

UConn

STUDENT HEALTH
AND WELLNESS

Student Health and Wellness (SHaW): Overview of Services & Requirements

Be well. Feel well. Do well.

Your Health & Wellness Team



Be well. Feel well. Do well.

Translation Services- Language Line

Provides translation services to 200+ languages, during your appointment!



Be well. Feel well. Do well.

UConn SHaW- All 5 Campuses



Be well. Feel well. Do well.

UConn SHaW- Storrs

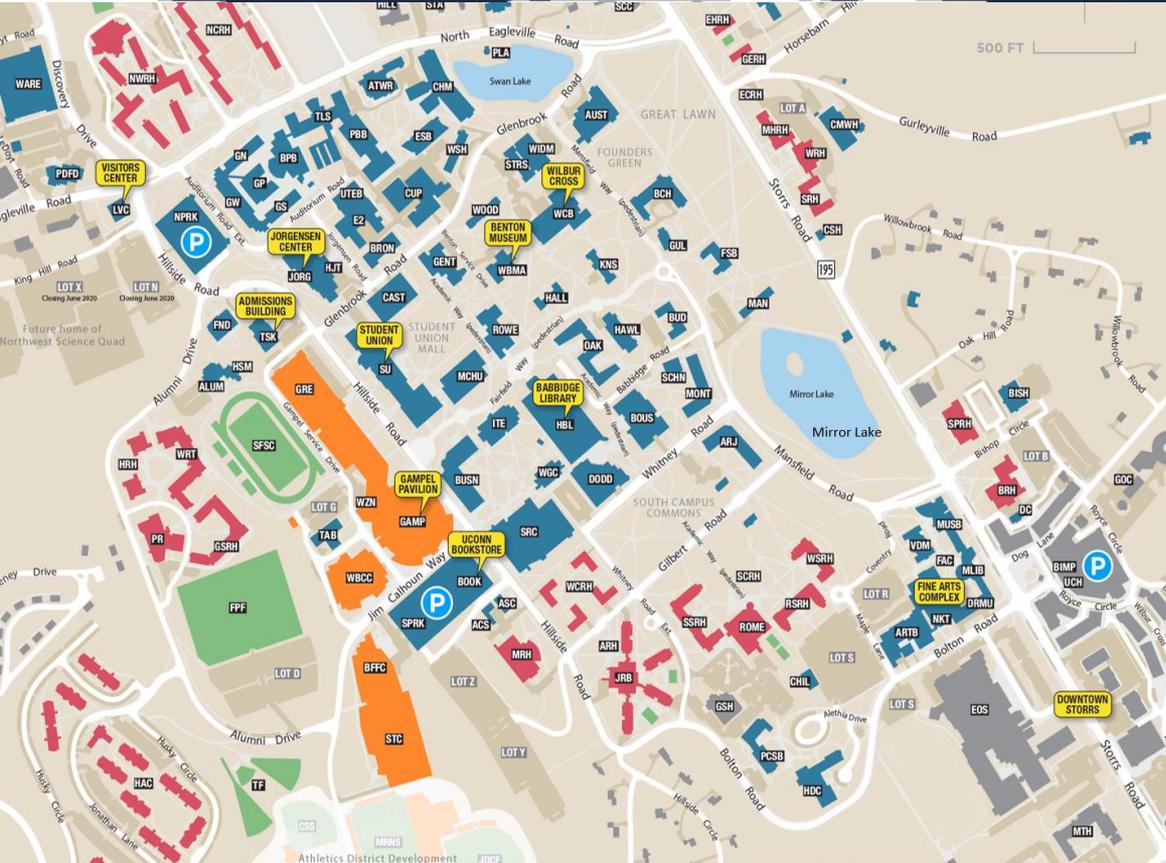


Be well. Feel well. Do well.

OUR SERVICES AT STORRS



Storrs Locations



Medical Care and
Pharmacy Hilda May
Williams

Mental Health
Arjona (4th floor)

Health Promotion
Wilson Hall (1st floor)
Cordial Storrs

Be well. Feel well. Do well.

Medical Care- Storrs

Medical Services

Physical exams

Reproductive and
sexual healthcare

Immunization

X-Ray

Bloodwork

24/7 advice nurse



Medical Care- Storrs

An overnight stay for additional care and treatment.

Our nursing staff will be with you and assist you with your medical needs.



Pharmacy- Storrs



SHaW pharmacy professionals will assist you with:

Filling prescription medications

Medication information

Non-prescription Medications

Also known as “Over-the-counter” medications

Medical supplies

Ice packs, bandages, contact solution and more!

Curbside Service

Making pick-up quick and easy!

