Our mission is to promote lifetime wellness through collaboration, education, and innovation.

**Total Patient Visits** 30,264

- **Primary Care** 16,815
- **Urgent Care** 2,007
- **Same Day Urgent Care** 2,122
- **Immunization** 5,488
- **Athletic Training** 1,126
- **X-rays** 1,332
- **Rx** 11,472
- **Counseling Visits** 7,112
- **Optometry** 1,785
- **Nutrition and Diet Analysis** 1,208

**Services Provided**

- Acute Illness & Injury Care
- After Hours Nurse Advice
- Athletic Training
- Cooking Demonstrations
- Group Counseling
- HornetMD
- Immunizations
- Individual Counseling
- Urgent Care Counseling
- Pharmacy
- Reproductive Healthcare
- Vision Care Center
- Well Woman Exams
- Wellness Workshops
- X-Ray & Lab Services

**Top 10 Reasons for Visits**

1. Depression/Anxiety
2. Contraception
3. Injuries
4. Eye Exam
5. Upper Respiratory
6. STI Testing
7. Urinary Tract Symptoms
8. Cough/Sore Throat
9. Viral Infection
10. Dietary Analysis/Counseling

**Passed Accreditation**

Nine 3 Yr Terms in a row!

**Recognized as a Healthy Campus by Active Minds**

**Our Facility**

- 27,000 Square Feet
- Located in The WELL
- 16 Exam rooms
- 2 Procedure Rooms
- 1 Observation Room
- 13 Counseling Offices
- 3 Satellite Counseling
- X-Ray, Pharmacy, Optometry and Athletic Training on site.

**Fall Student Enrollment:** 30,661

**Number of Students that used our services:** 17,431

**Patient Satisfaction Survey**

- **94%** Were satisfied with the overall service they received.
- **100%** Would Recommend Student Health & Counseling Services to another student.
- **99%** Our staff was friendly and courteous during their visit.
- **94%** Students aged they received information during their visit that they will use to improve their health.
Embraces a holistic and collaborative approach to healthcare by offering urgent care, primary care, preventive services, wellness education, violence support services, and mental health services to the Sacramento State campus community.

**Our Team**

- **Physicians / Nurse Practitioners**: 6
- **RNs and Medical Assistants**: 10
- **Counselors**: 11
- **Pharmacist**: 2
- **Pharmacy Technician**: 1
- **X-Ray Technician**: 1
- **Health Educators**: 3
- **Registered Dietitian**: 1
- **Administrative / Support Staff**: 13
- **IT Consultant**: 1
- **Optometrist**: 1
- **Athletic Trainer**: 1
- **Student Staff**: 8

**212**

Wellness Workshops and Health Presentations

"I gained experience with diverse community, nutrition knowledge, & presentation/public speaking skills."

- Sac State Student

"I gained the knowledge of different resources on campus, I also got experience w/program planning & lastly gained some friends."

- Sac State Student

**91%**

Students will apply positive changes to their lifestyle after our presentations.

"I gained communication skills, proper planning, confidence, & being part of something."

- Sac State Student

**39 Student Peer Health Educators**

**28,916 Condoms Distributed**

Peer Health Educators promote healthier lifestyle choices related to nutrition, mental health, healthy relationships, alcohol, tobacco, and other drugs.

**6 Large Scale Events**

**11,057**

Incoming first year and transfer students who completed online safety tutorials for sexual assault and alcohol.

**We’re Social**

- 1,417 Facebook Likes
- 1,870 Instagram Followers
- 550 Tweeter Followers

**Group Counseling Topics**

- Anger Management / Slow Your Roll
- Anxiety Management
- Coping with Loss
- Managing Difficult Emotions
- Dynamic Self
- Intuitive Painting
- Lavender Connection
- Men’s Talk
- SAFE
- Self Care for Emerging Helping Professionals
- Surviving Your Family
- Women’s Empowerment

**The median number of counseling sessions per student**: 4.37

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