

BEING WELL AT UCONN

A Presentation for Parents, Guardians and Families
SPRING 2026

Be well. Feel well. Do well.

UCONN | UNIVERSITY OF
CONNECTICUT
STUDENT HEALTH AND WELLNESS



OUR TEAM

- Clinical Case Managers
- Dietitians and Physical Activity Counselors
- Health Educators
- Health Insurance Coordinators
- Health Promotion Specialists
- Licensed Mental Health Practitioners
- Nurse Practitioners
- Pharmacists
- Phlebotomists
- Physicians
- Psychiatric Nurse Practitioners
- Psychiatrists
- Psychologists
- Radiology Technicians
- Registered Nurses

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OUR VALUES

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

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SHaW SERVICES

● MEDICAL CARE

● MENTAL HEALTH

● PHARMACY

● HEALTH PROMOTION



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MEDICAL CARE

- Physicals/preventative exams
- Care when sick or injured- Virtual appointments available
- Immunizations, travel medicine, & allergy shots
- Bloodwork & radiology
- Nutrition & physical activity counseling
- Know-U-Well nurse coach wellness visits
- Extended & overnight care

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PHARMACY

- Fills prescriptions
- Prescription counseling
- Over-the-counter medications
- Medical supplies

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MENTAL HEALTH



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Circle of Care



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HEALTH PROMOTION

Creating a culture of health and wellness at UConn

Student Services & Opportunities for Involvement:

- Substance Use Prevention
- Mental Health & Health Equity Promotion
- Sexual Health Education
- Residential Wellness Community
- UConn Recovery Community
- Health Promoting University
- Innovate Wellness Challenge

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STUDENT HEALTH AND WELLNESS

24-HOUR SERVICES

These services are available to students throughout the day as well as when our buildings are closed:

BeWell@UConn

Mental Health Support Line:

Offers free and confidential mental health support 24/7/365

833-308-3040

U.S., Canada and the Caribbean

+1-984-268-2016

All other international locations

Advice Nurse and

SHaW's Main Phone Number:

We have an advice nurse available 24/7 during the regular academic year. Free and confidential.

860-486-4700

option 1, then option 3

IF IT IS AN EMERGENCY, CALL 911!

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IT TAKES A VILLAGE

Partnering with Other UConn Departments:

- Dean of Students Office
- Academic Departments
- Academic Achievement Center
- Center for Students with Disabilities
- Transportation
- Public Safety
- Residential Life
- Recreation
- First Year Program
- Cultural Centers
- Dining Services
- UConn Faith

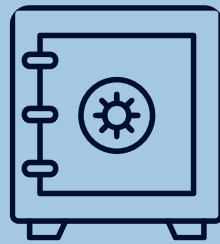
Collaborating with the Community:

- UConn Health Urgent Care in Downtown Storrs
- Physicians at home
- Local Hospitals
- Community Mental Health Partners

Note: UConn Health Urgent Care is a separate business entity unrelated to UConn Student Health and Wellness

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A WORD ABOUT PRIVACY & CONFIDENTIALITY



All records are kept confidential and private



Health records are separate from academic records



Students must give written permission to release records



Learn more about privacy practices on our website:
studenthealth.uconn.edu/confidentiality

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HOW YOU CAN PROVIDE SUPPORT:
Empower your Student to Thrive

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BEFORE FALL SEMESTER BEGINS



- Talk to your student about their mental and physical health
- Make a transition plan
- Teach your student to advocate for their wellbeing

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DURING FALL SEMESTER



- Be available for regular check ins
- Empathize and empower
- Help students navigate to resources

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3 SUMMER TASKS: Responsibilities for Your Student

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SUBMITTING MANDATORY HEALTH DOCUMENTATION



1st

Obtain a copy of your official vaccination record from your primary care practice

