

# GO TANG YIPPEE DEE DOO DAY DAY!

Health Tip #4

September 14, 2014



Hey there, friendly bathroom stall occupant. Roxanne here this time – and I am so superdeduper fortunate to get the most exciting possible topic yet: THE TANG CENTER. Let's see if I can succeed at making this both informative and remotely entertaining. Here goes. Wish me luck.

## **What is the Tang Center, you may ask?**

Good question! The Tang Center (also called UHS) is Berkeley's own fine and dandy medical facility, located on Bancroft Avenue, right near the RSF. Little may you know that there are many wonderful services available to you through TANG to address any health concerns:

- **Primary Care** – general doctor appointments and check-ups
- **Urgent Care** – for urgent problems. What a clever name! Open M-F 8-6pm & Sat 9-5pm.
- **Counseling and Psychiatric Services** – all Berkeley students get 5 free sessions! These can always be drop-in appointments to vent, talk out any sources of stress and stop for a 15-minute free massage in the Tang massage chair on your way out ☺ Who doesn't love a free massage?
- **Laboratory and Pharmacy** – Tang offers many lab tests, such as STI, pregnancy, and blood tests. There is also a pharmacy that you can take advantage of, because they offer general over-the-counter medication for much cheaper than Walgreens and 10 packs of condoms for only \$2. Save on the dolla dolla bills y'all. #\$\$\$
- **Specialty Clinics** – including dermatology, musculoskeletal, orthopedics, etc.
- **Health Promotion** – what we do in HWP!

**At this point, you must be thinking to yourself, 'Oh goodness gracious me oh my! I would love to frolic over to the Tang Center! How can I make an appointment?!'**

I am so glad you asked. Wow, you are such a curious and engaging audience. Thank you. You can make appointments in three ways:

- **Online:** at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) (located on the sidebar at the top left)
- **By Phone:** The Tang Center appointment line is [510-642-2000](tel:510-642-2000) and if you are concerned about the urgency of your needs, you can call the advice nurse at [510-643-7197](tel:510-643-7197) to consult about any questions
- **Go to the appointment office** – located on the first floor of the Tang Center (behind front desk).

*So, whether you are covered by SHIP (Student Health Insurance Plan) or not, you can use any of these services at the Tang Center (minus dental care and optometry – that's only for SHIP members). Go Tang!*

If I made you chuckle or smirk even once, then I consider this a success. And if I did not, my apologies (but sorry, not sorry). I'll try to redeem my lack of comedic qualities with an enlightening quotation. Welcome to the first in my series of **Bathroom Stall Wisdom** (a less janky version of the graffiti in all Berkeley public restrooms):

**“Your imagination is your preview to life's coming attractions” – Albert Einstein**

How does this relate to the Tang Center? I don't know. Use your imagination.

## **Info on fees for these services:**

<http://www.uhs.berkeley.edu/students/medical/samplefees.html>

The Health Worker Board outside I-House Dining Hall also has a ton of helpful brochures for you to take

## **Visit the Magical Land of Tang**

Appointments (M-F 8-5): 642-2000  
Advice Nurse (M-F 8-5): 643-7197  
Self-Care Resource Center: 642-7202  
[www.uhs.berkeley.edu/healthworker](http://www.uhs.berkeley.edu/healthworker)

## **Visit the Magical Cyber Land of YouTube (for giggles:**

<http://www.youtube.com/watch?v=27exhy-cZkQ>

Health Tips are written by I-House Health Workers for I-House residents. But many of these tips may be applicable to all international students at UC Berkeley.