Student Health & Wellbeing

Living Well at #UDel
Student Wellbeing at UD is made up of three wellbeing units:
Student Wellbeing on the South Green
Student Health Services at Laurel Hall
Student Wellbeing on the South Green
Warner Hall as a Wellbeing Destination
Center for Counseling & Student Development (CCSD)

- Community outreach and education
- Group offerings
  - **Body Compassion** (body image and eating concerns), **You’ve Got This!** (Mindfulness), **Understanding Self & Others** (relationships & loneliness)
- Initial consultations
- Individual counseling
- Psychiatric care
- Emergency appointments
- Referral coordination and support

The top referral source for a student connecting with CCSD is another student who shared about their positive experience.
Student Health Services (SHS)

- Primary care
- Routine, Illness, and injury appointments
- Sexual health (*STI testing, PrEP, pap smear, birth control & more!*)
- Routine lab work (*blood, urine, stool tests*)
- X-ray
- Nutrition services
- Travel Consults
- Immunizations and allergy injections
- Dispensary (*think CVS!*)
- Sports medicine
Student Health Services - FAQs

What immunizations are required?

- Measles, Mumps, Rubella (MMR) x2
- Meningitis ACWY (Menactra/Menveo/MenQuadfi)
- COVID-19 (Primary series plus one booster)

More info, including how to upload immunization documentation:
https://sites.udel.edu/studenthealth/immunization-and-medical-history/
Student Health Services - FAQs

Hours at SHS?
   Appointment only. 8:30am-5pm, Monday-Friday. There is an after-hours on-call nursing line.

Does SHS offer Allergy Injections?
   Yes! (through Immunizations department)
Student Health Services - FAQs

What medicines are available at the Dispensary?

OTC medicines *(tylenol, ibuprofen, mucinex, sudafed, imodium, zyrtec, benadryl, cortisone, bacitracin, Plan B, monistat, etc)*

Medical supplies *(Thermometers, pulse oximeters, peak flow meters, etc)*

Prescription medications *if prescribed by an SHS Provider (antibiotics, antivirals, inhalers, prednisone, steroid creams, anti-inflammatories, acne medication, birth control, etc)*

https://sites.udel.edu/studenthealth/dispensary/
Student Wellness & Health Promotion (SWHP)

- **Victim Services**
  - 24/7/365 Crisis Assistance - Sexual Offense Support (S.O.S.)
  - Professional advocacy and crisis counseling
  - Support groups

- **Alcohol & Substance Use Services**
  - Education and confidential counseling
  - Collegiate Recovery Community

- **Choosing Well at UD**
  - Sexual health and healthy relationship education
  - Stress management, self-care and more!
Many of the Student Wellbeing Services we just talked about are covered by the wellbeing fee that is included in tuition for all full-time students!
# Student Wellbeing & Insurance

## Covered by the Wellbeing Fee

<table>
<thead>
<tr>
<th>Services</th>
<th>No additional cost, no co-pay, no insurance utilized</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All services provided by CCSD</strong> (consultation, short-term counseling, group therapy, psychiatric services, etc.)</td>
<td></td>
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<tr>
<td><strong>All services provided by SWHP</strong> (victim advocacy services, substance misuse and recovery counseling, educational programs, etc.)</td>
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<tr>
<td><strong>Most SHS services:</strong></td>
<td></td>
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<tr>
<td>○ Routine health visits (<em>chronic medical visits</em>)</td>
<td></td>
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<tr>
<td>○ Physicals</td>
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<tr>
<td>○ Acute visits (illness or injury)</td>
<td></td>
</tr>
<tr>
<td>○ Sexual Health Services (<em>visits for menstrual problems, STI testing, pap smear, birth control, PrEP and more!</em>)</td>
<td></td>
</tr>
<tr>
<td>○ Nutrition Consultations</td>
<td></td>
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<tr>
<td>○ Travel visits</td>
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<tr>
<td>○ Allergy injections</td>
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<tr>
<td>○ Point of Care testing (<em>Rapid strep, strep culture, flu, COVID, monospot, CBC, STD testing, HIV, pregnancy tests, urinalysis, urine microscopic</em>)</td>
<td></td>
</tr>
</tbody>
</table>

## Services that may bill insurance or have some out-of-pocket costs

<table>
<thead>
<tr>
<th>Services</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medications</strong> - prescriptions, OTC, medical supplies</td>
<td>most insurances accepted</td>
</tr>
<tr>
<td><strong>Additional lab services</strong> sent to a reference lab (LabCorp / Quest)</td>
<td>most insurances accepted</td>
</tr>
<tr>
<td><strong>X-ray</strong></td>
<td>most insurances accepted</td>
</tr>
<tr>
<td><strong>Immunizations and Tuberculosis testing</strong></td>
<td>most insurances accepted</td>
</tr>
</tbody>
</table>

SHS is in-network with Blue Cross, Aetna, and Cigna, and most non-HMO plans. Itemized receipts are provided for out-of-network plans for any services not covered by the Wellbeing fee. The majority of services are covered by the Wellbeing fee and do not utilize a student’s health insurance plan.

All students can use SHS, regardless of their health insurance plan.
Health Insurance

- All UD students are required to have health insurance
- UD offers a health insurance plan for students
  - You can **opt to keep your current insurance**, but **you will need to submit a waiver**
- **Students will receive this info via email in July**
- [www.universityhealthplans.com/ud](http://www.universityhealthplans.com/ud)

*(The health insurance plan is not managed by SHS)*
Tips for Out of State Families

In the event of:

● an accident,
● an emergency,
● or your student needs specialized care,

1. **Your student will be accessing off-campus services in the community.** *(Ex. ER visits, orthopedic specialists, intensive inpatient or outpatient services for mental health care, etc.)*

2. If you have an out-of-state insurance plan, we strongly recommend checking to [make sure you have in-network options in the state of Delaware.](#)

3. You may be able to request **“Away from Home” status**, which would allow your student to access these options.
Help with the Essentials

- **The Office of the Dean of Students** coordinates support for students to assist with basic needs, including:
  - Medical Leaves of Absence
  - Laptop Loaner Program
  - Food Assistance
  - Student Crisis Fund

According to the APA, **over 1 in 3 college students** struggle to meet basic needs.
Disability Support Services (DSS)

- Assistance with registering a disability
- Provides support with classroom and work accommodations
  - Extended deadlines, quiet testing, note takers, class recordings, and more depending on fit
- DSS helps create a supportive environment where you can thrive!

Remember that not all disabilities are visible
Question & Discussion
Putting It All Together
Student Wellbeing on the South Green

- **Wellbeing Center at Warner Hall**
  - First floor Student Wellbeing Spaces, activities and programs
  - Center for Counseling & Student Development (CCSD)
  - Student Wellness & Health Promotion (SWHP)

- **Laurel Hall**
  - Student Health Services (SHS)
Thank You!

Contacts:

- UD Helpline 24/7/365 - 302-831-1001
- SHS - 302-831-2226; udel.edu/shs
- CCSD - 302-831-2141; udel.edu/counseling
- SWHP- 302-831-3457; udel.edu/studentwellness