



UNDERSTANDING HEALTHCARE AND WELLNESS RESOURCES AT THE UNIVERSITY OF NEW HAVEN

University of
New Haven



**POWER
ON**

Establishing Holistic Care



Spiritual Life & Campus Ministry



University of
New Haven



University of
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Hartford
HealthCare

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)



University of New Haven



Counseling & Psychological Services

Mission: To support the mental health of the campus community & 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



Scan to book an
appointment

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How Can Students Schedule Appointments?

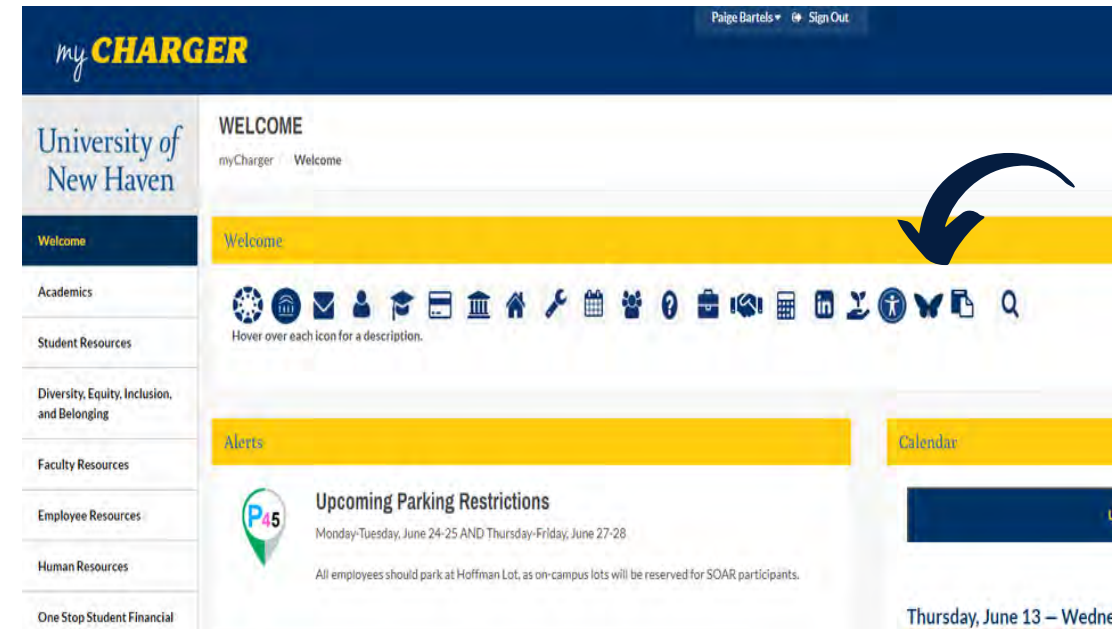
We are open M-Th 8:30-6:00, F 8:30-4:30

Call us at 203-932-7333

Schedule online

Walk in:
Charger Plaza, Suite 111

**Crisis support is available 24/7 at
203-932-7333**



**Scan to book an
appointment**

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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

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Connecting with Student Health Services

Location & Hours:

Sheffield Hall

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

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

Sat 10:00am-2:00pm

How to reach us:

Telephone: 203-932-7079

Email: Healthservices@newhaven.edu

Schedule an Appointment:

by calling or using **MyChartPLUS**



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Services Provided

- Sick visits
- Rapid testing for Mono, Strep, Covid, Flu, UTI
- Sexual Health Visits
 - STI Testing and Treatment
 - Pregnancy Testing
 - Birth Control
- Concussion Management
- Pharmacy Delivery Service
- Allergy Injections
- Immunizations
- PPD Placement and Read
- Blood Draw
- Care Coordination
 - Physicals and Annual GYN visits
 - After Hours Care  **HHC 24/7**
 - Specialty Providers
 - GoHealth Urgent Care

Appointments for non-urgent health care



If you are not sure if Health Services can help, give us a call!
Remember, your care at Health Services is confidential!

Bringing more Access to Campus Technology to Turn any Site Into a Clinic

- This technology allows our on-site staff to perform guided exams with our remote provider
- Capturing heart and lung sounds, ear/throat images, vitals, and more.
- It replicates a doctor's physical exam anytime, anywhere—for both acute and chronic conditions.



Scan to learn more



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Health Insurance at Student Health Services

- Health Insurance Cards scanned into MyChart Plus Account
- Copays will be collected via MyChart Plus
- Most insurance plans accepted
- Please contact your insurance company to ensure that **Hartford Healthcare Medical Group, Specialty** is in network with your insurance
- Provide them with Tax ID Number: **37-1911194**
- Any billing questions should be directed to **1-877-HHC-BILL** (1-877-442-2455)

What to Bring to Your Appointment

- Government-issued photo ID
- Health insurance card to be scanned in via MyChart Plus
- List of any past health problems or surgeries
- List of all your medications (including the dose and how often you take it)

Create an account to get started



MyChartPLUS.org/MyChart/Signup

MyChartPLUS

The easiest and most convenient way for students to manage their healthcare at UNewHaven's Student Health Services.

Create a secure online account to quickly and easily:

- Schedule an appointment
- Check in
- Sign documents
- Receive test results
- Pay copays and bills
- Receive reminders
- Access Letters and After Visit Summaries
- Connect with your SHS care team

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Health Requirements for New Students

- ✓ 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.


Medicat




Yale
NewHaven
Health

 Home

 Immunizations ●

 Upload

 My Profile

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	<div>Select File</div>
Chest X-Ray: Positive	<div>Select File</div>
Government ID	<div>Select File</div>
Immunization Record	<div>Select File</div>
Insurance Card	<div>Select File</div>
Measles Titer	<div>Select File</div>

Required

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

Providing Student Support



**Reporting an
Illness**



**Health and
Wellness
Programs**



**Support
Resources**

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

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

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

PRESENTER INFORMATION



Heather Gatchek, MBA
Director Health Services,
Campus Care



Diane Polo- Conklin, MPH
Associate Director of Health and
Wellness

THANK YOU

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