Visit our [Online Marketplace](#) to order online & for a full list of items available!

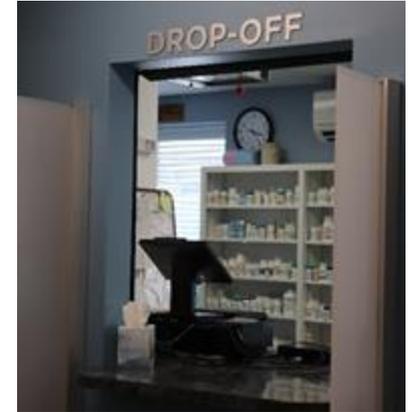
Be well. Feel well. Do well.

Pharmacy- Storrs

Important to know:

Prescription medications are medications prescribed by a medical provider. These medications are meant to only be used by the person whom they are prescribed for.

Non-prescription medications, also known as “over-the-counter” medications, do not require a prescription to be purchased.



Be well. Feel well. Do well.

Mental Health- Storrs



Be well. Feel well. Do well.

Health Promotion- Storrs

We help create a culture of health and wellness at UConn through:

Services:

Wellness Coalition
Innovate Wellness
UConn Recovery Community
Health education programs and partnerships

- gloveBOX
- The UConn Sexperts
- BASICS/MAPP



Be well. Feel well. Do well.

How To Access Care- Storrs

Medical Care

Call 860-486-4700

Mental Health

- Screening appointment 860-486-4705
- BeWell @ UConn 833-308-3040 (available 24/7)
- If you are calling Internationally from outside the U.S. use +44 20-8987-6588



Be well. Feel well. Do well.

How to Access Care - Storrs

Bring your:

- Student ID
- Insurance card
- Pharmacy card



Be well. Feel well. Do well.

UConn SHaW- Regional Campuses



Be well. Feel well. Do well.

SHaW- Regional Campuses

- Health Promotion
- Mental Health Resource Center
- Advise Nurse
- 24/7/365 Mental Health Support
- Wellness Hub

Be well. Feel well. Do well.

Health Promotion- Regional Campuses

Let's Get Together Thursdays
15 Minutes to Calm



Join us for breathing & kindness meditation to help us find a calm moment in our day & seek peace within ourselves.

Thursday February 17 @5:30pm

Be well. Feel well. Do well.

- 15 Minutes to Calm offered weekly
- Pet Therapy
- Sexuality Series
- Partnership with local organizations providing services to campus communities

A promotional poster for Pet Therapy at UConn Hartford. The top half is teal with white paw prints and the text 'Pet Therapy' in a playful font, with 'UConn Hartford' below it. The bottom half is yellow with a teal curved border. It features a photo of a golden retriever named Jake. Text on the right says 'Jake is excited to meet Hartford students in the Student Activities Center on' followed by the date and time: 'October 25, 11am-12pm, Room 141'. It also mentions 'Brought to you by SHaW & USG' and the email 'joleen.nevers@uconn.edu'. The bottom of the poster has the slogan 'Be well. Feel well. Do well.' with paw prints.

Pet Therapy
UConn Hartford

Jake is excited to meet Hartford students in the Student Activities Center on

- October 25
- 11am-12pm
- Room 141

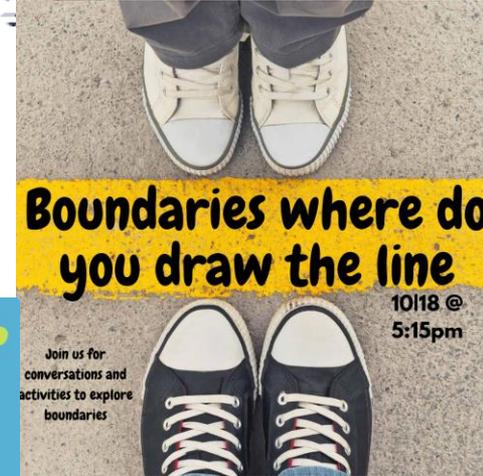
Brought to you by SHaW & USG
joleen.nevers@uconn.edu

Be well. Feel well. Do well.

Be well. Feel well. Do well.

Health Promotion- Regional Campuses

- Educational materials tailored to each campus
- Provide trainings and educational sessions to students and student groups on various topics through a lens of justice, equity, diversity and inclusion including:
 - setting boundaries
 - stress management
 - alcohol and other drugs
 - inclusive sexuality education



Be well. Feel well. Do well.

