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
Located on the first floor of the College of Nursing & Health Innovation building.

Polytechnic campus
Student Health Center, 7153 E. Thistle Avenue
On the corner of Sterling and Tahoe.

Tempe campus
ASU Health Services, University Dr. and Palm Walk
ASU Health Services South, Sonora Residence Hall
ASU Health Services SDF, Sun Devil Fitness

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

After-Hours Medical Advice: 1.800.293.5775
Website: students.asu.edu/health

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

*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.
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.

students.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.
- 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 & 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 & 400 IU of vitamin D from food or a daily multivitamin/supplement.
- Obtain routine gynecological check-ups and testing for Chlamydia & 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

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<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Appointments</td>
<td>480.965.3349</td>
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<td>Billing</td>
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<td>Cancellations</td>
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<td>ASU Counseling Services</td>
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<td>24 hr. Mental Health Crisis</td>
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<td>Food Safety</td>
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<td>General Information</td>
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<td>Health Insurance</td>
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<td>Lab and X-ray</td>
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<td>Medical Records</td>
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<td>MMR Fax Line</td>
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<td>Pharmacy (Tempe only)</td>
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<td>Phone Consultation</td>
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<td>Referrals</td>
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If you have any questions, please contact us at: 480.965.3346.