



# Preparing for a Healthy School Year

The on-site *MyHealth* RMU is free  
for all students.  
Call 412-397-6220 for an  
appointment.



*MyHealth* RMU



## Before you arrive at RMU:

### 1. Complete the Student Health Form.

All resident students are required to complete a student health form. Commuter students are strongly encouraged to complete this form so the staff in the MyHealth RMU center can better serve you.

You can access the health form at [www.rmu.edu/studenthealth](http://www.rmu.edu/studenthealth). You must print the form; it cannot be completed online.

### **All information must be printed, legible, and in English.**

Students are responsible for completing all sections on pages 1, 2, and 4.

A medical provider must complete page 3. This means you will need to have a physical examination. Physicals done in the past year, and/or by RMU Athletics, are also acceptable; please include a copy with the completed health form. Make sure the provider signs the student health form and supplies a copy of your immunization record.

Make a copy of the front and back of your insurance card and submit it with the health form. Health information submitted to any other university department does not take the place of this department's student health form.

You must return the student health form to the MyHealth RMU center in Jefferson Center by **August 1, 2025** for Fall 2025, and **January 2, 2026** for Spring 2026. The form can be faxed or emailed as long as it is legible. Make a copy for your records.

**Health information submitted to any other university department does not take the place of this department's student health form.**

## **2. Obtain your immunization record.**

While at the medical provider's office, make sure all of your immunizations are current.

### **Required immunizations:**

- MMR — Two doses required
- Tetanus-diphtheria-acellular pertussis (Tdap) --- Given between the ages of 11 and 18
- Tetanus-diphtheria (Td) --- Every 10 years
- Hepatitis B vaccine series---Doses one through three
- Varicella (chicken pox) if no history of disease ---Two doses required
- Meningococcal Quadrivalent ACYW (Menactra) --- At least one dose is required on or after the 16th birthday

### **Additional required immunizations for international students:**

- Polio--- Series
- Tuberculosis

### **Recommended immunizations:**

- Meningitis B---Two doses
- Hepatitis A ----Two doses
- Human papillomavirus (HPV)---Doses one through three
- Annual influenza immunization
- COVID-19 Vaccine

## **3. Become knowledgeable about medical insurance.**

Robert Morris University requires that all traditional undergraduate students, both full and part time, carry health insurance that is comparable to the established RMU Student Plan provided by UPMC Health Plan. Additionally, graduate students in the following groups are also required to carry comparable coverage:

- Club Sport Athletes
- Intercollege Athletes
- International Students
- Nursing students
- Residential Students

Please note that cross registered students are not permitted to participate in the RMU Student Health Insurance plan.

### **Comparable Insurance Coverage**

Students should ensure that their alternate coverage meets the following criteria:

- Must have providers located within 50 miles of (Moon Township, PA)
- Coverage that spans the entire enrollment period (no short-term policies)
- Must have a full policy document in English
- Must have a U.S. based claims processing center that pays provider directly in U.S. dollars
- Does not exclude pre-existing conditions (no limitations or waiting periods)
- Must include preventative care
- Must include maternity coverage
- Must include ambulance, emergency room, and hospitalization coverage
- Must have a policy maximum of at least \$100,000

Robert Morris University has partnered with QM Services to assist us with the administration of our student health insurance program. As an RMU student, you are required to provide proof of health insurance that meets the requirements of the above minimum requirements each year that you are enrolled. If unable to do so, you will be automatically enrolled in the Student Health Insurance Plan (SHIP) which is provided by UPMC Health Plan and the annual cost for the coverage will remain on your RMU student account and is your responsibility to pay.

### **What is the SHIP?**

Robert Morris' Student Health Insurance Plan, provided by UPMC Health Plan, is a one-year term of insurance (August 1, 2025--July 31, 2026) that offers national comprehensive coverage, so you are covered at home and at school. Coverage can begin on alternate dates for students who enroll for 2nd 8 week terms, as well as in the spring semester.

### **Who is QM Services?**

QM Services is a Health Insurance Administrator and Robert Morris has partnered with QM to facilitate the hard waiver process. They collect and review the insurance information and serve as the liaison between the insurance carrier, the University and our students. They can also provide healthcare advocacy and assistance for students enrolled in the RMU Student Plan provided by UPMC Health Plan.



### **How do I complete this requirement?**

Each year, you will be able to log on to the QM Services website and make your choice. You have two options to satisfy this requirement. Please note that calls to university offices, verbal statements, and written correspondence to the university do not constitute waivers of coverage.

Visit the QM Services website:

**<https://qmservicesinc.com/university/robert-morris-university>**

***(Note the QM Services site is accessible from a desktop or laptop computer – not a smartphone or tablet)***

1. Enroll in the SHIP. The charge for the coverage will remain on your RMU student account and your enrollment with the carrier will be processed. The annual plan year is from August 1, 2025 through July 31, 2026.
2. Waive the SHIP with your own insurance that meets the university's requirements. Provide your insurance information to QM Services, and once reviewed and approved, the annual charge for the student health insurance will be removed from your RMU student account.

