



UNDERSTANDING
HEALTHCARE AND
WELLNESS
RESOURCES AT
THE UNIVERSITY
OF NEW HAVEN

University of
New Haven

**POWER
ON**

Establishing Holistic Care



Spiritual Life & Campus Ministry



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)



University of New Haven



Counseling & Psychological Services

Mission: To support the mental health of the campus community and encourage holistic well-being

Our services are:

Confidential
Included in tuition

Our team is comprised
of highly trained,
professional,
compassionate staff

We provide:

Individual counseling
Group therapy
Peer-led support groups
Referrals for medication
management
Community referrals

Education & Training
Consultation

24/7 Crisis Support &
Intervention



How Can Students Schedule Appointments?

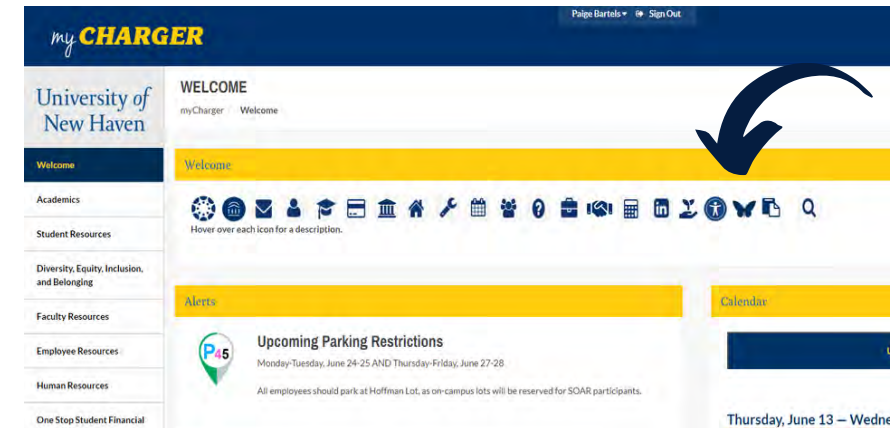
We are open M-F 8:30-4:30

Call us at 203-932-7333

Schedule online

Walk in:

Charger Plaza, Suite 111



Crisis support is available 24/7 at our phone number:

203-932-7333



Counseling & Psychological Services

Clinical Groups:

DBT (Dialectical Behavioral Therapy)

Unmasked (supporting neurodivergent students)

Mindfulness for LGBTQIA

Support for International Students

General Support

Outreach:

Mindfulness activities

Stress Reduction

Psychoeducation

Therapy Dogs

Mental Health Trainings





University of New Haven

HEALTH SERVICES



University of
New Haven

Yale
NewHaven
Health

Health Services

Location: Sheffield Hall

Hours: during Fall and Spring semesters, Health Services is open Monday through Friday and select Saturdays:

Mon, Fri 8:30am-4:30pm

Tues, Wed, Thurs 8:30 am-6:00 pm

Sat 10:00 am-2:00 pm

Telephone: 203-932-7079



University of
New Haven

Yale
NewHaven
Health

What is Health Services?

- Health Services is a primary care office with primary care providers specifically for University of New Haven students.
- Health Services is a part of Yale New Haven Health Northeast Medical Group.
- Health Services is conveniently located on the University of New Haven campus.
- Appointments are needed to see a healthcare provider at Health Services.
- Same-day appointments are available.
- Health Services participates in campus events and wellness activities.

How can Health Services help me?

Health Services can...

- evaluate you when you are sick or have a new health concern.
 - COVID-19 symptoms, upper respiratory infections, urinary tract infections, minor injuries, testing for sexually transmitted infections, reproductive health concerns, etc.
- perform testing for certain health conditions in the office (COVID-19, flu, RSV, mono, Strep, UTI, etc.).
- help you manage existing health problems.
- make sure you are up to date on your routine and preventative healthcare.
- prescribe medications, order tests like blood work and x-rays, and make referrals to specialists.
- see you for follow-up care if you had to go to the hospital.
- collaborate with University of New Haven Counseling and Psychological Services about your mental health.
- educate you about your health and well-being.

If you are not sure if Health Services can help, give us a call!

Remember, your care at Health Services is confidential!

Health Insurance

- Health insurance coverage does not make healthcare “free” or cover all costs.
- Health insurance pays for some of the cost of healthcare.
- *If you have insurance through a family member who is out of state, make sure healthcare in the state of Connecticut is covered.*
- If you have out-of-state coverage, be aware of your out-of-network/out-of-state deductible. You may decide it is cost-effective to opt into the University health insurance plan.
- If you have questions about your coverage, please review your policy, sign up for an online account with your insurance provider, or call the telephone number on your insurance card.

