

# Being Well at UConn

Presented by Student Health and Wellness (SHaW)



*Avery Point*



*Hartford*



*Waterbury*



*Stamford*

# Our Values

- Diversity, Health Equity, and Inclusion
- Patient's Rights and Responsibilities
- Exceptional Services
- Student-centered Approach
- Community Engagement and Social Justice



*Be well. Feel well. Do well.*

# Our Team

- Licensed Mental Health Clinicians
- Registered Nurse Navigators
- Health Promotion Specialists
- Wellness Educators
- Administrative Professionals

*Be well. Feel well. Do well.*

# Student Health and Wellness (SHaW) Services

- Free and confidential appointments
- Individual mental health assessments
- Nurse navigator consultations
- Immediate support resources
- 24/7 Be Well - Mental Health Support Line
- 24/7 Advice Nurse
- Brief mental health treatment
- Wellness Workshops
- Health education and screenings
- Clinical Case Management
- Outreach
- Advocacy
- Telehealth option
- Referrals to community providers and services

*Be well. Feel well. Do well.*



# Outreach



o well.

# Workshops and Events

MENTAL HEALTH RESOURCE CENTER

## MINDFULNESS & MEDITATION WORKSHOP



FEBRUARY 25TH  
12:30-1:30PM \* WREC 203  
PLEASE RSVP AT [CLAUDIA.PINA@UCONN.EDU](mailto:CLAUDIA.PINA@UCONN.EDU)



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# 24 Hour Services

These services are available to students on all UConn campuses:



Advice Nurse  
**860-486-4700**



Mental Health Support  
Within the U.S., Canada and the  
Caribbean:  
833-308-3040  
**All other international locations:**  
+1-984-268-2016



Togetherall  
Peer to Peer Support

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# Immunizations & Health History Form

## UCONN IMMUNIZATION REQUIREMENTS: **DUE JULY 1st**

How to submit  
your **Required  
Immunizations**  
on your  
Student Health  
Portal

Log in to [myhealth.uconn.edu](https://myhealth.uconn.edu)

Go to “My Forms”  
Complete & Submit Form

Go to “Document Upload”  
Upload Immunization Record  
from your physician’s office

FOR MORE INFORMATION VISIT  
[STUDENTHEALTH.UCONN.EDU/IMMUNIZATIONS](https://STUDENTHEALTH.UCONN.EDU/IMMUNIZATIONS)

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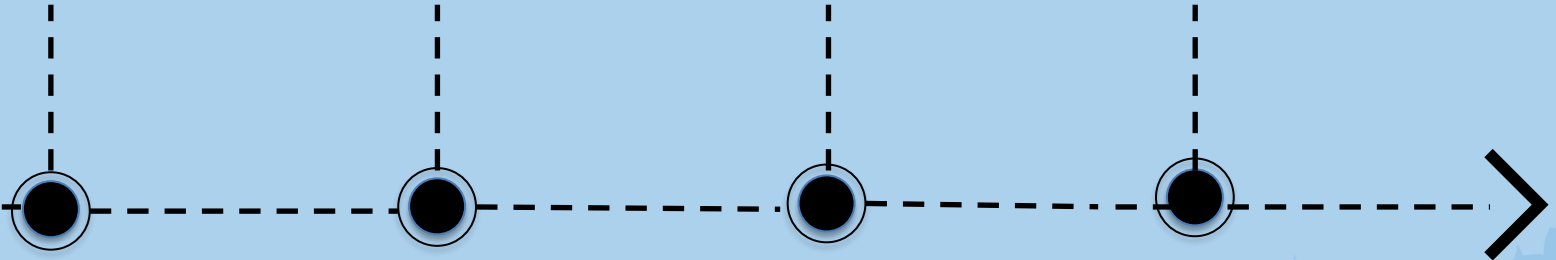
# Submitting Health Requirements

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

Go to your Student Health Portal ([myhealth.uconn.edu](http://myhealth.uconn.edu))

Complete your Student Health Questionnaire in which you will upload your immunization record

After your records are processed, you will receive communication from Student Health and Wellness regarding your compliance status



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# Required Vaccinations and Screenings

## Measles, Mumps, and Rubella (MMR)

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

## Varicella (Chicken Pox)

- Two vaccinations
- One after 1<sup>st</sup> 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 screening test.**
- Tuberculosis testing must be done within 6 months of your matriculation date.

