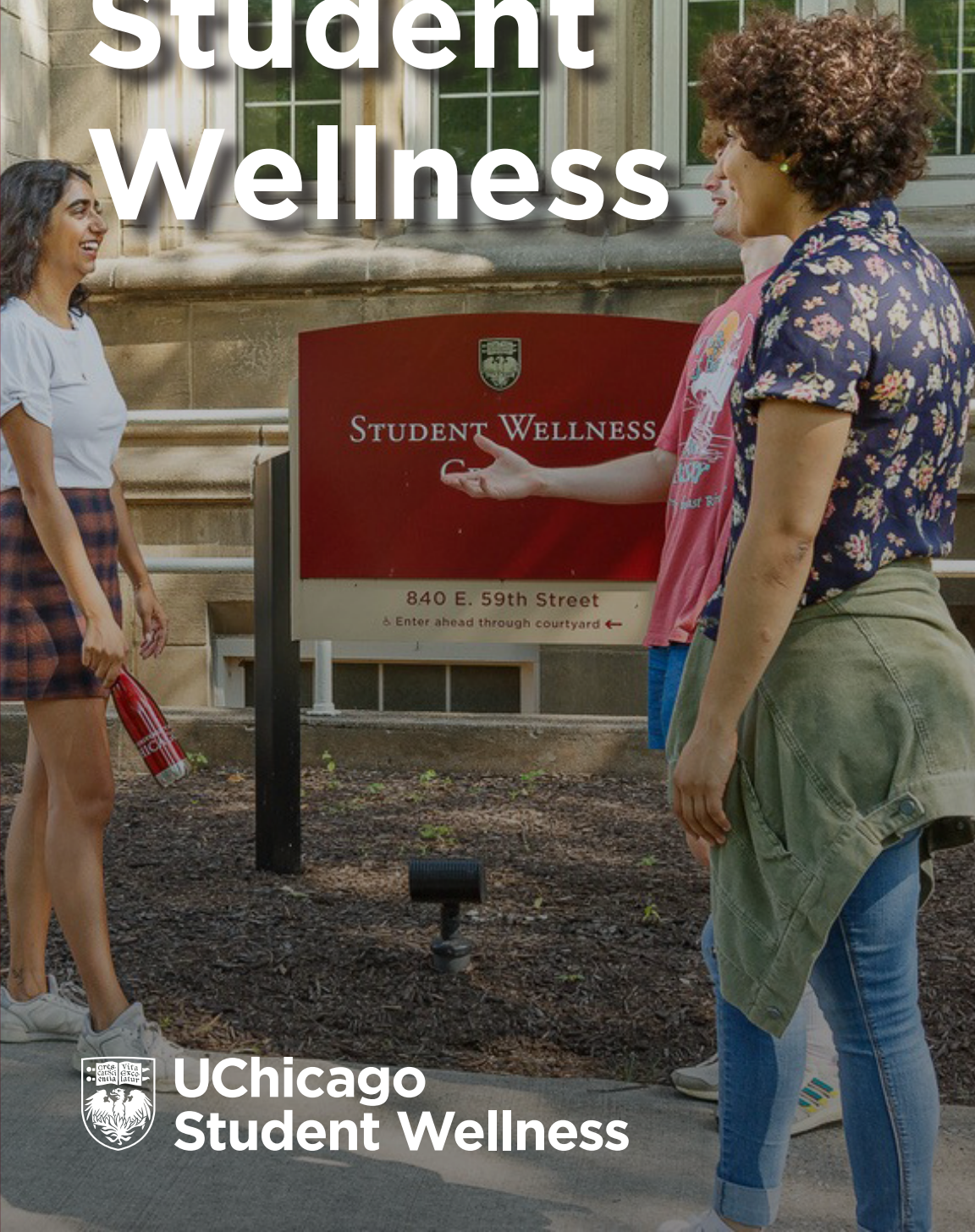


UChicago Student Wellness



UChicago
Student Wellness

UChicago Student Wellness

At UChicago Student Wellness, our mission is to provide students with comprehensive health, counseling, and wellness services to support their academic, personal, and professional success. UChicago Student Wellness believes that wellness is essential for academic success.

