

Health & Wellness Offices



Updated Summer 2022 (5.25.2022)

*The Health & Wellness Offices on campus will be scheduling **in-person** student appointments for the 2022-2023 Academic Year. In order to guarantee seeing a provider on-campus, appointments must be made in advance.*

On-Campus Health Services Clinic

The Health Services Clinic is now fully staffed and open Monday-Friday from 8 am to 4:30 pm with dedicated appointments available with our on-campus Physician Assistant Tuesday-Friday 1:30-3:30 pm.

Ivy Martinson is a Certified Medical Assistant (CMA), and students can make appointments with her for many things like acute minor injuries, depo shots, checking vital signs, basic lab tests (like flu & covid tests), and administration of some medications. Appointments with Ivy will be available Monday - Friday from 9-11 am.

Kara Goslin, our Physician Assistant (PA), is available for appointments Tuesday - Friday from 1:30-3:30 pm. Kara is a licensed medical provider that can diagnose and treat illnesses as well as prescribe medication, perform physical examinations, order labs and develop treatment plans. She can also administer medications and/or injections, provide education, initial assessment and referrals, and conduct on-site testing which includes free and confidential STI testing.

It is encouraged that students schedule appointments rather than walk-in to the clinic to avoid frustration if appointments are full for the day. Students can now self-schedule appointments with either our PA or CMA in Health Services through the links below.

- Appointments with our PA (Kara Goslin), Tuesday through Friday, from 1:30 - 3:30 pm, can be scheduled [here](#)
- Appointments with our CMA (Ivy Martinson), Monday - Friday, from 9 am to 11 am, can be scheduled [here](#)
- Appointments for a rapid covid test (symptomatic students only) can be scheduled [here](#)

These scheduling links can also be found on the Coe College [website under Health Services](#).

For a complete list of services and information regarding Coe Health Services, please visit the website at <https://www.coe.edu/student-life/student-life-resources/health-wellness/health-services-1>

COVID-19 Resources

Vaccinated, asymptomatic individuals who have had a close contact with a COVID-19 positive individual should monitor symptoms, wear a mask for 10 days after the exposure and test on day 5 after exposure. Unvaccinated individuals who have had a close contact with a COVID-19 positive individual will be required to quarantine in their living space for 5 days, test on day 5, and wear a mask for 10 days while around others.

If individuals develop signs and symptoms of a respiratory infection (fever, acute cough or shortness of breath) or loss of taste or smell, they should call their healthcare provider.

Health and Wellness Services: 2022-2023

Testing options for Students

Students with illness symptoms should continue to stay home from all classes/activities. Symptomatic students can request a test through Health Services by completing the [test request form](#). Please do not report to Health Services without an appointment if you are symptomatic.

If students are also a close contact, reach out to covid@coe.edu as well for isolation protocols.

Health Services Testing Protocol for symptomatic students

- Health Services will schedule a rapid test on day one, and recommend that students take a PCR test while in the office as well. PCR tests have been coming back within 24 hours so this is a quick turnaround through Health Services.
- If negative, Health Services will recommend returning for another test on day 2.
- If at any point a student tests positive, isolation protocols are initiated.

Close contact students who are not symptomatic should stop in Health Services to take a PCR test on day 5 after close contact. Students may continue to attend class as long as they are not symptomatic. If positive, isolation protocols will be initiated.

Unity Point COVID Line: For answering COVID-related questions, particularly students who have symptoms and looking for a place to go to get tested. This resource can help direct the student to the nearest testing site at a time that's convenient for them. This is staffed Monday through Thursday 8:00am – 4:30pm. Messages can be left at any time and students can expect a call back the same day if they leave a message during the normal hours of operation. Phone number: 319-730-9532.

After-hours UnityPoint My Nurse COVID19 Hotline: For answering COVID-related questions, particularly students who have symptoms after other resources are closed. Phone number: 800-424-3258.

COVID-19 support- We know how difficult it can be while in Isolation or quarantine. If you wish to seek individual counseling support, please refer to Mental health and Counseling resources in this document for more options.

General Health Resources Information

If you are a student needing any kind of health services (mental health or physical health) and are underinsured or do not have health care coverage, you still may utilize many of the free or sliding fee scale clinics in the area. Please refer to the Coe College website to learn more, review the information below or contact Assistant Dean of Health and Wellness, Emily Barnard (ebarnard@coe.edu), with questions.

If you need to speak with someone immediately or have an emergency...

- If you are on campus, contact campus safety and security at 319.399.8888.
- If you are off campus, go to the emergency room or call 911. You also can call Foundation 2, Crisis Services at 319.362.2174 or 800.332.4224.

Insurance

If you do not have health insurance, the college recommends you go to the Eastern Iowa Health Center, Community Health Free Clinic or His Hands Free Clinic. These offices offer reduced cost or free medical services depending on a person's individual circumstances (if you do not have a medical emergency, we recommend calling ALL offices prior to any visit, as their hours and services may have changed). Most of these resources also have moved to telemedicine

Health and Wellness Services: 2022-2023

appointments allowing you the ability to have an appointment with a health care provider from your place of residence.

If you have any illness symptoms consistent with COVID-19, or you have had contact with a person with COVID-19, please call ahead before visiting a medical facility. Proper screening and assessment will occur over the phone, and you'll then be advised on next steps. These precautions are important, as they help protect others from being exposed to the virus.

