

health services hours

Fall, Spring and Summer* Semesters

Monday - Friday

Tempe campus

8 a.m. – 6 p.m.*

Last patient appointment at 5:30 p.m.*

Polytechnic campus

8 a.m. – 5 p.m.

Closed Noon – 1 p.m. for lunch

West campus

8:30 a.m. – 12:15 p.m.

12:45 – 5 p.m.

Wednesday 8:30 a.m. – 6:30 p.m. Fall/Spring

Downtown Phoenix campus

8 a.m. – 1 p.m.

2 – 5 p.m.

Saturday

Tempe campus

ASU Health Services, Tempe*

10 a.m. – 2 p.m.

*Summer Semester, the Tempe campus location closes at 5 p.m. and accepts its last patient appointment at 4:30 p.m. ASU Health Services South is closed during the Summer Semester.



SunDevilHealth



ASU Health Services is a member of the Mayo Clinic Care Network.



health services contact information

To schedule an appointment on the Downtown Phoenix campus, contact 602-496-0721. To schedule an appointment on the Polytechnic, Tempe and West campuses contact, 480-965-3346.

Locations

Downtown Phoenix campus

ASU Health Services - NP Healthcare Downtown Phoenix,
500 N. 3rd Street, Suite 155

First floor of the College of Nursing & Health Innovation building.

Polytechnic campus

Student Health Center, 7332 E. Sun Devil Mall
Conveniently adjoined to the Sun Devil Fitness Complex

Tempe campus

ASU Health Services, University Dr. and Palm Walk
ASU Health Services South, Sonora Residence Hall
ASU Health Services SDFC, Sun Devil Fitness Center

West campus

Student Health Services, University Center Building,
Room 190. On University Way.

After-Hours Medical Advice: 1-800-293-5775

Website: eoss.asu.edu/health

***After-Hours Counseling Crisis: 480-921-1006**

If a crisis occurs outside of business hours, call EMPACT's 24-Hour Crisis Line.

Living Well at ASU

ASU is dedicated to helping students lead healthy lives and reach their academic and personal goals by creating a healthy campus environment.

Visit eoss.asu.edu/wellness to learn more about the Living Well Network which provides medical, psychological, physical fitness and wellness programs and services.

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staying healthy at asu



advice from your
ASU health services



To maintain a healthy lifestyle, follow the health care information and recommendations from ASU Health Services' doctors and nurse practitioners.

If you have additional questions or concerns regarding these recommendations, we invite you to schedule a visit with one of our providers.

general health recommendations

- Get eight hours of sleep per night and maintain a regular bedtime routine.
- Participate in moderate intensity exercise for at least 30 minutes, five days a week. Moderate intensity includes swimming, jogging, continuous bicycling, or aerobic exercise. It is important to drink water during and after exercise, especially during the summer months (if you have chronic medical conditions such as asthma, heart disease or diabetes you should check with your doctor before starting any exercise regimen).
- Avoid prolonged sun exposure. Wear hats, sunglasses with UV protection and use sun block when planning to be outdoors.
- Eat a varied and balanced diet that includes whole grains, lean protein (chicken, turkey, fish, egg whites, beans, low-fat dairy products) and healthy fats (nuts, seeds, nut butters, avocado, olive oil). Make half of your plate fruits and vegetables. Drink water instead of sugary beverages. Avoid or limit fast food, fried food, excessive intake of packaged/processed foods and saturated fats (meat, cheese, butter, full fat dairy products). Avoid oversized portions.

eoss.asu.edu/wellness/healthyeating is one of the many useful resources on healthy eating and nutrition.

- If you do decide to drink alcohol, please drink responsibly - never drink more than one drink per hour and never more than four drinks in one sitting. Do not drink and drive.
- ASU is a tobacco free campus. Do not start tobacco use of any kind and avoid using any other recreational substances/drugs. If you are currently smoking, set a quit date and work with ASU Counseling Services or your medical provider to stop.
- Obtain yearly flu shots as recommended by your medical provider.
- Maintain a good balance of school, work, social activities and social supports to help reduce stress and maintain mental well-being. Get active in an ASU organization or intramural sports.
- Always wear a seat belt when in a car. Do not text while driving.

specific health recommendations for women

- All women planning a pregnancy or capable of becoming pregnant should take a daily supplement (such as a prenatal vitamin) containing 400mcg to 800mcg of folic acid.
- Most women between ages 18-50 should be taking at least 1000mg a day of calcium and 400 IU of vitamin D from food or a daily multivitamin/ supplement.
- Obtain routine gynecological check-ups and testing for Chlamydia and other sexually transmitted infections (STIs) when you become sexually active. You may not have any symptoms but may still carry these infections, many of which may be treated easily if identified early. Testing for Chlamydia and HIV is available on a walk-in basis at ASU Health Services laboratory. If you are sexually active, get tested annually, and repeat the testing whenever you have a new sex partner.

- Begin Pap smear testing (cervical cancer screening exam) at age 21.
- Get vaccinated against Human Papilloma Virus (HPV) to reduce your risk of getting cervical cancer and genital warts.

ASU Health Services phone numbers

Appointments	480-965-3349
Billing	480-965-8559
Cancellations	480-965-9355
ASU Counseling Services	480-965-6146
24 hr. Mental Health Crisis	480-921-1006
Food Safety	480-965-6853
General Information	480-965-3346
Health Insurance	480-965-2411
Lab and X-ray	480-965-4713
Medical Records	480-965-1359
Referrals	480-965-1133

Call 480-965-3346 if you have additional questions.

