Health

Preventive Care Visit

Live Well to Learn Well

Web:

health.cornell.edu

Phone (24/7): 607-255-5155

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607-255-0269

Appointments: Monday-Saturday

Check web for hours, services, providers, and appointment information

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What is a Preventive Care Visit?

Preventive Care Visits are tailored to the individual needs of each student, and are designed to review your health and well-being and provide preventive health recommendations. (There is no recommended frequency for preventive visits, however not more than once per calendar year.)

Personalized health assessment

During your visit, you will have a conversation with a Cornell Health clinician (physician, physician assistant, or nurse practitioner) about your overall health and will have the opportunity to ask questions and address concerns. Topics may include your health history and your personal health habits (sleep, nutrition, exercise/movement, sexual activity, etc.). Visits typically include screening recommendations for certain health concerns and a review of recommended immunizations, and may incorporate a brief physical examination. Planning for future health evaluation may also be discussed, if needed.

Sexual health screening / consultation

For some students, it may be appropriate for the Preventive Care Visit to include a sexually transmitted infection (STI) screening. Students may also discuss contraception and STI prevention options with their clinician.

Pap smears (GYN exam)

If your anatomy includes a cervix and you are over 21, this visit may include a "Pap smear" (a collection of cells from the cervix to screen for cervical cancer). The American College of Obstetricians and Gynecologists and the American Cancer Society recommend a first Pap smear starting at age 21. Current recommendations for ages 21–29 (with no history of an abnormal Pap) are for testing once every three years after that. For individuals over age 30 with no abnormal history, screening is advised every five years.

Medication prescriptions & refills

During your visit, you can speak with your clinician regarding medication prescriptions and refill requests. Some medications may be able to be prescribed / refilled during your visit, while others may need an additional appointment.

Follow-up care & visits

The Preventive Care Visit is an opportunity to create a plan for your healthcare. Through shared decision making between you and your clinician, lab studies may be considered, and follow-up visits may be advised.



Personalized visits to review your overall health and wellbeing and provide preventive health recommendations.

Confidentiality

The health care you receive at Cornell Health is protected by strict confidentiality laws and procedures. We will not disclose information about your health care to anyone without your permission, even if you are under age 18. If you have questions about confidentiality and how it applies to your medical care, medical bills, or health insurance, please speak with your provider, or visit health. cornell.edu/confidentiality.

Cost for preventive visits

For students enrolled on Cornell's Ithaca campus, there is no out-of-pocket cost for Preventive Care Visits at Cornell Health. Your in-network health insurance may be billed as the primary payer for your visit. Typically, insurance plans cover one preventive visit per year at no cost to you (check with your health insurance provider for more information).

Other related appointment types

Other appointment types are available to address specific health care needs. For example:

- Contraceptive options consultation:
 Students may meet with a sexual health nurse to learn about birth control options, without having a physical exam. Note: because this is nurse visit, no prescriptions will be given at that time. If you choose a prescription method of contraception, you may schedule an appointment with a clinician for another time.
- STI testing & information:
 If you have symptoms of a sexually transmitted



infection (genital discharge, itching, rashes, bumps, etc.)—or you don't have symptoms, but want to learn more about STIs and be screened for possible infection—you may do so by scheduling an appointment specifically for that purpose.

- Medical appointments for other concerns:
 Schedule a medical appointment to address specific concerns such as fatigue, headaches, or stomach problems.
- Prescription refill appointment:
 If you need a refill of a prescription (including a contraception prescription) but do not need an exam, you can schedule an appointment with a clinician for that purpose.

How to schedule appointments

Call us during business hours to schedule appointments: 607-255-5155. Some appointment types may also be scheduled online: log in to myCornellHealth from *health. cornell.edu*.