



Saint Francis University & UPMC

Supporting employee wellness as one.

Prepared for
Saint Francis University Employees



UPMC
LIFE CHANGING MEDICINE

Supporting employee wellness as one.



UPMC
LIFE CHANGING MEDICINE

UPMC
MyHealth Saint Francis
University Health Services

Location: DiSepio Institute
for Rural Health and
Wellness ground floor

Phone: 814-472-3008

Scan the code below
to schedule online

Online scheduling
available. Scan here.



Benefits to Employees

Employees may take advantage of enhanced provider services on-campus made possible by UPMC. *Many services are at no cost to you.*

- On-site appointments with an Advanced Practice Provider to treat acute illness and injuries
- Convenient telemedicine appointments via the UPMC app
- Women's Health Services (on-site)
- Telemedicine
- Point of care testing (strep, UTI, blood sugar, etc.)
- Symptomatic COVID-19 testing
- Allergy shots
- Wellness programs
- CPR certification*
- Immunizations*
- Complete Health Review and Biometric Testing

Through individual medical insurance coverage, employees may now schedule **on-campus appointments** with an established Primary Care Physician (PCP). The PCP will be able to help you manage your maintenance prescriptions.*

**Insurance costs/fees may apply*



Visit [francis.edu/human-resources](https://www.francis.edu/human-resources)



Supporting employee wellness as one.

Years of strategic partnership development between Saint Francis University and UPMC has translated into significant economic benefits to our students, employees, and the University at-large.

An alignment with the largest medical provider in the area allows the University to leverage UPMC's strengths for savings and services *available to employees at little to no cost.*

Contributions from UPMC have allowed for enhancements in the areas of:

1. MyHealth Saint Francis (Employee and Student Health)
2. Rehabilitative Services
3. Mental Well-Being (including counseling & concierge services)
4. Employee Wellness

Enhanced services benefit the campus community where we live, work, and learn.

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Frequently Asked Questions

Q: Do I need to have health insurance through Saint Francis University in order to take advantage of the services available through University Health Services, Mental Well-Being, the Center for Rehabilitative Services or Wellness Programming?

A: No, you do not need to carry health insurance through Saint Francis University. Many services are free, however employees should always contact the office for clarification. Services that may incur charges can be billed directly to your medical insurance carrier.

Q: How do I make a medical appointment with the University Health Services providers?

A: Call MyHealth Saint Francis at 814-472-3008 to schedule your appointment or scan the QR code to visit our online scheduling site. →
Center for Well-Being 814-472-3211
UPMC Rehabilitation Institute 814-472-3936



Q: I'd like to acquire skills on a personal and professional level. How can the Saint Francis University & UPMC partnership help me do this?

A: The SFU & UPMC partnership provides access to Skill Builder Courses for all employees free of charge through FSAP. Self-paced 45- to 60-minute courses on topics like *Building a Successful Team*, *Stress Management*, *Creative Problem-Solving*, and *Choosing a Childcare Provider* along with wellness webinars and financial tutorials are made available through lifesolutionsforyou.com.

Q: I would like the convenience of receiving routine medications, immunizations and annual screenings on-campus. Can I do that through University Health Services?

A: Yes. If you receive regular allergy shots, want to schedule an annual women's health screening, or need to monitor your blood sugar, you can call MyHealth Saint Francis at 814-472-3008 to schedule these medical appointments to be completed on-campus.

UPMC Rehabilitation Institute

Location: DiSepio Institute
for Rural Health and
Wellness ground floor

Phone: 814-472-3936

DiSepio Institute for Rural Health and Wellness

Phone: 814-472-3075

Benefits to Employees

Employees may take advantage of enhanced rehabilitation services on-campus. Your insurance provider may be billed.

- On-site appointments with Board Certified Clinical Specialists in orthopedic physical therapy
- Treatment for most musculoskeletal and neuromuscular injuries
- UPMC Sports Medicine Concussion Program services
- Biomechanical sports evaluations
- Aquatic therapy
- Blood flow restriction therapy
- Flexible scheduling
- *No referral needed*

Saint Francis University and UPMC understand the need and value for preventative programming to support employees' healthy lifestyles. A suite of wellness programs will be unveiled soon!

- Healthy Steps - *Watch your email to take advantage of this opportunity!*



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Faculty and Staff Assistance (FSAP) Overview

1-800-647-3327 lifesolutions@upmc.edu

Available at no cost to employees and dependents (including dependents up to 26 years old who live away from home). An expanded portfolio of assistance is now available and designed to meet today's challenges.

Looking for assistance with finding childcare?

Trying to locate a pet sitter?

Seeking help with medical costs and legal documents since you are caring for a loved one?

Need a licensed attorney for estate planning?

LifeSolutions FSAP program is your partner.



UPMC Center for Well-Being

Location: Library
and Learning Commons
second floor

Phone: 814-472-3211

Benefits to Employees

At no cost to you, employees may now take advantage of enhanced provider services on-campus. The services are made possible by UPMC:

- The Faculty and Staff Assistance Program (FSAP) through LifeSolutions. LifeSolutions offers confidential support for issues such as caregiving, parenting, managing workplace pressure and traditional counseling services for depression, grief, sleep difficulties and more. *See details under FSAP Overview.*
- Center for Well-Being offers trainings and events open to all faculty and staff.
- Flexible hours for counseling sessions are available via in-person, telephone, virtual, and texting.

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