### **Questions?**

Contact QM Services with any questions pertaining to the 2025–2026 Student Health Insurance Program or the policy requirements

- Call 1-800-273-1715 ext. 2 to speak with a Student Care Representative
- Email [university@qmservicesinc.com](mailto:university@qmservicesinc.com)
- Visit [www.qmservicesinc.com](http://www.qmservicesinc.com) for more information



#### 4. Consider these helpful hints.

- If you take medication daily, you should get the prescription filled. Make sure that the medication's name, dosage, and frequency of use are on your student health form.
- If you have a health condition, such as diabetes, asthma, epilepsy, or allergies, you should wear a MedicAlert tag. You should also discuss your condition with a few key people (for example, a classmate, roommate, faculty member, community advisor, or area coordinator). Your medical provider's name and telephone number should be readily available. If you require an EpiPen, you should carry it at all times and note it on your health form.
- The MyHealth RMU center does not administer allergy injections or Depo-Provera injections.
- You can obtain an emergency information card from our website. You are encouraged to complete it and return a copy to our office with your health form.
- You should have an annual dental examination. You are encouraged to have an eye examination to determine your visual acuity. If you wear contact lenses and/or glasses, you should bring an extra pair of glasses in case you suffer an eye injury or infection.
- Bring a small first aid kit to campus. You should consider including the following:
  - Acetaminophen/Ibuprofen
  - Cough drops
  - Reusable ice/heating pack
  - Antacid tablets
  - Bandages
  - Hand sanitizer
  - Anti-diarrheal products
  - Day/Night cough medicine
  - Non drowsy allergy medicine
  - Antibiotic ointment
  - Hydrocortisone cream
  - Oral digital thermometer
- Plan to have a three days' worth of food items and water for sick days.
- Refer to our website at [rmu.edu/studenthealth](http://rmu.edu/studenthealth) for the most up-to-date information on our services and resources.

## 5. Learn about campus services.

Services in the MyHealth RMU center are free for all currently enrolled students, and there are no insurance requirements. Contact the MyHealth RMU center by phone at 412-397-6220 to learn more about how to use our in person and virtual services.

A full-time nurse is on site during the center's hours of operation. You can also be seen by an advanced practice provider using state-of-the-art telemedicine technology in the center. Our staff will assist with minor health issues and injuries. Referrals will be provided to community resources for laboratory testing, emergency care, or specialized services. Staff at the MyHealth RMU center will help coordinate care with your primary care provider as needed, you will have access to wellness resources, and Health Coaching appointments as well to help you stay healthy.

**Same day and advanced appointment scheduling is available.**  
**Scan the QR code or visit [upmchp.us/mhs](http://upmchp.us/mhs) to book an appointment.**



## 6. Identify local resources.

Pharmacies in close proximity to campus:

**Giant Eagle** — Moon Plaza, 412-269-0254

**Walgreen's** — 6906 University Blvd., 412-269-2501

**Walmart** — 925 Brodhead Road, 412-893-0142

When the MyHealth RMU center is closed, consider:

**UPMC Go Health** 8702 University Blvd., 412-397-7305

**Heritage Valley Convenient Care** 100 Hazel Lane, 412-749-6816

**Heritage Valley Sewickley** 720 Blackburn Road, Sewickley, PA 15143;

Emergency: 412-749-7076 Main line: 412-741-6600

The Heritage Valley Hospital in Sewickley is close to campus. The emergency department is staffed 24 hours a day by emergency medicine specialists who can provide skilled, personalized care. In addition, the hospital participates in both LifeFlight and STAT MedEvac helicopter transport services for specialized trauma centers.



## **7. Discuss emergency and medical transportation options.**

Transportation to hospitals, pharmacies, and emergency care facilities is your responsibility. Valley Ambulance Authority offers 24-hour ambulance service. Students who are on campus can access these services by contacting RMU police at 412-397-2424. If you are off-campus, Valley Ambulance can be accessed by calling 412-262-2620.

The University has an agreement with the Ambulance Authority that allows resident students to purchase an annual membership. If you are interested, you can contact Valley Ambulance at 412-262-2621.

You should understand your health insurance coverage and plan requirements in case there is an emergency or you need a local medical provider.



# HEALTH COACHING



My name is Ray, and I am the On-site Health Coach with the UPMC Health Plan that will be working with your team!

## **Clinical Coaching Sessions**

Ready to take that next step in improving your overall health? As RMU students, you have the ability to work with an on-site health coach, free of charge, to help you reach your health and wellness goals. To contact me, please utilize your university's online bookings page or contact me via email at [furstr@upmc.edu](mailto:furstr@upmc.edu)





## PARKING LOTS

- |   |                     |    |                  |                     |
|---|---------------------|----|------------------|---------------------|
| 1 | Events Center Lower | 10 | Upper Massey     | Automated External  |
| 2 | Events Center Upper | 11 | Massey Reserved  | Heart Defibrillator |
| 3 | Patrick Henry       | 12 | Colonial Village |                     |
| 4 | Washington Gravel   | 13 | Jefferson        | General Parking     |
| 5 | Barry               | 14 | Gazebo           | Residential Parking |
| 6 | Nicholson           | 15 | Residence Life   | Staff Parking       |
| 7 | Lower John Jay      | 16 | SRFC             |                     |
| 8 | Wheatley            | 17 | Colonial Way     |                     |
| 9 | Scaife              |    |                  |                     |

Updated April 2023

# Robert Morris University

**MyHealth RMU**

**Jefferson Center**

**6001 University Boulevard**

**Moon Township, PA 15108**

**Phone: 412-397-6220**

**Fax: 412-397-6319**

**Email: [studenthealthcenter@rmu.edu](mailto:studenthealthcenter@rmu.edu)**

**Hours: Monday through Friday from 8:30 a.m. to 5 p.m.**

**Advanced Practice Provider available 8:30 a.m. to 4 p.m.**

## **Nondiscrimination statement**

UPMC Health Plan<sup>1</sup> complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

<sup>1</sup>UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., and/or UPMC Benefit Management Services Inc.

## **Translation Services**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。

## **UPMC HEALTH PLAN**

U.S. Steel Tower, 600 Grant Street  
Pittsburgh, PA 15219

[www.upmchealthplan.com](http://www.upmchealthplan.com)

