



What's at NSU for You

For All Members of the NSU Community

Motivation to Ditch Bad Habits

Free motivational counseling is available at the main campus to help you eat healthier, exercise regularly, procrastinate less, and stop smoking. Services are offered through the Healthy Lifestyles Guided Self-Change Program of the Center for Psychological Studies.

Sign up at the RecPlex, call (954) 262-5969, or visit www.nova.edu/gsc.

RecPlex Fitness Activities

Students, faculty and staff members, and their families have ample recreational options at the 110,000-square-foot RecPlex at the Don Taft University Center.

- children's swimming, tennis, gymnastics, and dance classes
- equipment rental
- group exercise schedules for yoga, Pilates, spinning, and instructional programs
- heated outdoor swimming pool
- indoor basketball and volleyball courts
- indoor racquetball and squash
- indoor rock climbing wall
- men's and women's saunas
- personal training
- state-of-the-art fitness center with cardiovascular and strength equipment

Students are RecPlex members by virtue of tuition and fees paid. Faculty and staff members, as well as family members of employees and students, are eligible to become RecPlex members at modest rates.

For further information, call (954) 262-7323.

Shark Dining and Healthy Eating

Healthy, satisfying meal choices are available at the food court at the Don Taft University Center. Shark Dining is proud to announce Meatless Mondays at the Culinary Table in the center's food court and the Chef's Table in the HPD Dining Center. Meatless entrees will be available every Monday as a weekly start to a healthier you. Meatless Monday is not a weight loss plan or a vegetarian campaign. Rather, these offerings encourage the NSU community to adopt a more balanced approach to nutrition by limiting meat and saturated fat intake and incorporating more fruits, vegetables, and whole grains into their diets. These choices can help prevent cancer, diabetes, heart disease, and stroke.

For more information on Meatless Monday, visit www.meatlessmonday.com.

For more information about on-campus food options, visit www.dineoncampus.com/nova/.

Smoking Cessation Program

It's never too late!

The Healthy Lifestyles Guided Self-Change Program and the NSU AHEC programs offer FREE smoking cessation programs and nicotine replacement therapy in both individual and group format.

To schedule an appointment or for more information, call (954) 262-5860.

NSU's Health Care Services

In Broward County, call (954) NSU-CARE (678-2273). In Miami-Dade County, call (305) 949-4000.

Medical Care

- endocrinology
- family medicine
- geriatrics
- internal medicine
- nephrology and hypertension
- obstetrics/gynecology
- osteopathic manipulative medicine
- pediatrics
- sports medicine

Main Campus
Sanford L. Ziff Health Care Center
3200 South University Drive
Mon–Fri. 9:00 am–5:00 pm
Sat. 8:00 am–noon

North Miami Beach Campus
1750 NE 167th Street
Mon–Fri. 9:00 am–5:00 pm
Sat. 8:00 am–noon

Most insurance is accepted.

Dental Care

- cosmetic dentistry
- dental services for patients with special needs
- endodontics
- general dentistry
- implants
- oral and maxillofacial surgery
- oral and maxillofacial surgery
- oral facial pain center
- orthodontics
- pediatric dentistry
- periodontics
- prosthodontics

Main Campus
College of Dental Medicine
3200 South University Drive
Mon–Fri.
9:00 am–5:00 pm

North Miami Beach
1750 NE 167th Street
Mon–Fri.
9:00 am–5:00 pm

Optometric Care

- comprehensive eye examinations
- corneal and contact lens services
- electrodiagnostic services
- emergency eye care/after hours
- geriatric services
- glaucoma services
- low-vision rehabilitation
- macular and diabetes services
- optical services (glasses)
- pediatric and binocular vision
- primary eye care
- treatment of eye diseases and injuries
- vision therapy
- visual development and perceptual testing

The Eye Care Institute
Main Campus
Sanford L. Ziff Health Care Center
Second Floor
3200 South University Drive

Downtown Fort Lauderdale
NBHD Specialty Care Center
1111 South Broward
Boulevard
Mon–Fri, 8:30 am–5:00 pm
Sat. 8:00 am–noon

Monday, Tuesday, Thursday,
Friday 8:30 am–5:00 pm
Wed. noon–7:00 pm
Sat. 8:30 am–noon

North Miami Beach
1750 NE 167th Street
(schedule same as above)

Rehabilitative Services

- balance and fall prevention
- neuromuscular coordination
- occupational therapy
- physical therapy
- sports and accident injuries
- treatment of movement disorders (Parkinson's disease, multiple sclerosis)

Most insurance is accepted.

Main Campus
Sanford L. Ziff Health Care Center
3200 South University Drive
Mon–Fri. 8:30 am–5:00 pm

Pharmacy Services

- compounding tailor-made medicines
- disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
- dosage monitoring for patients with multiple prescriptions
- herbal and nutritional counseling
- medication therapy management services
- prescription dispensing
- wellness screenings

Main Campus
Sanford L. Ziff Health Care Center
NSU Pharmacy
3200 South University Drive
Mon–Fri. 9:00 am–6:00 pm
Sat. 9:00 am–1:00 pm
Call the pharmacy at (954) 262-4550.

Hearing and Balance Services

- evaluation and management of balance disorders
- evaluation of children with auditory processing and learning disorders
- hearing aids and assistive listening devices
- management of patients with tinnitus (head noise)
- pediatric and adult hearing evaluations

Hearing and Balance Clinic
3600 South University Drive
Mon–Fri. 8:30 am–5:00 pm

Family Therapy and Conflict Resolution

- brief therapy services
- children's development issues
- chronic illness
- community and conflict resolution services
- divorce adjustment
- family and marriage counseling
- family conflicts
- parenting challenges
- school and behavior problems
- violence prevention

Main Campus

Maxwell Maltz Psychology Building
3301 College Avenue
Mon–Thur. 9:00 am–9:00 pm
Fri. 9:00 am–5:00 pm
Sat. 9:00 am–3:00 pm

Speech, Language, and Communication Services

- accent modification
- articulation, phonology, and language problems
- augmentative and alternate communication clinics
- developmental, congenital, and acquired disorders of communication and swallowing
- evaluation and treatment for children and adults
- specialized voice, resonance, and fluency services

Most insurance is accepted.