Health Resources in the Cedar Rapids Area

Please Note: This is not a comprehensive list of all providers in the area.

Reduced cost/free medical resources

- **Eastern Iowa Health Center** | 1201 3rd Ave SE, Cedar Rapids | 319.730.7300
- **Community Health Free Clinic** | 947 14th Ave. SE, Cedar Rapids | 319.363-0416
- **His Hands Free Clinic** | 400 12th St. SE, Cedar Rapids, IA 52403 | 319.862.2636

In addition to the free and reduced clinics above, if you have access to medical insurance, we encourage you to utilize the numerous community resources below (this is not an all-inclusive list of availability in the Cedar Rapids area).

Walk-in/urgent care medical clinics (at your own expense)

Mercy Clinics

- **Mercy Care North** | 5264 Council St. NE | 319.221.8444
- **Mercy Care South** | 2815 Edgewood Road SW | 319.221.8695
- **Mercy Care Marion Urgent Care** | 3701 Katz Drive, Marion | 319.373.3022

Mercy offers patients access to a local Mercy health care provider from the comfort of their home through Mercy's MyChart mobile app. Learn more about [video visits](#).

Unity Point Clinics

- **Unity Point Clinic – Express (Peck's Landing)** | 1940 Blairs Ferry Road, Suite 104 Hiawatha | 319.393.0178
- **Unity Point Clinic Urgent Care – Marion** | 2992 7th Ave, Marion | 319.730.8300
- **UnityPoint-Westside Urgent Care** | 2375 Edgewood Rd SW, Cedar Rapids | 319.396.1983

No primary care physician? If you do not have a primary care physician, call 319.730.9532 for screening and advice on next steps. This could include an appointment at the Respiratory Illness Clinic and/or a telephonic visit with a primary care physician.

Other urgent care clinics

- **PCI Specialty Care Now (first floor)** | 202 10th St. SE | 319.396.9097
- **Immediate Care Center** | 6911 C Ave. NE | 319.832.1463
- **UI Health Care - Cedar Rapids: Urgent Care** | 411 10th St. SE, Suite 2300 | 319.731.1430
- **UI QuickCare (three locations in Iowa City and North Liberty)** | [Visit their website](#) for locations, hours and contact information.

Emergency rooms (open 24 hours per day)

- **St Luke's Hospital** | 1026 A Ave. NE | 319.369.7105

Health and Wellness Services: 2022-2023

- **Mercy Hospital** | 701 10th St. SE | 319.398.6041

Mental Health and Counseling services

Coe provides free short-term counseling services to current students. Students' mental health and physical well-being are essential to their academic success as well as their personal, social and emotional growth. All counseling services via on-campus personnel and our community partners have returned to in-person visits as of the fall 2021 term. Several options are available to meet students' individual needs.

Crisis Services: If you need to speak with someone immediately or this is an emergency..

- If you are on campus, contact Campus Safety & Security at 319.399.8888.
- If you are off campus, go to the emergency room or call 911. You also can call Foundation 2, Crisis Services at 319.362.2174 or 800.332.4224.

Short-term counseling resources for Coe students (FREE for Coe students)

- Emily Barnard (ebarnard@coe.edu), Cathy Muller (cmuller@coe.edu)
- Tanager Place, (email: therapyreferral@tanagerplace.org or call 319-286-4503
- Tia Ndoutou, Amani Services, 319.804.0741, provides culturally specific services to students of color
- 319.540.0080, Riverview Center, sexual assault advocate
- Olson Marriage and Family Therapy Clinic, 319.368.6493 or [schedule an appointment online](#)
- TAO Connect is an online therapy assistance platform committed to reducing behavioral health disparities by bringing affordable, effective and accessible treatment. TAO is an online program that increases engagement and improves treatment outcomes for individuals with mental health concerns. This is a 24/7 service available FREE to all students, faculty and staff. When creating an account, you must use your Coe G-Mail account for login. If you would like to learn more about TAO before creating an account, check out this video: www.taoconnect.org/what_is_tao/us/.

Longer-term counseling resources for Coe students

- St. Luke's Counseling Center | 319.369.7952 | located across the street from campus
- Cedar Centre | 319.365.3993 | 1730 1st Ave. NE (0.5 mile from campus)
- Family Psychology Associates | 319.378.1199 | 1221 Center Point Road (1 mile from campus)
- Abbe Center (same-day access with walk-in hours) | 319.398.3562 | 520 11th St. NW (1.8 miles from campus)
- Creative Counseling | 319.284.1514, 3525 Center Point Road NE, Suite C | (2.1 miles from campus)
- You also can reach out to Foundation 2 for crisis support at 319.247.0030 for free 24/7 crisis outreach.
**Please Note: This is not a comprehensive list of all providers in the area.*

If you have specific needs for longer-term therapy, or are interested in medication management, Coe Health Services can help provide referrals to other providers in the community. As part of our partnership with Tanager Place, students also may access a wider array of support offered by their agency. To inquire more about these services, please follow the directions on the attached document or feel free to reach out with questions or concerns.

While we don't recommend online/self-help resources as an exchange for professional in-person meetings, we know accessing care may be even more difficult during this time. If you're looking for mental health advice that you can start acting on immediately, check out www.virusanxiety.com for some great resources and ideas to help you cope.

You also may find the above resources on the Coe College website under Mental Health and Counseling at www.coe.edu/student-life/student-life-resources/health-wellness/mental-health-counseling.