What to Bring to Your Appointment

- Government-issued photo identification
 - This can include a state-issued ID/driver's license, a US passport, or a passport from your home country. *University ID will not be accepted.*
- Health insurance card
- List of any past health problems or surgeries
- List of all your medications (including the dose and how often you take it)
- Any significant medical records, if pertinent to your visit
 - Please note, if you have a MyChart account through your home provider, we will be able to access your health records through our electronic medical record system.
- List of any significant family history (such as heart attack, stroke, high blood pressure, diabetes, cancer, etc.)
- Please be punctual, or we may need to reschedule your appointment

Health Requirements for New Students

- ✓ Consent form to receive treatment at Health Services
- ✓ HIPAA form
- ✓ Demographic information, emergency contact, and health history
- ✓ Physical exam within 12 months of starting classes (or within 6 months if student-athlete)
- ✓ Immunizations
- ✓ TB screening questionnaire and test results if indicated

All the required health forms listed above are available on your University of New Haven MyCharger account.

This information helps Health Services take better care of you and ensure a healthy community.

Immunization Requirements

REQUIRED by Connecticut Law


- 2 doses of MMR (measles, mumps, rubella) vaccine or documentation of immunity
 - The 1st dose is invalid if received before 12 months of age
- 2 doses of varicella (chickenpox) or documentation of immunity
- 1 dose of meningitis (MCV4) **within 5 years** of starting classes
- Required only for residential students and student-athletes





RECOMMENDED

- COVID-19 series, including booster doses
- Meningitis (MCV4) and Meningitis B vaccines
- Tdap (tetanus, diphtheria, and pertussis) vaccine
- Hepatitis A and Hepatitis B vaccine series
- HPV vaccine series

Health Form Submission

- Log in to **Medicat** (<https://ynhh.medicatconnect.com>) with your University username and follow the instructions.
- Health records will only be reviewed through the Medicat portal, and cannot be submitted in alternative formats (email, etc.).
- Upon submission, students can track the status of their health records through Medicat. Items in **red** indicate that the documentation has not been submitted or the item was denied for insufficient/ invalid documentation ; items in **yellow** are under review, whereas a **green** check mark means the records are compliant and complete.
- If anything that was submitted is invalid, students will be contacted directly through the portal.
- Please expect 5 business days for review of records.



-  Home
-  Immunizations ●
-  Upload
-  My Profile

[Locations and Hours](#) Jonathan (Johnny) Testpatient ✕

Step #1: **Scan and save your documents** individually to your computer or take a picture with your smart phone. This is completed outside of the Patient Portal using your scanner software or smart phone. If you are uploading multiple documents, you will need to scan/take a picture and save each document as a separate file. **Make sure your name and Student ID # are on all documents.**

- Images **must** be .gif, .png, .tiff, .jpg, .jpeg. Documents **must** be .txt or .pdf.
- File **must** be smaller than 4 MB. Scan in black and white, or at a setting of 150 DPI to achieve a smaller file.
- Be sure your file names do not include any special characters.

Step #2: In the section below there is a list of documents that can be uploaded. Choose the document you are uploading in the "Choose document you are uploading" drop down menu.

Step #3: Click **Select File** and locate the file on your computer or smart phone.

Step #4: Click the **Upload button**. The document will be listed below as a confirmation that the document was successfully uploaded.

- **REMEMBER** - Before uploading your immunization record, please enter the dates of your required immunizations via the Immunization page of your Patient Portal. All documentation is required for verification purposes, and to be considered compliant.

Upload Documents	
Chest X-Ray: Negative	Select File
Chest X-Ray: Positive	Select File
Government ID	Select File
Immunization Record	Select File
Insurance Card	Select File
Measles Titer	Select File

Required

- ✕ Government ID
- ✕ Insurance Card
- ✕ Meningitis ACWY
- ✓ MMR
- ✓ Physical Exam
- ✕ Tuberculosis Screening
- ✓ Varicella

Providing Student Support



Reporting an Illness



Health and Wellness Programs



Support Resources

Reporting an Illness- Student Resources- MyCharger- Health Services- Report an Illness

Health and Wellness Programs- Encourages students to encompass health and wellness through various programs.

Support Resources- Help students find support through on and off campus resources.

PRESENTER INFORMATION



University of
New Haven

Yale
NewHaven
Health



University of
New Haven

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THANK YOU