2nd

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

3rd

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

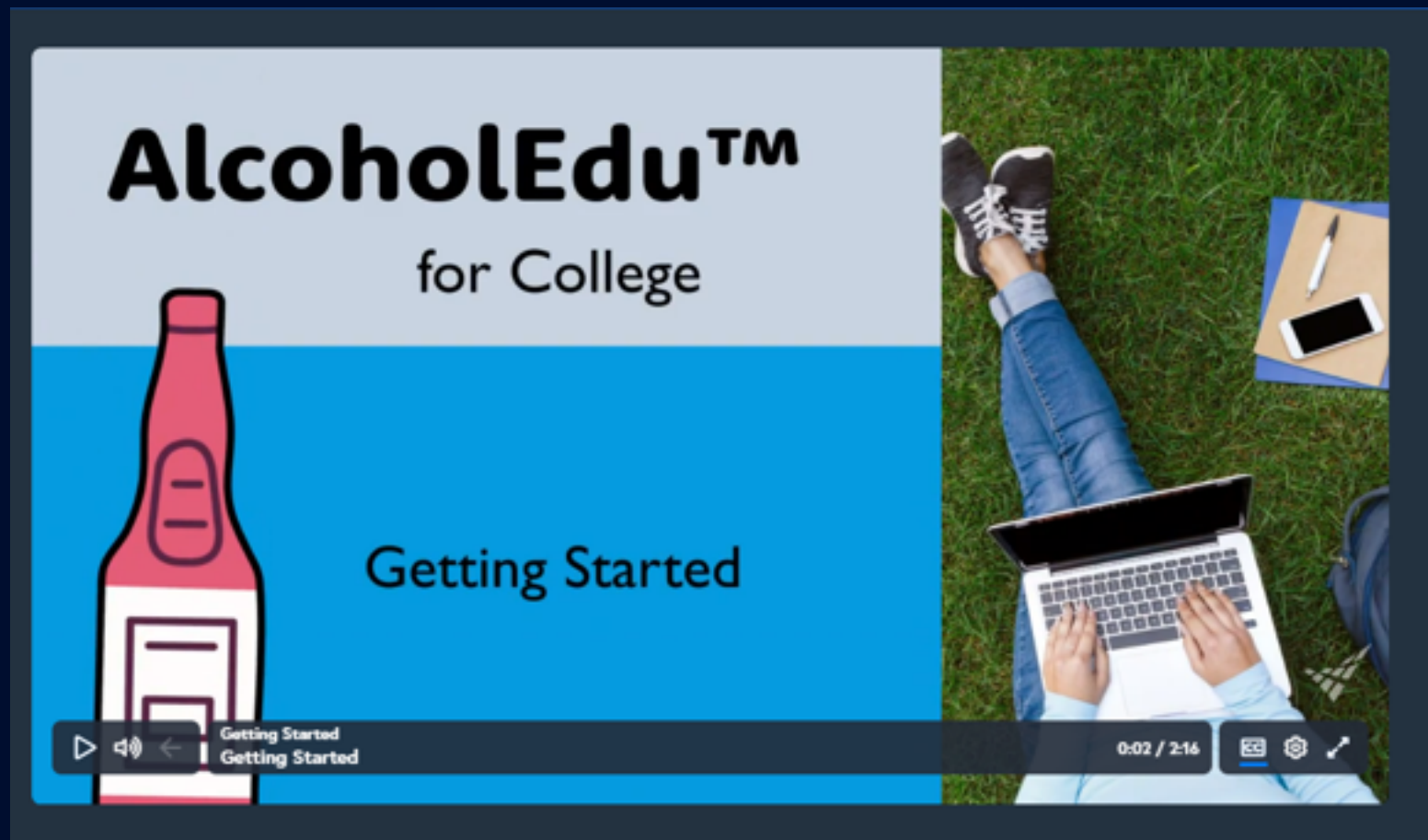
4th

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

For more information, visit:
studenthealth.uconn.edu/immunizations

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AlcoholEdu



- AlcoholEdu is **mandatory** for all incoming students
- Part 1 is due **prior** to the start of the semester
- Part 2 becomes available for completion 45 days after you complete Part 1

All communication regarding AlcoholEdu will come from alcholedu@uconn.edu

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HEALTH INSURANCE REQUIREMENT

HEALTH INSURANCE



NAME

GROUP

EXPIRY DATE



Two Options:

1. **Stay enrolled** 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

WAIVER DEADLINE: SEPTEMBER 15TH

Access the waiver form at studentadmin.uconn.edu under Bursar Services

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THANK YOU

For more information, visit:

studenthealth.uconn.edu/newstudents



@uconnstudenthealth



@UConnStudentHealth

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