus. Your dentist will file a claim directly to

Metlife, and any co-pays are due at the time of service.

**How do I get the list of dentists?**

If you go to [www.metlife.com/dental](http://www.metlife.com/dental), you will find a list of dentists and maps to their offices. (Note that you can choose a dentist who is not a participant in the MetLife program, but you will have higher out-of-pocket expenses.)

**Will I have a separate dental insurance ID card?**

No, nor do you need a referral. You have the freedom to choose any dentist or switch dentists at any time. When you make an appointment, let the dentist's office know that you are a UC Berkeley student and you are covered by MetLife.

**Can I choose the dental plan separately from overall SHIP coverage, or can I waive just the dental plan?**

Dental coverage is part of SHIP. If you are en-

*See "Dental Coverage," pg. 3*

## Have you seen this face around campus?

This image and the images of several other Berkeley students are popping up all over campus—on table tents, posters, t-shirts—along with the slogans *Don't Tell Me How to Party* or *Be a Designated Thinker*. The posters and other materials are part of a public awareness campaign launched at Berkeley this semester.

*See "How to Party," pg. 3*



"Cliches about college drinking are wrong. I make my own decisions about if and how much to drink." *Sara, senior*



# What are you feeling a year later?

Ask a group of five or even 25 students about their feelings a year following the terrorist attacks, and you will get as many different reactions, says Jeff Prince, Director of Counseling and Psychological Services at UHS.

Many people will be able to name some positive outcomes from the tragedy—recognizing the value of their relationships, their family or their community; ap-

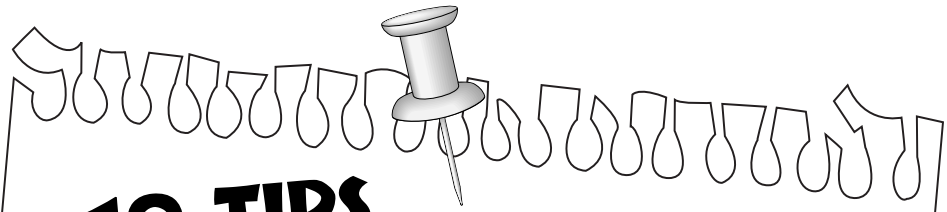
*The fact that the trauma was not a one-time event but an ongoing situation makes the healing process complicated.*

preciating their everyday freedoms, perhaps realizing how much inner strength they actually have.

Still, many people may continue to react with anger and/or anxiety. And no wonder, says Prince. The events of September 11, 2001, constituted extraordinary trauma on many levels. Beyond the tragedy of the day—the terrible loss of lives—people's beliefs were shattered, and many felt a loss of their sense of safety. The fact that the trauma was not a one-time event but an ongoing situation makes the healing process complicated.

"It is normal for some people to feel a 'backward slide' a year after a traumatic event," says Prince. Mood swings, depression, appetite changes, anxiety, or sleep disturbances are some of the possible reactions. Recognizing these for what they are—normal (if potentially problematic) reactions—and talking about it with others can be helpful.

Talking with others, seeking support, staying involved and trying to keep balance in your life are all important steps toward "bouncing back," according to Prince.



## 10 TIPS FOR HEALTH AND SUCCESS @ CAL

### 1. BE SMART ABOUT YOUR STUDY HABITS

At the beginning of each semester, plot out your classes, important dates for exams, deadlines for papers, etc. Weekly and monthly calendars of commitments, along with daily "to do" lists will help you stay on track.

### 2. FIND YOUR NICHE

It's easy to feel alone on this large campus unless you find a "home" in one of the smaller communities. Take a look at the hundreds of groups or clubs at [www.uga.berkeley.edu/sas/student/groupsearch.asp](http://www.uga.berkeley.edu/sas/student/groupsearch.asp) Or look into peer education programs and volunteer opportunities here at the Tang Center. There's bound to be many students who share your interests.

### 3. GET YOUR ZZZ-S

Not getting enough sleep or having a wildly irregular schedule throws off your internal clock, leaving you less able to concentrate, and more likely to get sick. Try to get at least 6-8 hours of sleep.

### 4. EAT!

This seems like an easy thing to do, and yet so many students forget when things get hectic. Toss some fruit or crackers and a bottle of water in your backpack before you take off for the day. Begin the day with breakfast (even if it's on the go) and never go more than 3 hours without food. You'll have a lot more energy.

