

NEW STUDENT CHECK LIST

STUDENT HEALTH AND WELLNESS

- 1 COMPLETE YOUR PRE-ENTRANCE HEALTH REQUIREMENTS AND HEALTH INSURANCE VERIFICATION. ☐
- 2 DOWNLOAD TIMELYCARE TO ACCESS FREE ON-DEMAND MENTAL HEALTH AND WELL-BEING SERVICES. ☐
- 3 CHOOSE YOUR MEDICAL PROVIDER AND SCHEDULE A WELCOME VISIT. ☐
- 4 ADD THE SHW AFTER-HOURS NUMBER TO YOUR CONTACTS (434) 297-4261. ☐
- 5 SCHEDULE YOUR FIRST FREE CONSULT WITH THE FRIED CENTER TO LEARN ABOUT FUNCTIONAL EXERCISE & TAILORED FITNESS PLANS. ☐
- 6 WANT TO TRANSITION YOUR MENTAL HEALTH CARE TO CHARLOTTESVILLE? CONTACT CAPS FOR HELP FINDING THE RIGHT PROVIDER FOR YOU. ☐
- 7 IF YOU HAVE A DISABILITY, APPLY FOR SERVICES THROUGH SDAC. ☐
- 8 MAKE SURE YOU'RE UP TO DATE ON VACCINES. ☐
- 9 CHECK OUT THE GORDIE CENTER AND TAKE STEPS TO END HAZING AND PREVENT SUBSTANCE MISUSE. ☐
- 10 FOLLOW SHW ON INSTAGRAM (@UVAHEALTHYHOOS) TO STAY UP TO DATE. FROM ART AND COOKING CLASSES TO YOGA, THERAPY DOGS, AND FREE COFFEE - WE HAVE MANY WAYS FOR YOU TO ENHANCE YOUR WELL-BEING. ☐

FOR ALL THINGS NEW STUDENT



STUDENTHEALTH.VIRGINIA.EDU/ORIENTATION



A stylized white owl logo is centered in the upper half of the image. The owl's body is represented by two white trapezoidal shapes, one on the left and one on the right, facing each other. Below these, a single white inverted trapezoid forms the base of the owl. The entire logo is set against a dark blue background with a radial pattern of thin, light blue lines emanating from the center.

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