SHaW Mental Health Resource Center- Regional Campuses

- Free and Confidential Appointments
- Virtual and In-Person Option
- Individual Mental Health Assessments
- Brief Therapeutic Support
- Clinical Case Management
- Outreach
- Crisis intervention
- 24/7 Support – BeWell @ UConn
- Referral Services to Community Providers



Be well. Feel well. Do well.

SHaW Services- Regional Campuses

- Advice Nurse - Student Health and Wellness free and confidential 24/7 during the regular academic year 860-486-4705
- **24/7/365 Mental Health Support** - BeWell @ UConn at 833-308-3040
If calling Internationally (outside the U.S.) use +44-20-8987-6588
- Wellness Hub - bewelluconn.com
Information on:
 - Mental and Emotional Health
 - Fitness and Nutrition
 - Academic Performance
 - Stress Management
 - Healthy Relationships

Be well. Feel well. Do well.

Mental Health Appointments- Regional Campuses

- *Schedule Appointment Online studenthealth.uconn.edu*
 - *Choose your campus*
 - *Choose your preferred time*
 - *Choose virtual or in-person*

Avery Point	Hartford	Stamford	Waterbury
860.405.9044 averypointmhrc@uconn.edu	929.200.3869 hartford.mhrc@uconn.edu	203.251.9590 stamfordmhrc@uconn.edu	203.236.9817 claudia.pina@uconn.edu

Be well. Feel well. Do well.

Contacts- Regional Campuses

All Regional Campuses: Health Promotion	Joleen M Nevers, MAEd, CHES, CSE, CSES, ABS, ACS joleen.nevers@uconn.edu
Avery Point Campus: Mental Health Resources	Jessica Musgrove, LMFT 860-405-9044 averypointmhrc@uconn.edu
Hartford Campus: Mental Health Resources	Naa Opoku Gyamfi, LPC 929-200-3869 hartford.mhrc@uconn.edu
Stamford Campus: Mental Health Resources	Katie Griffin, LPC & Gicel Corado, LPC 203-251-9590 stamfordmhrc@uconn.edu
Waterbury Campus: Mental Health Resources	Claudia Pina, LSW, LADC 203-236-9817 Claudia.pina@uconn.edu

Be well. Feel well. Do well.

Emergency Services- All Campuses



Call **911** in case of an
emergency



Medical
or
Safety!



Be well. Feel well. Do well.

Collaboration of Care- All Campuses

If there is a service we don't offer...we will help get you connected!



- For Storrs campus students, our Referral Specialist will assist with connecting you to specialized services not offered at SHaW



- For regional campus students, our Case Managers will assist with connecting you to specialized services not offered at SHaW

Be well. Feel well. Do well.

HEALTH INSURANCE IN THE STATES



How Healthcare is Different in the United States

The United States does **NOT** have universal healthcare.

The cost of services depends on what **insurance** you have.

You may need to see a general doctor before you can see a **specialist** depending on your insurance benefits.

With insurance, you may still need to pay a **co-pay**, **co-insurance**, or **deductible** for medical appointments or services

Be well. Feel well. Do well.

How Healthcare is Different in the United States

What is a Co-Pay? A Deductible? Coinsurance?

A **co-pay** is a fixed amount (\$20, for example) you pay for a covered health care service. Your insurance will pay the rest of the claim.

A **deductible** is a set amount of money (\$3000, for example) that you pay out-of-pocket before your insurance pays.

Co-insurance is a percentage (20%, for example) that you pay once a deductible is met.

Be well. Feel well. Do well.

Health Insurance

It is University policy that full-time students have medical insurance coverage while at UConn.

How much you pay for your plan can determine what is covered.

Generally, plans with **lower monthly payments** have higher deductibles. Plans with higher monthly payments usually have lower deductibles or no deductibles.

Some low-cost plans do not cover preventative care like immunizations and physicals. They only cover you in an emergency.

Be well. Feel well. Do well.

Health Insurance

Student Health Insurance Plan (SHIP)

Obtain your ID card through your SHIP account

Plan to buy yourself (e.g., Medicaid, Access Health, Exchange Plan etc.)

Plan carried by a guardian or spouse

Plan provided by an employer

Be well. Feel well. Do well.