### 5. EXERCISE IS A MUST

The physical benefits are well documented, plus it's a great stress reliever. Walk briskly to your classes, join the RSF, take a dance class, explore the hiking trails of the Berkeley Hills, whatever you like.

### 6. STRIKE A BALANCE

Spending every possible minute studying is not good for your health, nor is it wise to overextend yourself with too many extracurricular commitments. A balanced week is composed of time for schoolwork, family and friends, work, exercise, extracurricular activity, and some quiet down time.

**SEE "10 TIPS,"  
BACK PAGE**



Prolonged symptoms, however, are a signal to seek professional help. "People can learn constructive ways of coping and improve dramatically in a relative short period of time. The key is not to put it off," he says.

For more information specific to the 9/11 anniversary and coping with trauma, as well as services available to students, see "Updates" at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu).

### Depression Screenings Scheduled for Nov. 20

In conjunction with National Depression Screening Day, the campus will be offering free walk-in screenings for depression on Wednesday, Nov. 20, from 11 am-2 pm at the MLK Jr. Student Union.

For more information, please call 643-7754.

# How to Party

(from page 1)

The goal? To knock down the myth that excessive drinking is part of the college experience. The truth is, most students are not heavy drinkers, especially at Berkeley.

**Don't Tell Me How to Party** says that no one can tell you how much to drink—if indeed, you choose to drink at all. It also says that you set your own limits, and that you decide when you're having a good time—and when you're not.

**Be a Designated Thinker** says, again, that you're the best judge when it comes to deciding what's fun and what's not. It also says that you're thinking about yourself and the welfare of others whenever you're out partying.

In addition to providing information, this project, which is supported by a grant from the U.S. Department of Education, will award grants to students to launch their own activities addressing alcohol. This part of the project will begin in October. For more information, call UHS Health Promotion at 642-7202.

# Dental Coverage

(from page 1)

rolled in SHIP you automatically receive dental coverage. You can't enroll in or waive dental coverage separately from SHIP.

## How can I get more information?

The UHS website at [www.uhs.berkeley.edu/students/insurance](http://www.uhs.berkeley.edu/students/insurance) (choose "dental coverage" under updates) offers detailed information on the dental plan and how to use it. It links to the MetLife website, which offers additional information. You can call the SHIP office at UHS if you have questions, 510 642-5700; or you can call MetLife at 1 888 384-5155 to speak to a dental plan representative.

# Free HIV Testing

Free, drop-in, anonymous HIV antibody testing is offered every Thursday at the Tang Center. It is an oral test (no blood is drawn), with results in one week.

**When:** Drop in, 5-6:45pm

**Where:** 1st floor, clinic to right of elevators.

**More information:** Health Promotion, 642-7202

# FROM THE MEDICAL DIRECTOR

A message from Peter Dietrich, MD, MPH, Medical Director of UHS

## Welcome to all new students, and welcome back to those who are continuing!

I am proud to introduce the Tang Center as the home of one of the best campus health centers in the country.

We are fortunate to have an outstanding professional staff, providing services that include urgent care, primary care, gynecology, specialty care, counseling, psychiatry, social services and health education.

Our clinical staff includes board-certified physicians and highly qualified nurse practitioners who are geared to take care of students' health needs, from prevention to complex treatment. And if we don't provide the service on-site, we work closely with providers in the community in order to meet your needs.

Please know that all registered students are eligible to come to the Tang Center. You don't need to have the

Student Health Insurance Plan to receive care here. Many services, including urgent care and regular medical care visits, are covered completely by student registration fees.

Take a moment to review the article on the back page, "A Quick Primer on Using University Health Services," to learn how to gain access to the services here. Much more information is available on the website at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu), or, if you prefer—just ask! Stop by the front desk of any department or pick up the phone and call. Again, phone numbers are listed in the website.

I wish you a fine college career at UC Berkeley. I hope we at the Tang Center assist you well. And, I hope, after you graduate, you'll look back favorably on the care and assistance you received here.

# Do College Students Need Flu Shots?

It's the time of year when the Tang Center starts scheduling a series of flu shot "clinics"—certain days during the fall semester when you can drop in for a flu shot. Among the scores of people who take advantage of this convenience are many students.

You may be wondering: Are you a candidate for a flu shot? Aren't they just for people in high risk groups—such as senior citizens and people with compromised immune systems?

In fact, flu shots also are recommended for people in group living situations (such as residence halls); and many students choose to get a flu shot as some extra insurance against getting ill at a crucial time (e.g., during finals).

