
UCSC Student Health Center. Your Medical Home.

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