

# HEALTH WORKER INTRODUCTION

HEALTH TIP #1  
September 6, 2017



## Meet your health worker!



Hello everyone! My name is Tomas Herrero (though you all probably know me, here in Unity!) I will be your Unity health worker this year. I am a first year Nutritional Sciences major. This is my first year living in such a diverse and open community, and I am excited to continue engaging with all of you with an effort to perpetuate such a welcoming community. As a student, I know how important health is to academic and social success. More importantly, I know how poor health can manifest itself in the worst of ways, compromising our goals here as learners almost entirely. Therefore, it is my intention to foster an environment of physical and mental health so that we may all thrive in the path we chose here at Berkeley. In order to do this, I look forward to getting to know all of you much better, and assuring you my door is always open to any concerns (health related or not) you may have in room 111.

### “What’s In It For Me?”

Our roles as health workers are to...

- ❖ Be available to talk over the phone or in person at our door or during office hours (Fridays 9-10 pm in Spens Black Lounge) about health related topics or just to chat
- ❖ Provide health supplies such as condoms, Band-Aids, ace bandages, ice packs, and more!
- ❖ Inform you about Tang Center resources if you have any questions

### Tang Center Hours:

- General Hours: 8AM-5PM Monday – Friday
- Urgent Care: 8AM – 6PM, Monday – Friday; 9AM – 5PM Saturday; 11AM-3PM Sunday
- Pharmacy: 8:30AM – 6PM, Monday – Friday; 9AM – 12:30PM & 1-5PM Saturday; 11AM-3PM Sunday

### What you need to know

**about Tang:** All students can solicit health services from Tang, even if they have waved SHIP. Make appointments online, over the phone, or during open office hours.

### Tang offers free services,

- including...**
- 1) Five counseling and social services visits
  - 2) Access to advice nurse: (510)-643-7197, 8 AM to 4:30 PM
  - 3) Confidential sexual health education appointments

### Copayments with and without SHIP

Visit Type	Cost w/SHIP	Cost w/o SHIP
Primary Care Visit	\$15	\$15
Urgent Care Visit	\$30	\$30
Specialist Appointment	\$15	\$95-150

**SHIP Coverage Period:** Fall August 15 – December 31, Spring January 1 – July 31. Keep note that all care must begin at UHS if you wish to use SHIP insurance, with the exception of emergency or urgent care.

<p><b>KEY RESOURCES:</b> check out <a href="https://uhs.berkeley.edu/pride">https://uhs.berkeley.edu/pride</a> for Tang's LGBT+ resources!</p> <p>Tang also offers wide resources for women and people of all communities!</p>	<p><b>OTHER TANG CENTER RESOURCES:</b></p> <p>Appointments (M-F 8-5): (510) 642-2000                  Advice Nurse (M-F 8-5): (510) 643-7197                  24/7 Advice Nurse Line (SHIP only): (800) 681-4065                  Self-Care Resource Center: 642-7202  <a href="http://www.uhs.berkeley.edu/healthworker">www.uhs.berkeley.edu/healthworker</a></p>	<p><b>YOUR HEALTH WORKER:</b></p> <p>Room 111 Unit 3 - SB                  Cell: (707) 287 - 5888                  Email: <a href="mailto:herrerotomasv@berkeley.edu">herrerotomasv@berkeley.edu</a>                  OFFICE HOURS 9-10 pm on FRI @ SB LOUNGE</p>
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