



Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

Health Services

Insurance, Health & Mental Health Services Available ,
Vaccinations, Transitioning into U.S. culture

Presented by: Benek Altayli & Alysia Mota

<https://vimeo.com/72268541>

Insurance vs. No Insurance

Price Comparison

OFF Campus

UCCS Wellness Center

Urgent Care Visit: \$100+ with no extra services	Wellness Center Health Services \$15
Primary Care Office Visit: \$100+	Wellness Center Health Services \$15
Counseling Services: \$100+	Wellness Center Mental Health Services \$15
Psychiatrist: \$300 initial visit- 3 month wait	Wellness Center Health Services \$15

Health Services

Same Day Appointments

- Sore Throat
- Fever
- Cough/
Congestion
- Urinary Track
Infection
- Vomiting/Nausea
- Hurt Ankle/ Injury

Future Appointments

- Physicals
- Blood Draws
- Vaccinations
- Birth Control Consultations
- Wart Removals
- Minor Procedure's



Appointments start at \$15

Medications, Procedures, Vaccinations and Blood Tests Vary in Price

NO Outside Insurance Accepted

**** Call ahead to make Appointment ****

719-255-4444

Mental Health Services

Psychotherapy Counseling

- Anxiety
- Depression
- Couples Therapy
- Eating Disorders
- Relationships Issues
- Test Anxiety

Neuropsychological Testing

- ADD
- Dyslexia

Crisis Intervention

Group Therapy

Yoga Wednesdays

Psychiatric Nurse Practitioner,
Counselors & Psychologists on Staff



Appointments start at \$15
Call Ahead to Make and Appointment
719-255-4444

Nutrition

U.S. Food Education

- Where to buy food in Colorado Springs
- What kind of foods can you eat
- Creating Meal Ideas that meet your needs

Eating Healthy

- Balanced Meals
- Portion Sizes

Cooking Classes/ Demonstrations

Recipe Ideas

<http://www.uccs.edu/recwellness/nutrition/recipes.html>



First 3
Appointments Are
FREE



Massage Therapy & Chiropractic Services

Massage Therapy Thursdays

- 30 min Massage = \$25
- 60 min Massage = \$45
- Call to schedule an appointment

Gina Nelson, LMT

719-360-1721



Chiropractic Services

- Mondays 11 -2 & Wednesdays 1 -5
- Initial Exam = \$35
- Adjustments = \$ 25
- Call to schedule an appointment

Dr. Laketia Johnson

719 -232-1193



After Hours Care

Urgent Cares

Open from about 8 am - 9 pm

Can Treat :

Injuries

Illness (Fever, Sore Throat etc.)

Know Which Urgent Cares YOUR Insurance Covers

*** Must Pay Co-Pay***



Emergency Room

Open 24 hours

Can Treat:

Difficulty Breathing

Extreme Pain

Car Accident Injuries

General Injuries

*** Must Pay a Co- Pay ***



Vaccinations

UCCS Vaccination Requirements

- **2 MMR (Measles, Mumps, Rubella) Shots**
 - Required for **ALL** students
 - Submit Proof of shots to the Wellness Center or Get the Shots
 - Failure to submit shots results in a hold on your account that prevents your ability to register for classes for the next semester

- **1 Meningitis Shot**
 - Required **ONLY** if you live on campus
 - Submit Proof of shot to the Wellness Center or Get the Shot



Vaccination Recommendation:

- **1 Flu Shot**
 - Available in September
 - \$20

**Call the Wellness Center to
make an appointment
719-255-4444**

Transitioning Into U.S. Culture



Wellness Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS

Contact Us

Phone: 719-255-4444

Email: wellness@uccs.edu

Hours of Operation:

Open: 8-5 Monday- Friday

Closed: Saturday, Sunday

Website:

<http://www.uccs.edu/recwellness/index.html>

Questions?