

# HEALTH & WELLNESS

## Health and Wellness Services

Health and Wellness Services is a part of CU Boulder Strategic Resources and Support. As part of Strategic Resources and Support, we are collectively committed to the success and wellbeing 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/>).

## Administrative Services

The Administrative Services team oversees all aspects of medical insurance, billing and medical records at CU Boulder. To learn more, visit Administrative Services (<https://www.colorado.edu/healthcenter/insurance-billing-medical-records/>).

## Counseling and Psychiatric Services

Counseling and Psychiatric Services (CAPS) offers confidential, on-campus short-term mental health and psychiatric services for all fee-paying students. CAPS addresses a variety of concerns such as 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/>).

## Health Promotion

Health Promotion provides outreach and education on a variety of health topics to help students make informed decisions about their health and wellbeing. Health Promotion collaborates with student groups and campus departments to provide programs and services that positively influence student health. To learn more, visit Health Promotion (<https://www.colorado.edu/health/promotion/>).

## Medical Services

Medical Services is the primary healthcare 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/>).

## Recovery Community

The CU Collegiate Recovery Community (CUCRC) provides community, support and connection for students, faculty and staff in recovery or seeking recovery from a wide range of behaviors. Our mission is to help develop peer-to-peer connections, support resiliency and contribute to their overall wellbeing through a welcoming and

supportive community. To learn more, visit Recovery Center (<https://www.colorado.edu/recoverycenter/>).

## Recreation Services

The University of Colorado Boulder has two indoor recreation facilities, three artificial turf fields, four natural grass fields, four outdoor basketball courts, three tennis courts, and a challenge ropes course. These are all located throughout campus and provide a variety of amenities, programming and operating hours. Both Rec Center locations on campus are open to all full-fee paying students and those with memberships. To learn more, visit Recreation Services (<https://www.colorado.edu/recreation/>).

## The Office of Victim Assistance

The Office of Victim Assistance (OVA) provides free and confidential information, consultation, support, advocacy and short term counseling services to University of Colorado Boulder students, graduate students, faculty and staff who have experienced a traumatic, disturbing or life-disruptive event. Call 303-492-8855 to connect with an OVA counselor or to receive after-hours support. To learn more, visit The Office of Victim Assistance (<https://www.colorado.edu/ova/>).

## CU Boulder Student Health Insurance Plan (SHIP)

All students are required to carry a comprehensive medical insurance plan while attending CU Boulder. CU Boulder would like students to have financial protection should they suffer a serious illness or injury during their time here. Our hope is that an insurance plan will help them through these times so that they can continue with their educational endeavors.

### Students may elect health insurance coverage through:

- Anthem Gold Student Health Insurance Plan (SHIP) - A plan exclusively for CU students.
- Private or personal insurance (an individual health insurance plan through a family member, employer or government-sponsored)

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. Once a student is registered for their semester credits, the student will begin receiving email communications from Academic HealthPlans. These emails explain the insurance requirement and outline the process of enrolling or waiving the Anthem Gold SHIP.

All fee-paying 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.