Our multidisciplinary staff are a highly trained and diverse group with various identities and specialties. We are committed to providing care that is inclusive and strive to support our diverse student community. We provide:

- **Medical Care**
- **Mental Health Care**
- **Health Promotion Support and Programs**
- **Student Health Insurance**

Eligibility and Covered Services

Eligibility for services at UChicago Student Wellness is based on a student being actively enrolled in an eligible program of study. Most degree programs that convene full-time on the Hyde Park campus are eligible. For questions about whether your program is eligible, please contact your area dean of students or call UChicago Student Wellness at 773.834.9355.

For detailed information on Student Wellness services that are covered, at no cost, for eligible students, please visit our website using the QR code below.



We're here.

Student Wellness Center

840 E. 59th Street

773.834.9355

Monday-Friday: 8 a.m. – 5 p.m.

Medical Care

24/7 medical advice: call 773.834.9355

Emergency: call 911

Mental Health Care

24/7 urgent concerns: call the Therapist-on-Call at 773.702.3625 or use TimelyCare
(timelycare.com/uchicago)

Walk-in during business hours (Monday-Friday, 8:30 a.m. – 5 p.m.)

Emergency: call 911



THE UNIVERSITY OF
CHICAGO

CAMPUS AND STUDENT LIFE

Health Promotion

UChicago Student Wellness is committed to promoting healthy lifelong behaviors that improve students' quality of life and help them reach their highest potential. We do this by developing innovative and evidence-based initiatives that focus on seven key facets of wellbeing and by helping to enhance the environment and community at UChicago.



UCHICAGO SEVEN FACETS OF WELLNESS

Our staff works to understand UChicago students' needs and assists them in working towards their optimal wellbeing by offering information, resources, and programs focusing on seven facets of wellbeing. We support students by:

- Exploring alcohol and other drug use through consultations and supports, such as BASICS (Brief Alcohol Screening and Intervention for College (and Graduate) Students) and the Student Recovery Group.
- Creating social connections and establishing healthy relationships through programs like the Better Together initiative.
- Supporting students and their community's mental and emotional wellbeing with programs like Pet Love, Stress Relief Day, and Wellapalooza.
- Practicing stress relief techniques through Mindfulness Meditation and Restorative Yoga.
- Understanding and taking ownership of your physical wellbeing with the Refresh Sleep Program and Safer Sex Packs.
- Defining and reaching your personal goals with Wellness Coaching.

Get Involved with UChicago Student Wellness:

- Peer Health Advocates
- WellCzars
- Student Health Advisory Board
- Wellness Advisory Board





Mental Health

Our diverse staff of mental health clinicians are available to assist and support students with an array of mental health concerns, including: life transitions, academic stress, relationship issues, depression, anxiety, substance misuse, and eating concerns, among others.

The mental health clinicians at UChicago Student Wellness support students through various types of services (see website for updates), including:

- Short-term individual and couples' counseling
- Psychiatry services and medication management
- Therapy and support groups
- Support spaces for international students, LGBTQ+ communities, and students of color
- Referral services
- Academic Skills Assessment Program (ASAP)
- Let's Talk (informal, confidential, and anonymous drop-in consultations with counselors)
- Psychoeducational workshops
- Alcohol and other drug assessments



UChicago Student Wellness offers access to TimelyCare, a leading telehealth company specializing in serving students. The service is designed to increase convenience and access to mental healthcare and complements the in-person and virtual services offered through Student Wellness. Eligible students have access to:

- TalkNow (24/7/365)
- Scheduled individual counseling
- Psychiatry
- Health coaching
- Wellness sessions



TimelyCare is available in all 50 states. Create your free account at timelycare.com/uchicago or by downloading the app.

