

## Healthy Transition to Campus

We know that making the leap from high school to college can be a scary, yet exciting time for students. USF Student Health Services offers on-campus resources to ensure that your student has a healthy transition! Here are some important services you should know about before sending your student to school:

- [Student Health Services Clinic](#): Worried that your student might get sick while away at school? The Student Health Services Clinic offers general checkups, primary care, vaccinations, urgent care and more. There is no out-of-pocket cost for students to be seen by a general medical provider! No insurance required. For more information on the minimal fees associated with our specialty services, please click [here](#).
- [Nutrition Counseling](#): It's hard adjusting to a new eating schedule! If your student has dietary restrictions, or needs help planning out wholesome meals for the week, make an appointment with a Registered Dietitian. Appointments are only \$10 for students.
- [USF Bulls Country Pharmacy](#): Does your student take prescription medications? Transfer them to our on-campus pharmacy! It's easy – just provide the USF Bulls Country Pharmacy with your previous pharmacy's telephone number or bring in your prescription label.
- [Feed-A-Bull Food Pantry](#): Here at USF, we believe that no student should go hungry! The Feed-A-Bull pantry provides students with free, supplemental foods. Students are encouraged to stop in anytime during operating hours to stock up on any necessary food and miscellaneous household supplies.

Your student's health and well-being is our main priority! If you have any questions, please call us at (813) 947-2331. Make sure to follow us on [Facebook](#) and [Twitter](#) to stay up-to-date with our services, campus events, and free flu shot dates!