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# Required Vaccine for Living On-Campus

**The Meningococcal requirement applies to students living in university owned housing**

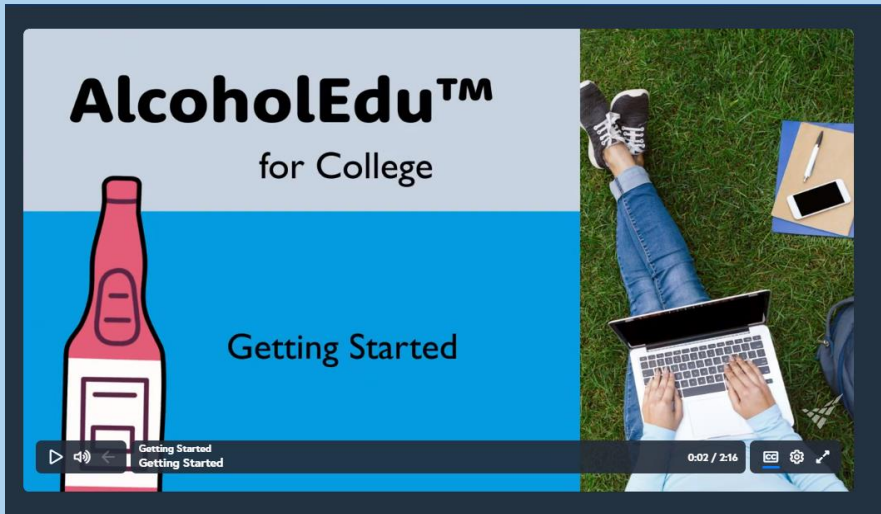
Meningococcal (MCV4) – Students living in university owned housing must provide proof of receipt of at least one dose of meningococcal conjugate vaccine within five years of enrollment.

**Accepted strains:**

- Menactra
- MenQuadfi
- Menveo
- Nimenrix

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# AlcoholEdu



All communication regarding the AlcoholEdu program  
Will come from [alcholedu@uconn.edu](mailto:alcholedu@uconn.edu)

AlcoholEdu is **mandatory**  
for all incoming students

## Important Dates

Opens: August 7<sup>th</sup>

Part 1 Deadline: August 21<sup>st</sup>

Part 2 Deadline: October 16<sup>th</sup>

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# Avery Point Team



## **Regional Nurse Navigator**

Beth LaFleche, RN



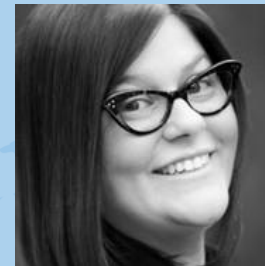
## **Mental Health Clinical Case Manager**

Jessica Musgrove, LMFT



## **Wellness Programming**

Joleen Nevers, MAEd



[Make an Appointment Online](https://studenthealth.uconn.edu)

[studenthealth.uconn.edu](https://studenthealth.uconn.edu)

By phone

860.486.4705 x1

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# Hartford Team



## Regional Nurse Navigator



## Mental Health Clinical Case Manager

Naa Opoku Gyamfi, LPC

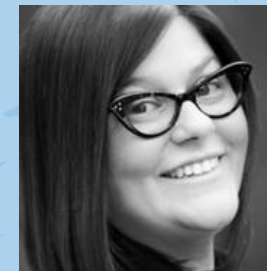


## Wellness Programming

Joleen Nevers, MAEd

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# Stamford Team



## Regional Nurse Navigator

Karina Giangos, RN



## Mental Health Clinical Case Managers



Gicel Corado, LPC



Mary Ellen Benalcazar, LCSW



## Wellness Program

Joleen Nevers, MAEd

[Make an Appointment Online  
studenthealth.uconn.edu](https://studenthealth.uconn.edu)

By phone  
860.486.4705 x1



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# Waterbury Team



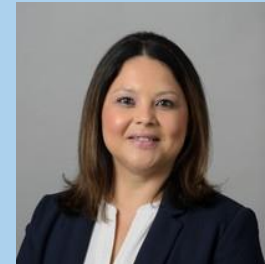
## Regional Nurse Navigators

Elena Tamayo Heitz, RN



## Mental Health Clinical Case Manager

Claudia Pina, LCSW



## Wellness Program

Joleen Nevers, MAEd

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# Health Insurance Requirement

## Two Options:

1. **Enroll** in the UConn Student Health Insurance Plan (SHIP)
2. **Waive** the Student Health Insurance Plan, because your student is covered by:
  - A plan carried by a parent/guardian
  - A plan provided by an employer
  - An individual plan that the student has purchased/enrolled in independently

INSURANCE COMPANY NAME	COVERAGE TYPE
MEMBER NAME: JOHN DOE MEMBER NUMBER: XXX-XX-XXXX	EFFECTIVE DATE: XX-XX-XXXX
GROUP #: XXXXXX-XXX-XXX	PRESCRIPTION GROUP #: XXXXX
PCP CO-PAY: \$15.00 SPECIALIST CO-PAY: \$25.00 EMER. ROOM CO-PAY: \$75.00	PRESCRIPTION CO-PAY: \$15 GENERIC \$20 NAME BRAND
MEMBER SERVICES: 1-800-XXX-XXXX CLAIMS/INQUIRIES: 1-800-XXX-XXXX	

Waiver Deadline:  
September 15<sup>th</sup>

Access the waiver form at  
[studentadmin.uconn.edu](http://studentadmin.uconn.edu)  
under Financials section

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# For more information, visit:

[studenthealth.uconn.edu/newstudents](http://studenthealth.uconn.edu/newstudents)



**@UConnStudentHealth**



**@uconnstudenthealth**



**@UCStudentHealth**

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WE ARE  
**UConn NATION**



**UConn**

UNIVERSITY OF CONNECTICUT

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