Student Health Insurance Plan (SHIP)

UConn Term Fee Bill

Term Fees

Jonathan Husky

University of Connecticut

Empl ID: 1234567

Balance Forward:

\$0.00

Personalize | Find | First 1-12 of 12 Last

Term Charges		Date Posted	Due Date
Technology Fee	75.00	11/03/2021	01/08/2022
Transit Fee Storrs	84.00	11/03/2021	01/08/2022
Activity Fee UG Storrs	96.00	11/03/2021	01/08/2022
Infrastructure Fee UG Storrs	234.00	11/03/2021	01/08/2022
Student Recreation Center Fee	250.00	11/03/2021	01/08/2022
Student Health & Wellness Fee	318.00	11/03/2021	01/08/2022
Visa Compliance Fee	350.00	11/03/2021	01/08/2022
University Fee UG Storrs	690.00	11/03/2021	01/08/2022
Health Insurance	1,733.00	11/03/2021	01/08/2022
Value Meal Plan	3,010.00	11/03/2021	01/08/2022
Double Room	3,619.00	11/03/2021	01/08/2022
Ugrad OS Tuition Storrs UENGR	18,849.00	11/03/2021	01/08/2022

Total Term Fees:

\$29,308.00

Personalize | Find | First 1 of 1 Last

Credits

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Most students will be automatically enrolled in insurance.

Check your fee bill. If you were not billed, contact shaw-businessoffice@uconn.edu or 860-486-9239 to be enrolled.

Student Health Insurance Plan (SHIP)

Most students will be automatically enrolled in insurance.

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Transit Fee Storrs	84.00	11/03/2021
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Personalize | Find |  |  First

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Student Health Insurance Plan (SHIP)

UConn Term Fee Bill

Term Fees

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Credits

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Check your fee bill. If you were not billed, contact shaw-businessoffice@uconn.edu or 860-486-9239 to be enrolled.

Health Insurance for Families

If you have family here with you at UConn that are not students, it is important that they have insurance too.

Spouses and children can be enrolled in the Student Health Insurance Plan (SHIP).

For more information

Email: SHaW-BusinessOffice@uconn.edu

Call: 860-496-9329

Be well. Feel well. Do well.

Health Insurance for New Graduate Assistants, Fellows, & Interns

<https://hr.uconn.edu/ga-health-insurance/>

Human Resources

PROSPECTIVE EMPLOYEES ▾

NEW & CURRENT EMPLOYEES ▾

MANAGERS & SUPERVISORS ▾

ABOUT US

Graduate Assistant Health Insurance

Employee Benefits Overview

Adjunct Faculty & Temporary Employee Benefits Information

Beneficiary Changes

Flexible Spending Accounts

Graduate Assistant Health Insurance

Health Insurance

Paid Time Off Benefits

Retirement Planning

Retirement

Welcome to the University of Connecticut!

As you are now part of the University's exemplary group of Graduate Assistants, Postdoctoral Fellows, Graduate Fellows and Graduate University funded internships, you have the opportunity to obtain health benefits through the "Connecticut Partnership Plan".

Graduate Assistants/Interns
Election/Waiver Form

Graduate Fellows
Election/Waiver Form

Benefit Change
Form

Open Enrollment -
Available April 15, 2022

Be well. Feel well. Do well.

Health Insurance for New Graduate Assistants, Fellows, & Interns

New Graduate Assistants:

You have **31 days** from your start date to enroll in healthcare coverage through the Connecticut Partnership Plan offered by Human Resources.

Coverage is effective on **September 1st** for GAs with start dates in August or **February 1st** for GAs with start dates in January.

Failure to enroll means waiting until the next open enrollment period which is held annually in August.

If you have questions, please contact Human Resources at benefits@uconn.edu or call 860-486-3034.

Be well. Feel well. Do well.

VACCINATION REQUIREMENTS



Required Vaccinations (Immunizations)- ALL Students

Measles, Mumps, and Rubella (MMR)

- Two vaccinations
- One after 1st birthday, and one 28 days later OR documentation of positive measles titer (blood test)

Varicella (Chicken Pox)

- Two vaccinations
- One after 1st birthday, and one 28 days later OR documentation of positive varicella titer (blood test)

Tuberculosis Screening

- Complete “Tuberculosis (TB) Risk Assessment” in Student Health Portal.
- If you answer “yes” to any question you will need a TB test.
- Tuberculosis testing must be done within 6 months of your matriculation date.

Be well. Feel well. Do well.

Living On-Campus- Storrs & Stamford Students

The Meningococcal requirement applies to students living in university housing

Meningococcal (MCV4) – Students living in university- owned housing must provide proof of receiving at least one dose of meningococcal conjugate vaccine not more than 5 years before enrollment.

Accepted strains:

- Menactra
- MenQuadfi
- Menveo
- Nimenrix

Be well. Feel well. Do well.

Submitting Your Health Requirements- ALL Students

Obtain a copy of your official vaccination record from your doctor's office

Go to your Student Health Portal (myhealth.uconn.edu).

Select “**Pending Forms**” and enter your vaccination information.

Upload your official vaccination record OR Health History Form under ‘**Document Upload**’ on your Student Health Portal (myhealth.uconn.edu)

DUE JULY 1st

Be well. Feel well. Do well.

