



New Student

ORIENTATION



New Student & Family Programs

UNIVERSITY OF COLORADO BOULDER

Welcome!

- Introductions
- Goals for Today
 - Awareness of Health and Wellness Services
 - Skill building for independent living and decision making around your well-being



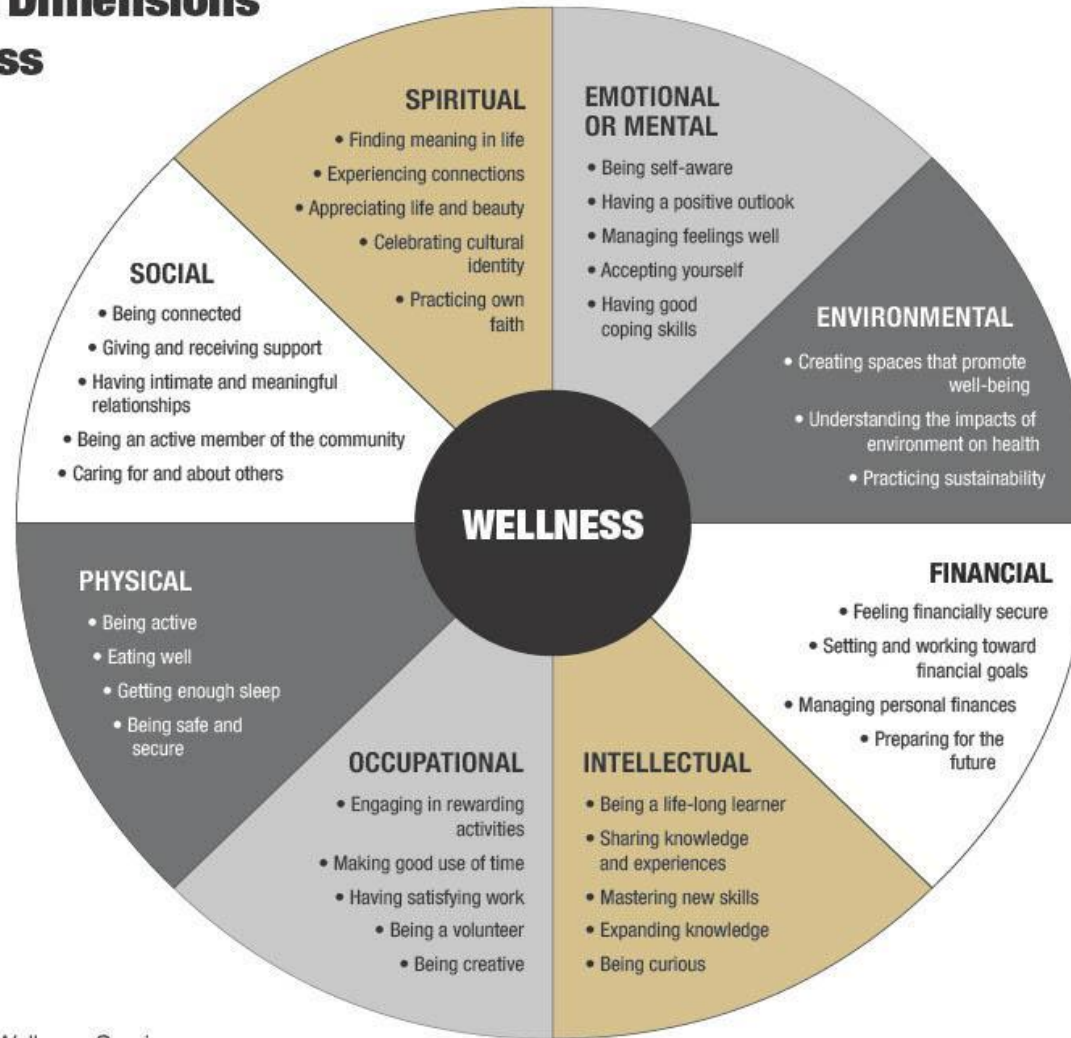


Health and Wellness Services

How do you define well-being?
What will well-being mean to you
in a college environment?

