

# University Health Center



## About the University Health Center

The University Health Center (UHC) located in the Student Success Center in the north area of campus provides services to all students currently enrolled at JMU. The UHC provides expert medical care, innovative health education programs and valuable resources for self-care – all provided in a state-of-the-art facility by a team of board certified physicians, nurse practitioners, physician assistants, nurses, dietitians, pharmacists, professional health educators, substance abuse prevention specialists and other professional staff.

The UHC is open during regular university business hours Monday through Friday. For after-hours care, Sentara Rockingham Memorial Hospital or one of the three urgent care centers in Harrisonburg have extended hours.

## Medical Services

- **General Medicine** is staffed by physicians, nurse practitioners and physician assistants, and deals with a wide range of college health issues. Appointments can be made online or over the phone.
- **Urgent Care** is staffed by an emergency medicine physician and deals with acute medical issues and injuries that do not require a visit to the local emergency room.
- **Women's Health Clinic** focuses on college women's health issues and contraception options.
- **Nurse Clinic** provides allergy and vaccine injections and other nurse procedures.
- **Pharmacy** fills prescriptions and carries a variety of over-the-counter medical products. There is also a self-care station with helpful tips regarding care for the most common illnesses.
- **Nutrition Services** offers nutrition counseling from our registered dietitian, helping students create a tailored nutrition plan that fits their lifestyle and achieve their personal health goals in a supportive and encouraging environment.

## The Well: Health Promotion and Well-Being

■ **Alcohol and Other Drug Abuse Prevention and Early Intervention Services** include the 21st Birthday Program and Reflections, which are designed to help students explore their expectations around alcohol or cannabis as well as the potential risks.

■ **Power-based Personal Violence Prevention** focuses on bystander intervention and ways the community can help prevent sexual violence, dating violence and stalking.

■ **Healthy Sexuality education and resources** include Safer Sex Centers and health coaching.

■ **Health Education and Promotion** programs are facilitated by REACH Peer Health Educators and cover topics including alcohol, body image, safer sex and healthy relationships.

■ **Survivor Advocacy Services** provide confidential, caring support for students who have experienced sexual violence, dating violence or stalking by helping students understand and access campus or community resources.

■ **SOGIE (Sexual Orientation, Gender Identity & Expression) Programming** promotes JMU's commitment to diversity through education, support and advocacy, fostering equity for all students. Through leadership programs, students have opportunities for professional development and community building. The Lavender Lounge is an on-campus hangout space for the safe and comfortable expression of LGBTQ+ identities.

### Cost

There is no charge for enrolled students to visit the Health Center throughout the year. However, a few services, like lab tests and specialty procedures, require a nominal charge.

### Confidentiality

Medical services and advocacy are confidential. The University Health Center does not disclose information to anyone without written consent from the student, except as required by law.

**For more information, contact:**

**University Health Center  
Student Success Center**

**540-568-6178 ■ [jmu.edu/healthcenter](https://jmu.edu/healthcenter)**