Saint Francis University & UPMC
Supporting employee wellness as one
Prepared for
Saint Francis University Employees
On-site appointments with a Certified Registered Nurse Practitioner 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*

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.

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- Wellness programs
- CPR certification*
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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
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:

- Employee Assistance Programming (FSAP) through LifeSolutions. LifeSolutions offers expanded support for issues such as caregiving, parenting, managing workplace pressure and traditional services such as depression, grief, sleep difficulties and more. See details below.
- Appointments available via telecounseling or on-site

Visit francis.edu/human-resources
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.
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 sports or orthopedic physical therapy
- Treatment for most musculoskeletal and neuromuscular injuries
- Biomechanical sports evaluations
- Aquatic therapy
- Blood flow restriction therapy
- Flexible scheduling
- No referral needed

UPMC Center for Rehabilitation Services

(located in the DiSepio Institute for Rural Health and Wellness, ground floor)

Call 472-3936 to schedule an appointment.

UPMC Wellness Programming

Saint Francis University and UPMC understand the need and value for preventative programming to support employees' healthy lifestyles.

- Healthy Steps (Watch for updates!)
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, Counseling Services, 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. 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 CRNP or PCP?
A: Call University Health Services x3008 to schedule your appointment.

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 University Health Services at x3008 to schedule these medical appointments to be completed on-campus.
Years of strategic partnership development between Saint Francis University and UPMC has resulted in 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@School (Employee and Student Health)
2. Rehabilitative Services
3. Counseling Services
4. Employee Wellness

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