

Patient Centered. Patient Focused. Patient Advocates.  
**UCSC Student Health Center. Your Medical Home.**

**Be  
smart!**



**Be  
prepared!**

For Appointments: 831-459-2500  
Nurse Advice Line: 831-459-2591 (24 hours)  
CAPS Mental Health Crisis Line: 831-459-2628

**HOW TO GET THE MOST FROM YOUR STUDENT HEALTH CENTER VISIT!**

1.

Arrive 15 minutes  
before your  
appointment.

2.

Know that  
appointments are  
20 minutes.

3.

Make a list of your  
concerns. Choose the  
priority item for your  
visit.

4.

Complete on-line  
questionnaires before  
your visit.

5.

Bring all your  
medications in their  
labeled bottles, including  
supplements, vitamins  
and herbs.

6.

Bring any  
paperwork you need  
and complete your  
part of the forms.

7.

Enter your  
immunization record  
into the Health  
E-messenger.

8.

Bring or request any  
records we may need:  
hospital discharge  
summary, emergency  
room records, etc.

9.

Know how to access  
your insurance  
information:  
[healthcenter.ucsc.edu](http://healthcenter.ucsc.edu)