Do I Have To Schedule An Immunization Appointment?

If you are 100% compliant, you do **NOT** need to do anything further.

If you are **NOT** compliant, call the Advice Nurse at 860-486-4700!

Immunizations

COVID-19 Immunization Status: **Compliant**

Legend: ✓=Compliant ✗=Non-Compliant ✓or ✗=Recommended

Required Immunizations

- ✓Rubella
- ✓Mumps
- ✓Varicella
- ✓Measles

Recommended Immunizations

- ✗Influenza
- ✓Meningococcal B
- ✓Meningococcal
- ✗HPV

Required Tuberculosis Screening

- ✓Tuberculosis

Your Immunization History

Immunization Requirements



Immunizations

COVID-19 Immunization Status: **Not Compliant**

Legend: ✓=Compliant ✗=Non-Compliant ✓or ✗=Recommended

Required Immunizations

- ✓Rubella
- ✗Mumps
- ✓Varicella
- ✗Measles

Recommended Immunizations

- ✗Influenza
- ✓Meningococcal B
- ✓Meningococcal
- ✗HPV

Required Tuberculosis Screening

- ✓Tuberculosis

Your Immunization History

Immunization Requirements



ALCOHOLEDU



AlcoholEdu

What is AlcoholEdu?

- An online Alcohol education program that empowers students to make well informed decisions about alcohol.
- A two-part program; Part 1 opens a week prior to the start of the semester, Part 2 opens 45 days after Part 1 has been completed.
- Completing the program by its designated deadline is important to avoid receiving any holds
- Not required for students 25 years or older

Questions? Email alcoholedu@uconn.edu for assistance.

Be well. Feel well. Do well.

Have Questions About Health Requirements or Insurance?

SHaW Business Office

shaw-businessoffice@uconn.edu

SHaW Health Information Management

Studenthealth.uconn.edu

Be well. Feel well. Do well.

PROMOTING MENTAL HEALTH



Cultural Adjustment



Keep in contact
with family and
friends from
home

Be open to new
experiences, e.g.,
get involved in
campus activities

Find someone to
talk to who can
listen and
understand

Find hobbies
(e.g., sports,
art, exercise,
meditation)

Be well. Feel well. Do well.

Circle of Care- Storrs Campus



Be well. Feel well. Do well.

We are Here for You



Wellness Resources

- Mindfulness
- Yoga
- Online self-directed resources that students can access

Be well. Feel well. Do well.

We are Here for You

MENTAL HEALTH

Circle of Care



Let's Talk

- Informal consultation with a clinician
- Great option for quick advice or better understand counseling

Be well. Feel well. Do well.

We are Here for You



Consultation

Available to staff, faculty, parents, and students concerned about a peer and want to talk to a clinician

Be well. Feel well. Do well.

We are Here for You

MENTAL HEALTH *Circle of Care*



Individual Therapy

- Brief, solution focused
- Student centered
- Focused on current life circumstances

Be well. Feel well. Do well.

We are Here for You



Group Therapy

Opportunity to address issues commonly experienced by college students in a confidential, supportive manner

Be well. Feel well. Do well.

We are Here for You

MENTAL HEALTH *Circle of Care*



Medication Management

Available for those students in need of psychotropic medication

Be well. Feel well. Do well.

We are Here for You

MENTAL HEALTH *Circle of Care*



Crisis Support

- Clinical assessment for urgent OR emergent mental health issues
- Available 24/7/365 for on campus, off campus, international student at home or studying abroad

Be well. Feel well. Do well.

We are Here for You

MENTAL HEALTH *Circle of Care*



Clinical Case Management

- Works with students who are:

- Stepping down from a higher level of care
- In need of specialized treatment
- May have long term treatment needs

Be well. Feel well. Do well.

BeWell@UConn

Additional mental health support
for UConn students



Wellness Hub bewelluconn.com

Articles and videos on wellness including:

- Mental and Emotional Health
- Fitness and Nutrition
- Academic Performance
- Stress Management
- Healthy Relationships and more



24/7/365 Support Line

Counselor support anytime, anywhere.
Available to students on or off campus.

Call: **833-308-3040**

International calls outside the U.S.: **+44-20-8987-6588**

Immediate Support Resources



studenthealth.uconn.edu/emergency-contacts/



Reach out to us!

UConn | UNIVERSITY OF
CONNECTICUT

STUDENT HEALTH AND WELLNESS

studenthealth.uconn.edu

860-486-4700

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Be well.

Feel well.

Do well.

UConn

STUDENT HEALTH
AND WELLNESS