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The Eight Dimensions of Wellness



Common Well-Being Impacts

Top Concerns for CU Students

- Stress
- Anxiety
- Depression
- Sleep
- Nutrition
- Friendship
- Career
- Procrastination
- Illness
- Intimate Relationships
- Managing Risk



Counseling & Psychiatric Services (CAPS)

Mental Health Services

- Same day drop-in appointments
- 24/7 crisis support
- Short-term individual therapy
- Group therapy focusing on a variety of topics
- Psychiatry and medication management
- Skill building workshops
- Let's Talk (informal, brief consultations with a therapist)





Disability Services

Support for CU community

- Academic accommodations
- Housing/Parking/Dining accommodations
- Temporary medical conditions
- Student Testing Center
- Academic coaching
- Access +









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Disability Services

-  **Student Contacts Disability Services**
-  **Information Session (if needed)**
-  **Submit an Application for Accommodations**
-  **Access Meeting and Documentation**
-  **Implement Accommodations**
-  **Work with Access Coordinator, as needed**



Register using the QR Code!

Email: dsinfo@colorado.edu

Phone: 303-492-8671



Health Promotion

Health education and prevention

- HealthBuffs peer program
- Training opportunities
- Regular wellness events and activities
- Collegiate Recovery Community
- Peer wellness coaching
- Healthy Buffs LLC
- Free health supplies and resources



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Recreation Center

Recreation facility and programs:

- 300k square feet of recreation space
- Ice skating, rock climbing, Buff pool
- Outdoor classes and trips
- Group fitness and training programs
- Inclusive activities and events
- Club and intramural sports teams



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Office of Victim Assistance (OVA)

Advocacy, trauma-counseling services (free/confidential):

- For recent or past traumatic or life-disrupting events
- Advocacy
 - learn about options, rights, consultation
- Brief, trauma-focused individual counseling
- Drop-in hours or by appointment
 - telehealth & in-person options
- 24/7 confidential phone support





Medical Services

Student medical services:

- Primary care
- Physical therapy
- Sexual and reproductive health
- Nutrition counseling
- Massage, acupuncture, chiropractic care
- Full-service pharmacy
- Free flu shots and full-service lab



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CU Boulder Health Insurance Requirements

- **Comprehensive health insurance is required** while attending CU Boulder
- Students must enroll in the Student Health Insurance Plan (SHIP) or submit a waiver by uploading their own private insurance **by 8/22/25**
- Supplemental coverage (BuffCare) may be added to private insurance coverage

www.Mycuhealth.Colorado.edu





CU Boulder Student Health Insurance Plan

Medical Care

- Primary and preventive care
- Annual physical exam
- Treatment of illness and injury
- Travel clinic services
- Routine vaccinations
- Allergy shots
- Nutrition Counseling

Laboratory and X-ray

- Lab and x-ray services

Counseling and Psychiatry

- Brief individual counseling (12 visits)
- Group therapy and workshops
- Psychiatric care
- Medication management
- Crisis care

Physical Therapy and Integrative Care

- 15 physical therapy visits per policy year
- 10 chiropractic visits per policy year

Sexual and Reproductive Health

- Annual exam
- Sexually transmitted infection testing
- Gynecology services
- Birth control consultations
- Transgender and transitional care

Immunization Requirements

Measles, Mumps, Rubella (MMR)

2 doses or positive blood titers

Exemption (Medical, non-medical,
education module)

