



# MANAGING YOUR HEALTH JUST GOT EASIER

In the week prior to starting classes at LACM, you'll receive an invitation to your LACM email address from Carbon Health. This email will have instructions for how to set up your account.

## INCLUDED SERVICES

- ✓ Primary Care
- ✓ Urgent Care
- ✓ Virtual Care
- ✓ Mental Health

## SUPPORT CONTACT

[support@carbonhealth.com](mailto:support@carbonhealth.com)

## APP INSTRUCTIONS



## 1. Primary Care Services

Primary care services shall include Consultations for non-emergency episodic care, preventive care, office visits for ill, routine, follow up appointment, annual exams, pre-employment physicals, and workers compensation injuries for all students as set forth in additional detail below:

Service	Description of Services
Primary Care Services:	<ul style="list-style-type: none"> <li>• Preventive care/physicals</li> <li>• Annual physicals</li> <li>• Basic condition management and monitoring</li> <li>• Immunizations</li> <li>• Acute care services such as for cough, cold, flu, minor suturing, and minor procedures</li> <li>• Vaccinations</li> <li>• Allergy and other injections</li> <li>• Coordination of referrals for specialist visits or additional diagnostics</li> <li>• Health Risk Assessments</li> <li>• Biometric screenings</li> <li>• Health coaching and education</li> </ul>
Pharmacy/Dispensing Services	<ul style="list-style-type: none"> <li>• Dispensing certain drugs and medications, in accordance with applicable law.</li> </ul>
Laboratory Services	<ul style="list-style-type: none"> <li>• Included laboratory services: <ul style="list-style-type: none"> <li>○ Fecal Occult Blood Test</li> <li>○ Glucometer</li> <li>○ Rapid HIV 1/2 Ab/Ag Combo</li> <li>○ Rapid Influenza A+B</li> <li>○ Rapid Mono</li> <li>○ Urine Pregnancy HCG Cassette</li> <li>○ Urine Pregnancy HCG Dipstick</li> <li>○ Rapid RSV</li> <li>○ Strep A Dipstick</li> <li>○ Urinalysis</li> </ul> </li> </ul>
Radiology Services	<ul style="list-style-type: none"> <li>• Onsite x-ray</li> </ul>
Prescription Services	<ul style="list-style-type: none"> <li>• Electronic prescription, as permitted by law</li> <li>• Google Maps pharmacy selection</li> <li>• Prescriptions sent to preferred pharmacy, if needed</li> </ul>

## 2. Urgent Care Services

Service	Description of Services
Urgent Care Services:	<ul style="list-style-type: none"><li>• In Clinic Urgent Care</li><li>• Acute care: Sick care (cold, flu, sinus, allergies, strep), Infections (UTI, STI, skin infections), Musculoskeletal injuries, Rash</li><li>• Simple procedures: Foreign body removal, Incision and drainage, Splinting</li><li>• Wound care and procedures: Burn management, Laceration repair</li><li>• On-site imaging and labs: Send out labs, X-rays, Screenings</li></ul>
Prescription Services	<ul style="list-style-type: none"><li>• Medication prescription, refills</li><li>• Electronic prescription, as permitted by law</li><li>• Google Maps pharmacy selection</li><li>• Prescriptions sent to preferred pharmacy, if needed</li></ul>
Pharmacy/Dispensing Services	<ul style="list-style-type: none"><li>• Dispensing certain drugs and medications, in accordance with applicable law.</li></ul>

**3. Virtual Care Services.** The virtual care services provided by the Providers shall be in accordance with and include the following:

a. Availability. Virtual care consultations shall be available 9am-7pm local time every day, 7 days per week. Consultations may include:

Service	Description of Services
Virtual Care Services	<ul style="list-style-type: none"><li>• Live video visits on web and mobile</li><li>• Telephone or chat encounters</li><li>• Patient visit summary</li><li>• Ability for the student to review Provider profiles and choose a Provider</li><li>• Image sharing</li><li>• Message Center secure messaging</li><li>• Primary Care Consultations</li><li>• Urgent Care Consultations</li></ul>
Prescription Services	<ul style="list-style-type: none"><li>• Electronic prescription, as permitted by law</li><li>• Google Maps pharmacy selection</li><li>• Prescriptions sent to preferred pharmacy, if needed</li></ul>

## 4. Mental Health Services

Service	Description of Services
Virtual Mental Health Services	<ul style="list-style-type: none"><li>• Group Therapy (if there is student demand)</li><li>• Mental Health Consultations</li><li>• Short-term individual counseling and therapy</li></ul>

	<ul style="list-style-type: none"> <li>• Goal-focused cognitive behavior therapy</li> <li>• Self-guided treatment (prescribed through PCP, UC Provider)</li> <li>• FDA approved digital therapy for anxiety and insomnia</li> </ul>
Prescription Services	<ul style="list-style-type: none"> <li>• Electronic prescription, as permitted by law</li> <li>• Google Maps pharmacy selection</li> <li>• Prescriptions sent to preferred pharmacy, if needed</li> </ul>

Observed holidays:

Friday, January 1 – New Year’s Day

Sunday, July 4 – Independence Day, early closure

Thursday, November 25 – Thanksgiving Day

Friday, December 24 – Christmas Eve, early closure

Saturday, December 25 – Christmas Day

Saturday, December 31 – New Year’s Even, early closure