

# Student Health and Wellbeing

John Cabot University encourages students to contact the Coordinator for Student Health Services and Wellbeing when they need assistance with anything related to their personal health and wellness. Students may request assistance finding a doctor, directions to a medical institution, insurance claims or even accompaniment to an appointment.

If you will require ongoing or specialized medical treatment during your stay in Rome, please notify the Coordinator for Student Health Services and Wellbeing ahead of time so we may best assist you. You may do so by emailing [health@johncabot.edu](mailto:health@johncabot.edu). The Health and Wellbeing office is located at:

Gianicolo Residence  
Vicolo della Penitenza, 26  
Email: [health@johncabot.edu](mailto:health@johncabot.edu)  
Phone: 06.68.19.13.45

**IMPORTANT:** Before visiting an external doctor, hospital, or clinic, please contact your insurance provide. Please be sure to **always have your passport and insurance information** with you before visiting a doctor, hospital, or clinic.

Below is the list of the health services that you may find on campus as well as around Rome.

## MENTAL HEALTH



Counseling and psychiatric services are offered on campus and **free of charge**. To make an appointment with a counselor, go to [counseling@johncabot.edu](mailto:counseling@johncabot.edu).

We also have a licensed psychiatrist available for medication management. This appointment may be arranged through your counselor or contact the Health and Wellbeing Office.

## PHYSICAL HEALTH



**Dr. Stephanie Salvatore** is a general practitioner. Her services are available to the JCU community on campus and **free of charge** on the following days:

TUESDAYS –10 AM to 1 PM

FRIDAYS –1 PM to 6 PM

Tel.: +39 349.38.80.487

Email: [stesalvatore@libero.it](mailto:stesalvatore@libero.it)

The doctor's office is located next to the Aula Magna in the Guarini Campus building.

## ORTHOPEDIC HEALTH



**Dr. Monteiro Diederichs**  
Email: [kinesiology@johncabot.edu](mailto:kinesiology@johncabot.edu)

Physical rehabilitation services for orthopedic problems related to postural maladaptation and symptoms such as pain and/or discomfort affecting neck, shoulder, lumbar, knee etc. Kinesiology is the science that studies the human body locomotor apparatus. Kinesiology services are available to the JCU community on campus and free **of charge** on the following days:

MONDAY - 2:30 PM to 7 PM

WEDNESDAY - 11:30 AM to 6 PM



The campus office is located next to the Aula Magna in the Guarini Campus building.

Please use the QR Code to set up an appointment.



**Dr. Andrea Guerriero** is a general practitioner who offers 24/7 house-calls (same day appointments). Free consultation is available through phone call, text message, or Whatsapp. The doctor may

connect you with private clinics for lab works and specialists. Dr. Guerriero also offers Acupuncture. The doctor can be reached by:

Tel./Whatsapp: +39 320.40.65.709

Email: [andrea.guerriero@medinaction.com](mailto:andrea.guerriero@medinaction.com)

Website/App: **MEDinACTION**

The doctor charges €50 during business hours (8-7PM Monday through Friday), €120 on weekdays between 7pm-8am, on holidays, and weekends. If you use **CISI**, **Allianz**, and **Cigna** insurance, the doctor will bill your insurance directly and you will not need to make payment. If you have a different insurance, you will pay in cash or paypal. The doctor will provide a detailed receipt which you may submit to your insurance company for reimbursement.

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## MINDFULNESS

John Cabot University hosts a Mindfulness Meditation Workshop each semester. This workshop generally takes place on Monday evenings. It is available on a drop-in basis, and may be useful to students experiencing stressful life changes or simply interested in learning more about how to use mindfulness in order to achieve balance in their lives. For more information please contact the Office of Health and Wellbeing,

## HEALTH INSURANCE

Italian law requires that all non-Italian students living in Italy have medical insurance. Students are required to have a health insurance plan valid in Italy throughout their course of study at John Cabot University. ***Should you opt to use a different plan from CISI, a valid copy of this plan must be uploaded on myOrientation.***

***John Cabot University works with Cultural Insurance Services International (CISI) to assist you in obtaining a high quality health care. This insurance meets all the needs required for a student to receive a study visa and permit to stay. Once enrolled, you will receive access to a student portal from which you may manage your insurance claims and coverage.***

Under Italian law, *emergency* medical treatment is provided to Italian nationals and foreign nationals alike, regardless of insurance coverage. That said, any treatment received in Italian Emergency Rooms is subject to a fee. If follow-up care is required, the hospital will ask for proof of insurance. Policies on public hospital charges vary from region to region.

