HEALTH & WELLNESS

Health and Wellness Services
Health and Wellness Services is a part of the CU Boulder Division of Student Affairs. As part of Student Affairs, we are collectively committed to the success and well-being of all our students as well as the faculty and staff we serve.

All CU Boulder undergraduate and graduate students have access to a full range of on-campus health and wellness services in addition to a variety of virtual offerings. To learn more, visit Health and Wellness Services (http://www.colorado.edu/health/).

Medical Services
Medical Services is the primary health care resource for CU Boulder students. Through comprehensive care and education we strive to give students the skills and knowledge they need to develop healthy life-long habits. To learn more, visit Medical Services (https://www.colorado.edu/healthcenter/).

Counseling and Psychiatric Services
Counseling and Psychiatric Services (CAPS) offers confidential, on-campus and online mental health and psychiatric services for a variety of concerns including academics, anxiety, body image, depression, relationships, substance use and more. To learn more, visit CAPS (http://www.colorado.edu/health/counseling/).

Disability Services
Disability Services is dedicated to providing students with disabilities an equal opportunity to participate in university programs, courses and activities through reasonable accommodations and services. Our office is here to support students, staff and faculty with accommodation requests, implementation, guidance and general information. To learn more, visit Disability Services (http://www.colorado.edu/disabilityservices/).

CU Boulder Student Health Insurance Plan (SHIP)
All students are required to have health insurance while attending CU Boulder. Students may elect coverage through an individual health insurance plan, through a family member or employer or the CU Gold Student Health Insurance Plan (SHIP). Students must meet this requirement their first semester at CU Boulder and at the beginning of each academic year. Those taking six (6) or more undergraduate credit hours or one (1) or more graduate credit hours are required to complete the health insurance requirement process.

All students, regardless of their insurance plan, have full access to the services provided by Health and Wellness Services.

For more information, visit the Health Insurance Requirement (http://www.colorado.edu/health/insurance/health-insurance/) webpage.

Note: Plans available through the health insurance marketplace meet CU's health insurance requirement. Colorado students may sign up through the Connect for Health Colorado (http://connectforhealthco.com/) website. Nonresident students may sign up through their home state health exchange or through the national Healthcare.gov (https://www.healthcare.gov/) website.