

# WELL-BEING AT UCF



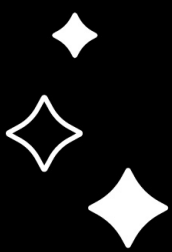
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UNIVERSITY OF  
CENTRAL FLORIDA

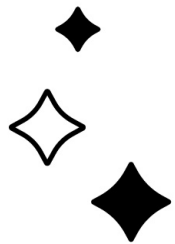
## UCF WELL-BEING PARTNERS



- Counseling and Psychological Services (CAPS)
- Recreation and Wellness Center (RWC)
- Student Health Services (SHS)
- Wellness and Health Promotion Services (WHPS)



# WELL-BEING AT UCF



# IN-DEPTH LOOK AT WELLNESS



**Intellectual Wellness**  
The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.



**Financial Wellness**  
The ability to identify your relationship with money and skills in managing resources. An intricate balance of the mental, spiritual, and physical aspects of money.



**Emotional Wellness**  
The ability to understand ourselves and cope with the challenges life can bring.



**Spiritual Wellness**  
The ability to establish peace and harmony in our lives.



**Occupational Wellness**  
The ability to get personal fulfillment from our jobs or chosen career fields while still maintaining balance in our lives.



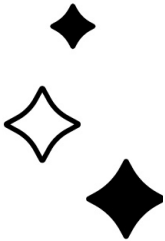
**Physical Wellness**  
The ability to maintain a healthy quality of life without undue fatigue or physical stress.



**Environmental Wellness**  
The ability to recognize our own responsibility for the quality of the environment that surrounds us.



**Social Wellness**  
The ability to relate to and connect with other people in our world.



# UCF HEALTH & WELLNESS SERVICES

Enhancing Student Well-Being through Prevention, Education, & Treatment



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# COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)



Locations on Main, Rosen, and Downtown Campuses

# CAPS SERVICES

- Brief Individual Counseling
- Brief Relationship Counseling
- Single Session
- Group Counseling
- Crisis Intervention
- Prevention and Educational Programming
- Online Resources: Therapist Assisted Online (TAO); Togetherall



# CAPS SERVICES

- CAPS services are available free of charge to all UCF enrolled students.
- Students may schedule an initial assessment in advance online or drop-in for a same day session for more urgent situations.
- Diverse and multidisciplinary staff including Master's and Doctoral level professionals.
- Confidentiality.







# CAPS CONTACT INFORMATION

**LOCATION:** Counseling Building - Bldg #27  
(Near Health Center)  
Offices at Rosen Campus and Downtown Campus

**TELEPHONE:** 407-823-2811

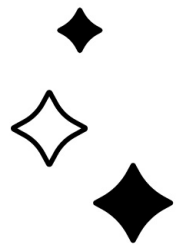
**WEBSITE:** [caps.sdes.ucf.edu](http://caps.sdes.ucf.edu)

**HOURS:** Monday-Thursday 8:00am - 6:00pm\*  
*Walk-in hours from 8:00am - 5:00pm*  
(\*5:00pm - 6:00pm services are by appointment only)

Friday 8:00am - 5:00pm\*  
*Walk-in hours from 8:00am - 4:00pm*  
(\*4:00pm - 5:00pm services are by appointment only)



CAPS Website



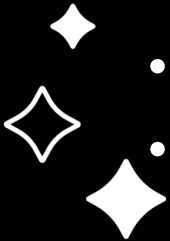
# RECREATION AND WELLNESS CENTER (RWC)



Main Campus: RWC @ Main / Downtown Campus: RWC @ Downtown

# RWC FACILITY HIGHLIGHTS

- Indoor 1/8 Mile Track
- 6 Indoor Multi-Activity Courts
- 4 Group Exercise Studios
- 40 ft. Rock Climbing Tower
- Leisure Pool & Lap Pool
- Lake Claire Recreation Area
- 9 Tennis Courts
- 6 Sand Volleyball Courts
- 4 Outdoor Basketball Courts
- Outdoor Fitness Station
- Baseball/Softball Field
- Challenge Course



# RWC PROGRAMS

- **Group Exercise Classes**
  - 80+ weekly including F45, Cycling, Yoga
- **Training Programs**
  - Half Marathon, Triathlon, Weightlifting
- **Outdoor Adventure Trips**
  - Backpacking, Hiking, Surfing, Camping
- **Lake Claire – Free Equipment Rentals**
  - Kayak, Canoes, and Paddleboards
- **Intramural Sport Leagues**
  - Flag football, Basketball, Tennis, Dodgeball
- **44+ Sport Clubs**
- **Challenge Course Team Building Program**
- **Swim Lessons**