Medical Services

UChicago Student Wellness has a primary care clinic that provides acute care as well as routine medical services.

Our medical clinic is an appointment-based service, so please call or schedule an appointment online before coming in. Should you happen to walk in with an acute problem, a triage nurse will meet you and do an initial assessment to determine the urgency of your concern and schedule you accordingly. Students in need of routine care, such as lab testing or gynecological care, should make appointments in advance. Services available through Student Wellness include:

- Primary and acute medical care
- Routine medical care (such as physicals)
- Gynecological care
- Laboratory testing
- Sexually transmitted infection (STI) testing and treatment
- Immunizations
- Assistance navigating care
- Eating concerns assessment and support
- Sports medicine

Student Wellness offers in person and telehealth visits. Students have access to a 24/7/365 answering service for non-emergency advice. Our care navigation team is able to assist students who are unsure if services are covered. Call us at 773.834.9355 to connect with a member of our staff.





Student Health Insurance (U-SHIP)

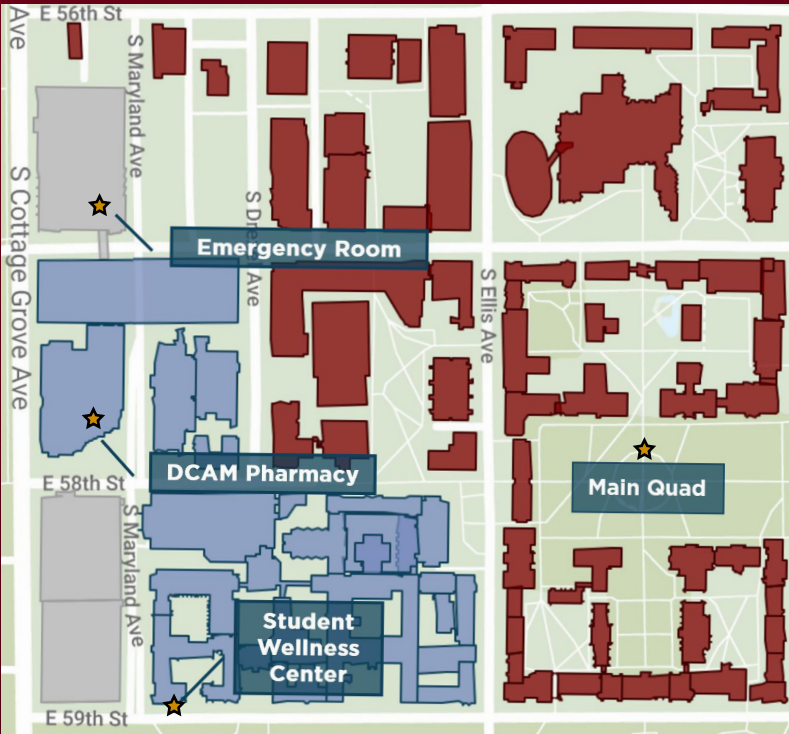
The University requires all students to carry health insurance that covers, among other costs, hospitalization, specialty care, prescription drugs, and outpatient diagnostic and surgical procedures provided within the Chicago area.

The University Student Health Insurance Plan (U-SHIP), administered by UnitedHealthcare Student Resources, meets this requirement. Each year, eligible students must either enroll in U-SHIP or provide proof that they have comparable coverage.

Students are encouraged, but not required, to first go to UChicago Student Wellness to receive medical and/or mental health services unless they are experiencing an emergency. Most services received at Student Wellness are covered, at no cost, for students in eligible programs.

If you are enrolled in U-SHIP, on-campus U-SHIP coordinators are able to answer questions about your covered health benefits and other topics related to U-SHIP. Contact the on-campus coordinators at 773.834.4543 (select option 2) or at uchicagoadvocates@uhcsr.com.





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