The Clinic for Speech, Language, and Communication
6100 Griffin Road
Mon, Wed, Fri. 8:00 am–5:30 pm
Tues and Thurs. 8:00 am–7:00 pm
Sat. 8:00 am–2:00 pm

Receive Your \$25 Incentive

Once each year, ICUBA-enrolled employees may complete a personal wellness profile and receive a \$25 incentive for doing so. Additionally, if you are an ICUBA-enrolled employee expecting a child, you may complete a maternity wellness profile and receive an additional \$25 incentive.

If you have a Health Reimbursement Arrangement (HRA), this amount will be credited to your ICUBA Benefits MasterCard balance. If not, you will receive a \$25 gift card to be used for eligible medical expenses at www.drugsourceinc.com.

Development Services

- autism assessment services
- Baudhuin Preschool (ages 3–5, with autism)
- Family Center Infant and Toddler Program (birth–age 2)
- Family Center Preschool (ages 2–5)
- parent consultations and support
- Parenting Place™ (newborn–age 5): parent/child classes, enrichment classes, after-school activities
- Starting Right program (18 months–age 3, with learning and communication disorders)

Mailman Segal Institute for Early Childhood Studies

Jim & Jan Moran Family Center Village
7600 SW 36th Street
Mon–Fri. 8:30 am–5:00 pm
Sat. 9:00 am–1:00 pm

Psychology Services

- biofeedback
- counseling for older adults
- neuropsychological assessments
- parent skills training
- psychoeducational evaluations for gifted and school-related issues
- testing and treatment for ADHD
- treatment for adolescent drug abuse and prevention
- treatment for adults with issues resulting from traumatic experiences
- treatment for alcohol abuse, smoking, gambling, and overeating
- treatment for anxiety, excessive fears, and worry
- treatment for children and adolescents experiencing behavioral and emotional issues
- treatment for depression, anxiety, and emotional disturbances
- treatment for eating disorders and body image issues
- treatment for victims and children affected by domestic violence

Main Campus

Psychology Services Center
Maxwell Maltz Psychology Building
3301 College Avenue
Mon–Thur. 8:30 am–9:00 pm
Fri. 8:30 am–5:00 pm

Assessment and Intervention Services

- assessment and group therapy for autism spectrum disorders
- assessment and intervention for attention difficulties/ADHD
- assessment and treatment for survivors of torture
- assessment of specific learning difficulties
- developmental assessments
- parent training
- psychoeducational assessment of children and adolescents
- school-based consultation services
- testing for intellectual giftedness
- vocational testing

North Miami Beach

1750 NE 167th Street

Mon–Fri 9:00 am–5:00 pm

For more information, call (954) 262-1262.

Preventive Care

As an NSU member of the ICUBA health plan, you have access to a host of preventive benefits. After you pay for your office visit, the screenings for preventive services are covered at 100 percent, with no cost to you when you use an in-network provider.

Services Include

- \$5 co-payment for all generic drugs and no co-payment for generic drugs if filled at NSU Pharmacy
- 100 percent coverage for lab work performed at an in-network provider
 - blood stool tests
 - bone mineral density tests
 - colonoscopies/sigmoidoscopies
 - echocardiograms/electrocardiograms
 - general health blood panels (including glucose and lipid)
 - immunizations (adult and pediatric)
 - mammograms
 - pap tests for women
 - PSA tests for men
 - urinalysis
 - venipuncture services

There may be additional services not listed here that are also covered at 100 percent. You will be financially responsible for your office visit co-pay or coinsurance for any office visit consultations to discuss these procedures. For more information, call Blue Cross-Blue Shield of Florida at 800-664-5295.

Mon–Thur. 8:00 am–6:00 pm

Fri. 9:00 am–5:00 pm

Free Care Coordination

If you are an ICUBA-enrolled employee recovering from an illness, skilled nurses can speed your post-hospital recovery by serving as your advocates at no charge. They will coordinate instructions from multiple physicians and juggle medical claims and prescriptions for you.

Nurses are not affiliated with NSU, and they provide services on a confidential basis.

Call the Blue Cross-Blue Shield 24-hour nurse line at 877-789-2583.

Employee Urgent Medical Care

An NSU College of Osteopathic Medicine physician can attend to your urgent medical needs. Appointments are required.

Employee Health Center

Main Campus

Sanford L. Ziff Health Care Center

3200 South University Drive

Mon–Fri 8:00 am–11:00 am

To schedule an appointment, call (954) 262-2181.

Hearing Aids

If you are an ICUBA-covered employee, you are eligible for up to \$1,500 in hearing aid benefits per plan year, subject to the out-of-pocket provisions of your plan.

MHNet—Behavioral Health and Employee Assistance Program

Because your employer is concerned about the quality of your life both at work and at home, EAP and Work-Life services are available to you and your eligible dependents.

Members covered by our group health plan also receive behavioral health services through MHNet. Below is a list of services MHNet provides through telephonic consultation

- child care resources
- credentialed network of counselors
- elder care resources
- financial resources
- individual and family therapy
- legal services and financial counseling
- life coaching
- referrals to community resources
- return-to-work assistance
- supervisor training

Services are provided confidentially and include six free counseling sessions per issue, per plan year. To schedule a session, call 877-398-5816, or visit www.mhnet.com for more information