# STAY CONNECTED WITH RWC

## Download the UCF RWC Mobile App

- Sign Liability and Assumption of Risk Waiver
- Utilize Touchless Entry Barcode to enter the facility
- Opt-In to notifications from your favorite programs and events



**DOWNLOAD THE RWC APP**  
**UCF RWC**

**SIGN UP FOR GROUP EXERCISE CLASSES.**

**SIGN UP FOR IM LEAGUES AND EVENTS.**

**ACCESS THE LATEST RWC+ CONTENT.**

**OPT IN TO PUSH NOTIFICATIONS FOR PROGRAM UPDATES.**

**DOWNLOAD TODAY!**

GET IT ON **Google Play** | Download on the **App Store**

# STUDENT HEALTH SERVICES (SHS)



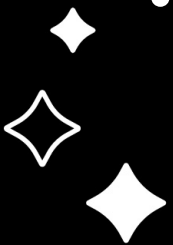
Locations on Main, Downtown, College of Medicine, and Rosen campuses

**“ARE YOU \*REAL\* DOCTORS?”**



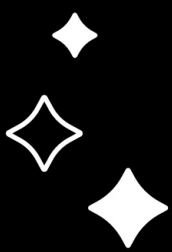
**YES! WE ARE!**

- **Licensed and Board-Certified Medical Providers (MD, PA, APRN)**
- **Pharmacists & Technicians**
- **Dentists & Hygienists**



## THE HEALTH FEE

The **health fee** (included in tuition) helps to offset your medical costs which means you can see a health care provider with no out-of-pocket charge for the general (primary care) office visit. Patients are financially responsible for items not covered by the health fee. These include, but are not limited to clinical procedures, x-rays, laboratory services, medical equipment, prescriptions, non-prescription medications, vaccinations, dental services, and physical therapy. When charges occur, students can elect to use their health insurance coverage, or pay out-of-pocket.





# MEDICAL INSURANCE PARTICIPATION

Patients are financially responsible for all charges incurred at each visit, whether covered by health insurance or not. Though not required to access our services, the university and SHS strongly encourage all students to carry some form of health insurance coverage.

UCF Health Services is in network with the following insurance providers:



\*Please note that we do not accept most HMO plans. Call our insurance office for coverage verification at 407.823.1649

All other insurance providers are considered out of network.

Register Your Health Insurance

**TODAY!**

UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE

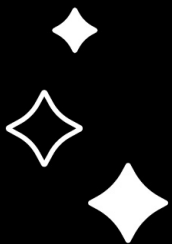




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# SHS SERVICES

- Primary Care
- Gynecological Services
- Behavioral Health (Psychiatry, Clinical Dietitians, Substance Use Disorder Services)
- Collegiate Recovery Community
- International Health & Travel Clinic
- Immunizations & Allergy Clinic
- In-house X-Ray & Laboratory
- Dental Clinic
- Sports Medicine
- Physical Therapy
- Pharmacy & Convenience Store
- Referrals
- After Hours Referrals and Nurse Line





# SHS CONTACT INFORMATION

Register Your Health Insurance **TODAY!**  
UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE

A large QR code is centered within a grey rectangular frame. Above the QR code, the text "Register Your Health Insurance" is in white on a dark grey background, followed by "TODAY!" in large, bold, yellow letters with a black outline. Below the QR code, the text "UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE" is written in small white letters.

**LOCATION:**

**Health Center & Pharmacy - Bldg #127**  
(See website for offices on other campuses)

**TELEPHONE:**

**407-823-2701**

**WEBSITE:**

**[www.StudentHealth.ucf.edu](http://www.StudentHealth.ucf.edu)**

**HOURS:**

**FALL & SPRING**

**Monday-Friday, 8:30am - 6:00pm**

**Saturday, 10:00am - 2:00pm**

**SUMMER & BREAKS**

**Monday-Friday, 8:30am - 5:00pm**



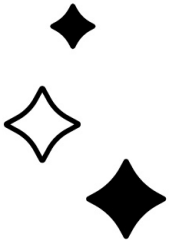
*@ucf.shs*



*@ucfhealthcenter*



*@ucfstudenthealth*



# WELLNESS & HEALTH PROMOTION SERVICES (WHPS)



Locations on Main and Downtown campuses inside the  
Recreation and Wellness Center spaces