### European students

A copy of your national health insurance card is required. ***It is important to note that depending on your country of origin, the national healthcare you arrive with may not provide adequate coverage here in Italy. Because of this, we strongly recommend purchasing the CISI health insurance.***

### Non-European students

Private non-Italian medical insurances are accepted only if the insurance company issues a letter summarizing the conditions of the policy, stating that it is valid in Italy. ***It is important to note that depending on your country of origin, the policy you arrive with may not provide adequate coverage here in Italy. Because of this, we strongly recommend purchasing the CISI health insurance plan in order to obtain a high quality health insurance that will fulfill your immigration requirements.***



## HOSPITALS & EMERGENCY ROOMS

### *Ospedali & Pronto Soccorso*

Students may choose between public and private hospitals. While public hospitals provide both emergency and non-emergency services, private ones generally do not have emergency rooms. The public hospital emergency room is called “Pronto Soccorso” and is generally good, but in some cases immediate service cannot be provided and students may have to wait a long time to be seen. In Italy, hospitals use the triage system to assess injuries. This system involves assigning a priority color code to patients arriving at the Pronto Soccorso: red (very critical), yellow (moderate critical), green (not very critical), and white (not at all critical). Patients will be seen in order of severity.

Non-emergency services provided by public hospitals are subject to a fee. Private hospitals normally have higher fees than public hospitals. Students are generally required to pay fees up front before leaving a private hospital. Furthermore, in order to benefit from the services offered by any private hospitals, students need to make arrangements with the hospital’s administration or with the doctor. Be advised that staff and doctors in both public and private hospitals are not required to speak English, however some of them may.

### **Guardia Medica Turistica**

Via Emilio Morosini, 30

Tel. +39 06-570600

Free emergency medical walk-in clinic.

MONDAY through FRIDAY from 8 PM until 8 AM  
SATURDAY from 10 AM until 8 AM the following  
Monday

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## DOCTORS

In some cases, private doctors do not accept payments from our CISI insurance provider and students will be asked to pay up front for the visit. Doctors will provide students with receipts or invoices in order to be reimbursed by CISI.



## MEDICATIONS

It is illegal to have medication mailed to Italy and it will be stopped at customs. Therefore, students should bring enough of their prescription medication with them to last their entire stay in Rome.

While many types of medicine are available in Italy, it is important to note that American prescriptions are not valid here. U.S. medications which may not be available include ADD/ ADHD medications and some forms of contraception.

Students are responsible for confirming that any medication they require can be acquired locally. Specific questions about this can be directed to the Office of Health and Wellbeing.

If a prescription refill is needed while abroad, please contact our office or request assistance with our on-campus physician. Payment is required at the time of purchase, and can be made by cash or credit/debit card.



## PHARMACY

*Farmacia*

*Farmacie* are drug stores easily found around the city. They can be identified by the big green cross outside. While some drugs are available over the counter, others require a prescription from the doctor. Furthermore, the pharmacist has some medical knowledge and s/he can advise patients about medicines, including how to take them, what reactions may occur and answering general questions.

Students should be advised that local *farmacie* typically close between the hours of 1:00 PM and 4:00 PM and after 7:30 PM. They are typically closed on Saturday afternoon and all day on Sunday. By law, however, there must be one *farmacia* open at all times (24 hours/7 days a week). *Farmacie* typically rotate this responsibility. You can find the rotation list posted publicly on the door of each *farmacia*.

## CLINICS

### Doctors in Italy

(English-speaking doctors)



Via Frattina, 48  
Tel. +39 06-90287042  
Whatsapp: +39 370 1359521  
[info@doctorsinitaly.it](mailto:info@doctorsinitaly.it)

Medical services offered: General Practitioner, Lab Tests and Diagnostics, Cardiology, Chinese Medicine, Cosmetic Medicine, Dentistry, Dermatology, ENT (Ear, Nose and Throat), Hospital Care (at a partner Hospital), Minor surgery, Obstetrics and Gynecology, Ophthalmology (Eye care), Orthopedics, Pediatrics, Sexual Health, Urology, and Vein Care.

### Aventino Medical Group

(English-speaking doctors)

Via Sant'Alberto Magno, 5  
Tel. +39 06.578.07.38  
+39 06.57.28.8349  
MONDAY through FRIDAY 9 AM - 7:30 PM  
[info@aventinomedicalgroup.com](mailto:info@aventinomedicalgroup.com)

Medical services offered: Dermatology, ENT (Ear, Nose, and Throat), Internal Medicine, Diagnostic Ultrasound, Pediatrics, Orthopedics, Osteopathy, Endocrinology, Allergist, Neurology, Pediatrics, Ophthalmology, Psychiatry, Foot and Hand Surgery, Obstetrics-Gynecology, Physical Therapy, Surgery, Gastroenterology, and Psychotherapy.



## DENTAL CARE

### Studio Medico Santilli

(English-speaking doctor)

Largo Giuseppe Cocchi, 12  
Tel. +39 06.58.32.09.53  
Mobile: +39 349.50.28.823  
[info@santillistudio.com](mailto:info@santillistudio.com)

Periodical Check-ups are *free of charge* for all JCU students. Whitening costs €50.