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

Be well. Feel well. Do well.
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.
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
An overnight stay for additional care and treatment.

Our nursing staff will be with you and assist you with your medical needs.
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!
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.
Mental Health - Storrs

MENTAL HEALTH
Circle of Care

Wellness Resources
Clinical Case Management
Crisis Support
Medication Management
Group Therapy
Let's Talk
Consultation
Individual Therapy

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.
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

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

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

Boundaries where do you draw the line

SEX WEEK EVENTS
SEPTEMBER 28

Safer Sex table @ noon
Free condoms, dental dams & lubrication!

Avery Point's
All events held at the Student Center

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](http://studenthealth.uconn.edu)
  - Choose your campus
  - Choose your preferred time
  - Choose virtual or in-person

<table>
<thead>
<tr>
<th>Avery Point</th>
<th>Hartford</th>
<th>Stamford</th>
<th>Waterbury</th>
</tr>
</thead>
<tbody>
<tr>
<td>860.405.9044</td>
<td>929.200.3869</td>
<td>203.251.9590</td>
<td>203.236.9817</td>
</tr>
<tr>
<td><a href="mailto:averypointmhrc@uconn.edu">averypointmhrc@uconn.edu</a></td>
<td><a href="mailto:hartford.mhrc@uconn.edu">hartford.mhrc@uconn.edu</a></td>
<td><a href="mailto:stamfordmhrc@uconn.edu">stamfordmhrc@uconn.edu</a></td>
<td><a href="mailto:claudia.pina@uconn.edu">claudia.pina@uconn.edu</a></td>
</tr>
</tbody>
</table>

Be well. Feel well. Do well.
# Contacts - Regional Campuses

<table>
<thead>
<tr>
<th>Campus</th>
<th>Contact Details</th>
</tr>
</thead>
</table>
| 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.
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*
Student Health Insurance Plan (SHIP)

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.
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.
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.
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.
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
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.
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
Submitting Your Health Requirements - ALL Students

1. Obtain a copy of your official vaccination record from your doctor’s office.
2. Go to your Student Health Portal (myhealth.uconn.edu).
3. Select “Pending Forms” and enter your vaccination information.
4. 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

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
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.
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.
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

- Wellness Resources
- Clinical Case Management
- Crisis Support
- Medication Management
- Consultation
- Individual Therapy
- Group Therapy

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

Mental Health Circle of Care

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

- Wellness Resources
- Clinical Case Management
- Crisis Support
- Medication Management
- Group Therapy
- Let's Talk
- Consultation

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

Be well. Feel well. Do well.
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

Wellness Resources
Clinical Case Management
Crisis Support
Medication Management
Group Therapy
Let’s Talk
Consultation
Individual Therapy

Medication Management
Available for those students in need of psychototropic medication

Be well. Feel well. Do well.
We are Here for You

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

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

Be well. Feel well. Do well.
Be well.
Feel well.
Do well.

UCONN
STUDENT HEALTH
AND WELLNESS