Check the UHS website (see "Updates") for the flu clinic dates and more information. The scheduling depends on

availability of the serum—when it will arrive and how much we'll receive. The cost is \$20 (\$4 if you have SHIP).



# A Quick Primer on Using UHS

If you're a new student at UC Berkeley, taking responsibility for your own health care may be among a whole list of new responsibilities in your life. But don't worry. University Health Services, or UHS (okay, most people refer to it as the Tang Center or just "Tang"), is set up not only to address all aspects of your health, but also to assist you as a first-time health care consumer. Using UHS is very straightforward. It's mostly a matter of knowing what's here and how to use it.

UHS is an outpatient medical center (meaning we don't have beds or keep patients overnight), counseling center and health education center all rolled into one. All registered students may use everything here. SHIP or your own major medical insurance is for outside care, i.e., hospitalization or other care not available at UHS.

## *If you...*

### ***Need medical care...***

Call 642-2000 and make an appointment just as you would at any doctor's office. You can request a specific clinician, or you can explain your situation to the appointment counselor, and he or she will schedule you with an appropriate clinician at the earliest possible date. At your first appointment you will receive a gold medical record card—often referred to as your "gold card"—which you will keep and use as your UHS identification.

### ***Are injured or very ill and cannot wait for an appointment...***

You can come, or have someone bring you, to the Urgent Care Center, located on the Durant side of the building. (For life-threatening emergencies, call 911 or go directly to the nearest hospital emergency department.)

### ***Need lab work, x-rays, or a prescription filled as part of your care at UHS....***

These services are part of UHS and are located in the building.

### ***Want to speak to an advice nurse...***

There is one available around the clock during the school year to advise on the best course of action for either medical or emotional problems. Go to any clinic during open hours or call 643-7197 at any time.

### ***Want to see a counselor about a personal or academic issue, or are interested in the Career Counseling Program...***

Make an appointment in person at Counseling and Psychological Services (CPS) on the third floor of UHS.

### ***Are interested in a psychiatric evaluation for medication...***

This is by referral from a counselor; make an appointment as explained for CPS.

### ***Need counseling for health-related issues, including medical problems, chronic illnesses, substance abuse, pregnancy or domestic violence...***

Make an appointment with Social Services by calling 642-6074 or stop by Room 2280.

### ***Are interested in preventive health education...***

You can schedule a consultation with a health educator by calling 642-2000. Topics can include (but are not limited to) stress, study problems, sexuality, nutrition, headaches.

### ***Are interested in becoming a health worker or participant in one of a number of other peer education programs...***

Stop by Health Promotion on the second floor or choose "Peer Education" in the Health Promotion section of the UHS website.

### ***Would like more information on any of these programs (and more!)***

See the UHS website at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu). A general brochure is available at the front desk in the lobby.

## 10 TIPS

(from page 2)

### 7. SAY "YES" TO FUN

Many students feel guilty about having fun, but scheduling in fun (a movie, a party, a good book) will contribute to your success as a student. This is how it works: when you're happy and relaxed, you can think and learn more quickly when you do hit the books.

### 8. RESILIENCE IS KEY

Whether it's a lost financial aid check, a boring class, a relationship breakup, your first "C" grade, or a family illness or death, there will be obstacles, disappointments and losses during your college career. Learning how to lift your own spirits and tap into your inner strength is probably more important than getting an "A." Your "bag of tricks" can include simple activities, such as picking up the phone and calling a friend, or watching a video that makes you laugh. Most of the time you'll have the skills to work through life's ups and downs.

### 9. IT'S OKAY TO ASK FOR HELP

We all need extra help and support at different points in our lives. Your family, friends, classmates, GSIs, professors, advisors, counselors and other Cal staff are available to offer you emotional, social and academic support. The staff at Tang are here to help if you're feeling blue or overwhelmed, or if you're just wanting a fresh perspective on your situation.

### 10. GET INVOLVED

You can touch lives in big and small ways: Study with a classmate, take a friend to dinner, write a letter to the editor about an issue you care about, do regular community service through Cal Corps. The sky is the limit in terms of the ways you can extend yourself to others. You'll feel better about yourself and the world.

#### **DID YOU KNOW...**

...that the Strong Interest Inventory offered as part of the career counseling program at UHS not only helps students identify career goals and majors, but also volunteer and extra-curricular activities that match their interests? For more information, call CPS, 642-9494.