



TANG CENTER BEAR TALK

News And Information From University Health Services

Backpage:

The importance of catching ZZZs

Take a pass on the flu this year

Sign up for the Health Promotion Street Team

Briefs:

Expanded CPS hours

Counseling & Psychological Services is pleased to announce extended hours this fall. CPS is open weekdays from 8 a.m. to 5:30 p.m. (9 a.m. to 5:30 p.m. on Thursdays) with phones answered until 6 p.m.

Workshop for students with dependents in need of health insurance

Learn how to choose and enroll in a plan that meets your family's needs by attending one of the workshops on September 5, from 3 to 4:30 p.m., or September 12, from 10:30 a.m. to noon. Both workshops will be held in the Education Center on the first floor of the Tang Center. Interested? RSVP to ship@uhs.berkeley.edu.

Save the date!

This year's Mental Health Awareness Week will be held October 15-19.

Message from the Executive Director

Claudia Covello



Welcome to new students! & welcome back continuing students

I am proud to introduce the Tang Center as home to one of the finest campus health centers in the country, providing services that include primary, specialty and urgent medical care, as well as psychiatry, counseling, health education, health insurance, and social services.

Our medical staff includes board-certified physicians and highly trained nurse practitioners who are geared to take care of all your health needs –

from prevention to complex treatment. And if we don't provide the service on-site, you can rest assured that we'll work closely with providers in the community to coordinate your care.

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 and routine medical visits, are completely covered by student registration fees.

I hope that we at the Tang Center can serve you well during your time at Berkeley. Go Bears and have great semester!

SHIP authorizations: Keeping the Student Health Insurance Plan affordable for all

Why do I need authorization to seek care outside of the Tang Center?

Referrals for health care services outside of the Tang Center are reviewed by the Medical Director. This ensures that services covered by SHIP are medically necessary, which helps keep the cost of the plan affordable for all students. All services except emergency care must be authorized in advance.

How is an authorization initiated?

Your clinician will request SHIP Authorization for you to visit a provider outside of UHS (you must meet with a SHIP Benefits Representative to complete the authorization process). Charges for services not authorized by SHIP are the patient's responsibility.

When will my request for authorization be reviewed?

Certain services can be authorized immediately, although most requests are reviewed within three to five business days.

How will I know if my request for authorization is approved?

The SHIP Benefits Representative will notify you of the authorization status.

What do I do once my care is authorized?

Contact your provider and make an appointment for services. Take your Blue Cross card and the *Authorization for Services* form with you to your appointment.

See **SHIP Authorizations**, *backpage*

Don't skimp on sleep

Cal is an academically rigorous university, and many students fall into the trap of sacrificing sleep for school demands. Working on problem sets until 3 a.m. or pulling "all-nighters" before an exam is not uncommon.

This type of lifestyle has created a campus filled with chronically fatigued students. Sleep deprivation can make you more prone to various illnesses which translates to lost school time.

Even students who try to follow a regular sleep schedule can have difficulty sleeping. Any abrupt change in your life – such as adjusting to college or graduate school, the end of a relationship, or serious illness – can cause stress and possibly, sleep loss. Illnesses, particularly ones that cause pain, can interfere with sleep. Anxiety and depression (both treatable with counseling and medication) also are common causes of disrupted sleep. Everyone has trouble sleeping from time to time, but if your sleep problems have lasted more than a few weeks, ask yourself the following questions:

Take this sleep quiz

❑ Do you go to bed and get up at a different time every day?

Establishing a schedule helps regulate your body's inner clock.

❑ Do you take naps during the daytime or in the evenings?

Falling asleep in front of the television at 7 p.m. will make it more difficult to sleep later that night.

❑ Do you drink coffee, tea or sodas after 3 p.m.?

Many soft drinks, as well as coffee and tea, contain caffeine, a powerful stimulant. Certain headache preparations, like Excedrin, also contain caffeine and should be avoided before bedtime.

❑ Do you smoke a cigarette, pipe or cigar before going to bed?

The nicotine in tobacco is a stimulant and can keep you up.

❑ Do you sleep in a noisy bedroom?

If you can't block outside noise, "cover" it with a familiar noise like the steady hum of a fan, or wear earplugs.

❑ Do you try to sleep in a room with a lot of light?

If street lights shine in your room, or if you must sleep during the day, buy special room-darkening shades.

❑ Do you drink alcohol in the evenings?

A glass of wine can be relaxing, but too much alcohol will lead to disturbed sleep. When the alcohol wears off during the night, you may experience periods of wakefulness and/or nightmares.

❑ Do you work on school assignments right before bedtime?

Stirring up strong emotions or feeling stressed before bedtime will make it much more difficult to fall asleep. Instead, try watching a mindless TV show or reading a light novel.

❑ Do you use your bedroom for schoolwork or watching TV?

Don't. Learn to associate that room with sleep. Sexual activity is the exception to this rule, as sexual release is a powerful sleep-inducer.

❑ Do you share a bed with a snoring or restless partner?

If you do, make temporary sleeping arrangements until you establish a satisfactory sleep pattern.

Take a pass on the flu this year

In the Bay Area, seasonal influenza epidemics occur in the late fall and winter seasons. Rates of serious illness and death are highest among the elderly, the very young and persons with certain medical conditions that place them at higher risk of complications from the flu. The most effective strategy for preventing influenza infection is annual vaccination. Tang Center flu clinics begin in October and run through the first week of December. Clinic dates will be announced once we know the delivery date of the vaccine. For up-to-date info, see www.uhs.berkeley.edu.

Fun opportunities with a low time commitment?

Would you like to promote health and wellness on campus? Then sign up for the **Health Promotion Street Team!** E-mail majordomo@lists.berkeley.edu with the message body "subscribe hpoutreach" and you will receive e-mails about upcoming volunteer opportunities. For more info, see www.uhs.berkeley.edu/students/healthpromotion.

SHIP Authorizations

(from front page)

How do I find a Blue Cross Prudent Buyer Provider?

The Benefits Representative can help you locate providers in the Blue Cross network (you pay less if services are rendered by a provider who is a member of the Blue Cross Prudent Buyer Provider network).

How are bills for authorized services paid?

SHIP pays the provider for services rendered according to the plan's benefits. The provider then bills you for the portion that is the patient's responsibility.

What if I have a problem with my bill?

Contact the Student Health Insurance Office at 642-5700.