# COOKING CLASSES & FRESHU MARKET





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# MINDFULNESS

- Biofeedback
- Mindful Minute
- Koru

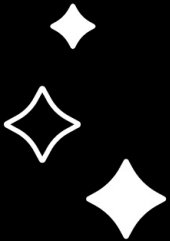
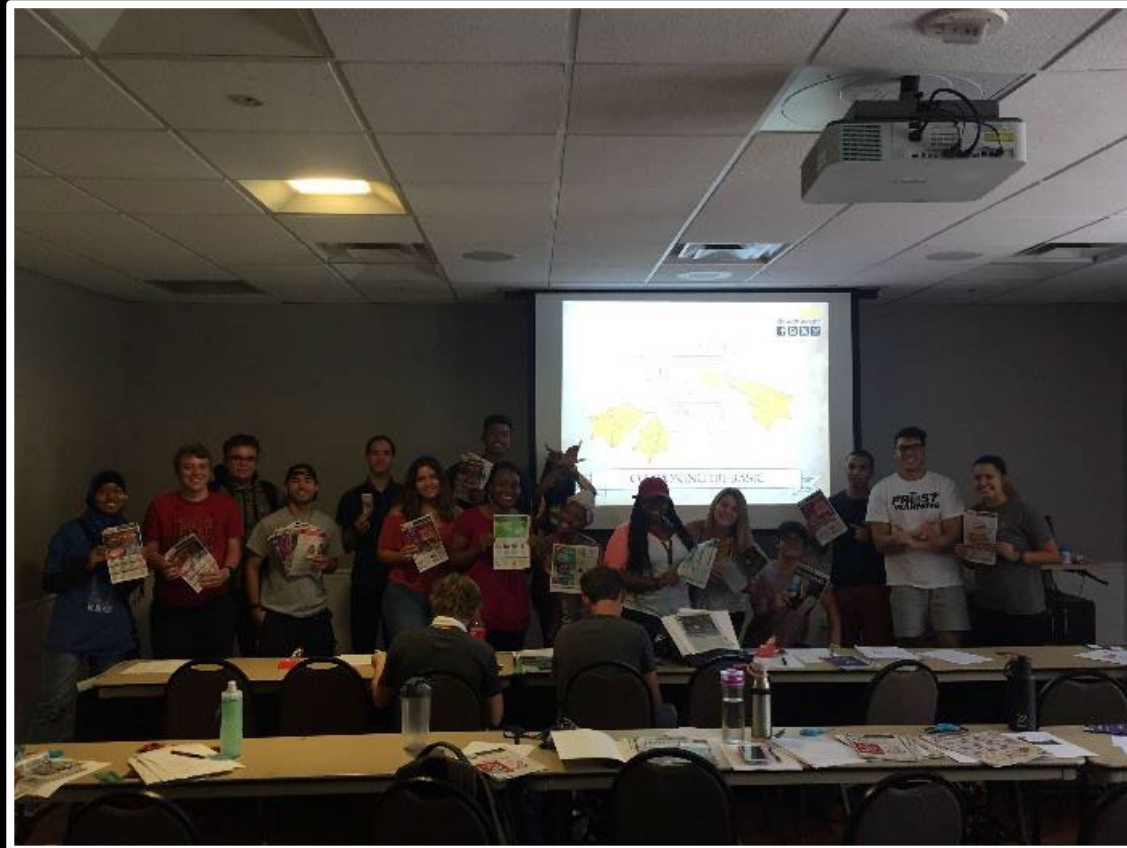


# HIV TESTING

WHPS Offers  
free HIV  
testing 5 days  
a week by  
appointment!



# COACHING & COUPONING





# ALCOHOL & OTHER DRUG PREVENTION



**DO THE KNIGHT THING**

Alcohol Awareness and Safety!

SCREEN **U**

For a healthier campus life.

We are partnering with ScreenU Alcohol to provide feedback to UCF students about their own alcohol use and risk for experiencing negative consequences.

This program also links students to the resources and support needed to help them be successful academically and beyond.

All answers provided in the screening are anonymous. <https://bit.ly/ucfscreenu>

# WHPS CONTACT INFORMATION



**LOCATION:** Office at RWC Building – Suite 111  
(See website for offices on other campuses)

**TELEPHONE:** 407-823-5841

**WEBSITE:** [whps.sdes.ucf.edu](http://whps.sdes.ucf.edu)

**HOURS:** Monday-Friday,  
8:00am - 5:00pm

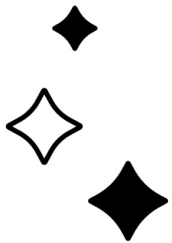
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# STUDENT CARE SERVICES

Assists students who are experiencing issues that may include, but are not limited to:



Health and wellness



Emotional distress



Disruptive and addictive behaviors



Financial concerns



Academic struggles



Connect with us! Families can work with us too, to help their student succeed.

*From  
Caring to  
Courage.*

Visit [ucfcares.com](https://ucfcares.com) | Refer a friend or get support for yourself



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**THANK YOU**

**and BE WELL!**