Meningococcal (MenACWY) – Students under 23 living in University Housing

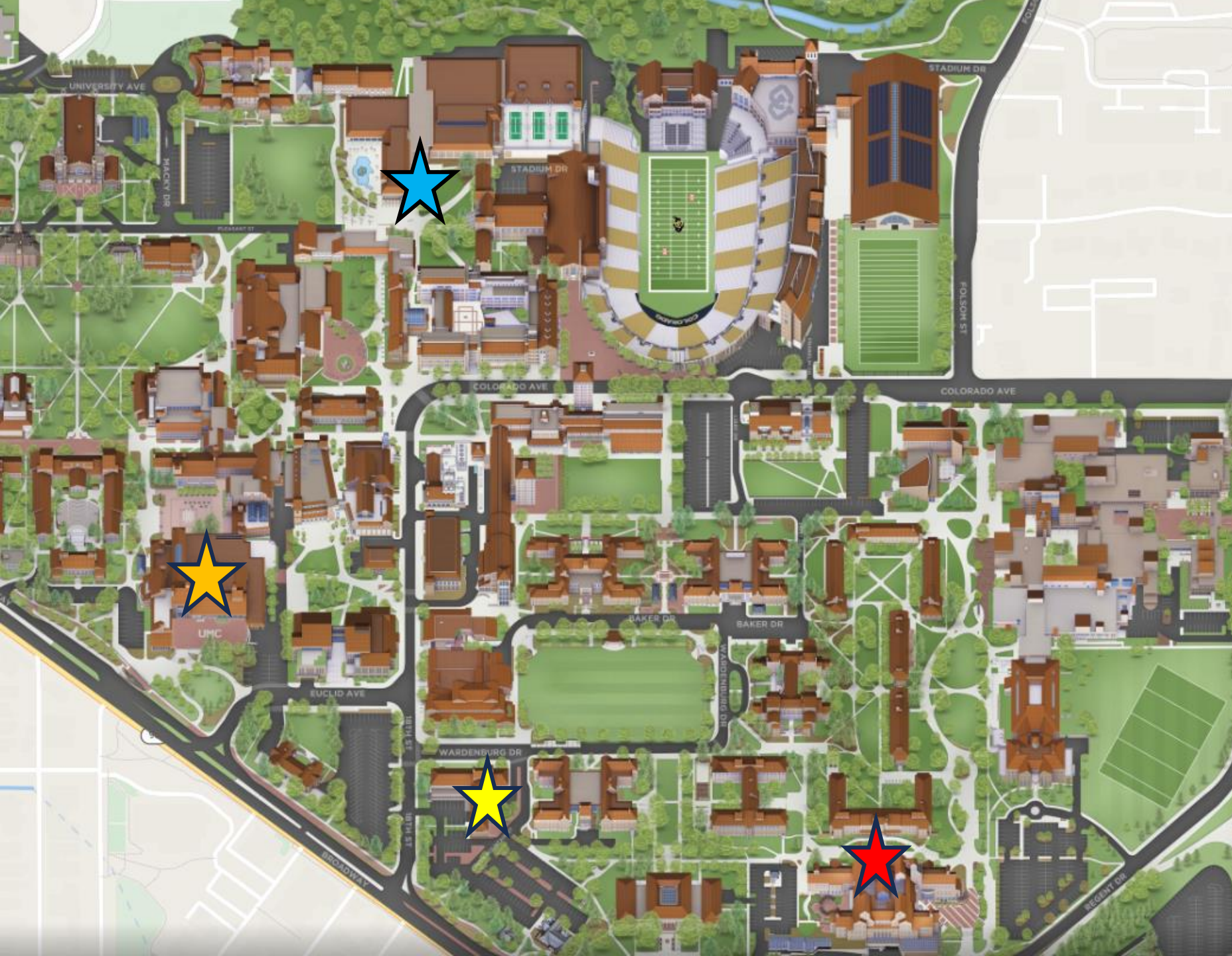
1 dose administered within the last 5
years

Exemption (Waiver form)

Tuberculosis Screening Questionnaire

Higher risk individuals will need proof of TB test results

All requirements must be completed by August 11, 2025.



- CU Collegiate Recovery Community



- Medical Services
- Health Promotion



- Counseling and Psychiatric Services
- Office of Victim Assistance
- Center for Disability and Access



- Recreation Center

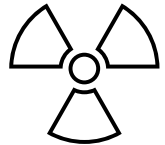
Communicate now to support your well-being.



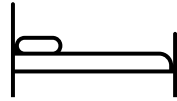
CAREER



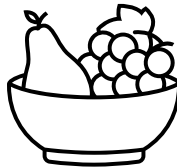
STRESS



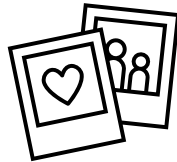
MANAGING RISK



SLEEP



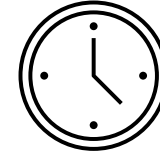
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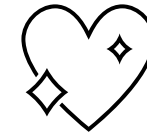
FRIENDSHIP



ANXIETY OR
DEPRESSION



PROCRASTINATION



INTIMATE
RELATIONSHIPS

Thank you!

- **Health Promotion**
 - HealthPromotion@colorado.edu
 - 303-492-2937
- **Medical Services**
 - Secure message through student health portal
 - 303-492-5101
- **Disability Services**
 - dsinfo@colorado.edu
 - 303-492-8671
- **Counseling and Psychiatric Services**
 - Secure message through student health portal
 - 303-492-2277 (24/7 support)
- **Office of Victim Assistance**
 - Assist@colorado.edu
 - 303-492-8855 (24/7 support)