



First Year
Experience

Protecting Your Peace: Well-Being at UCF

Student Union

Student Govt.
Association

Legal Services
Social Justice &
Advocacy

Student
Involvement



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

Well-Being



- Academic
- Career
- Community
- Cultural
- Emotional
- Environmental
- Financial
- Intellectual
- Mental
- Physical
- Sexual
- Social
- Spiritual



Thriving at UCF

Belonging

Engaging

Achieving

Meaning



First Year
Experience



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UCF Health & Wellness Services

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

Student Govt.
Association
Student
Involvement

Legal Services
Social Justice &
Advocacy

Counseling and Psychological Services (CAPS)

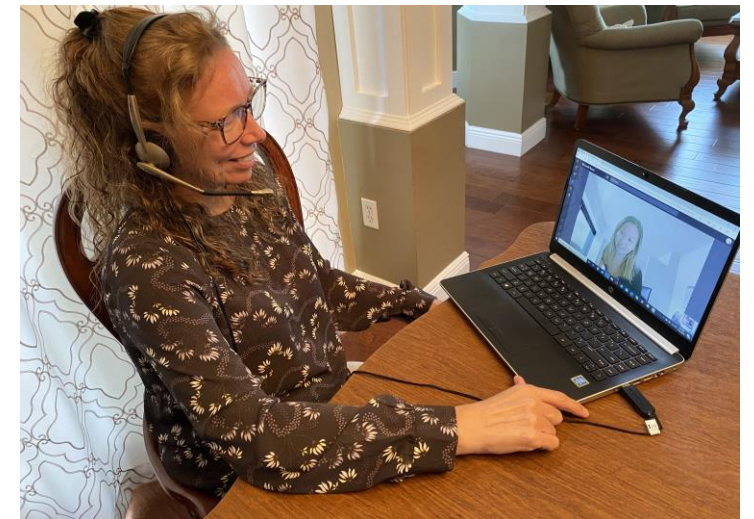
Locations on Main (East), Rosen, and Downtown Campuses



**First Year
Experience**

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.



ACCREDITED BY



INTERNATIONAL ACCREDITATION
OF COUNSELING SERVICES

Inspiring excellence in student mental health care

www.iacsinc.org

CAPS Contact Information

LOCATION: (Main) Counseling Building - Building #27 (Near Health Center)

Offices at Rosen Campus and Downtown Campus - see online for information

TELEPHONE: 407-823-2811

WEBSITE: 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



**First Year
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Counseling and
Psychological Services



UCFCAPS



UCF Counseling Center

Recreation and Wellness Center (RWC)

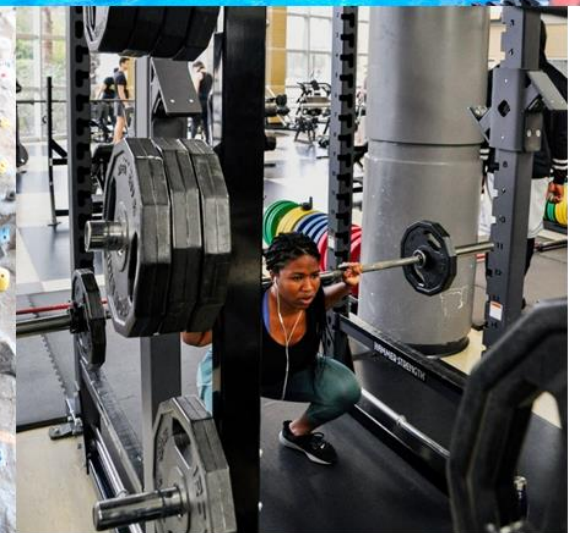
Locations on Main (East) and Downtown Campuses



First Year
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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
- 7 Tennis Courts
- 2 Pickleball Courts
- 6 Sand Volleyball Courts
- 4 Outdoor Basketball Courts
- Outdoor Fitness Station
- Baseball/Softball Field
- Challenge Course



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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**



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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



The image shows a smartphone displaying the UCF RWC mobile app interface. The app features a grid of icons for various services: RWC+, HOURS, PROGRAM REGISTRATION, GROUP EX, PERSONAL TRAINING, AQUATICS, IMS, SPORT CLUBS, OUTDOOR ADVENTURE, ATHLETIC TRAINING CPR/FIRST AID, RWC @ DOWNTOWN, RESERVATIONS, EMPLOYMENT, MEMBER FEEDBACK, SOCIAL MEDIA, and UPCOMING EVENTS. At the bottom, there is a section for signing a liability and assumption of risk waiver, with instructions: 1 Tap ad, 2 Tap Login, 3 Enter NID. The app is titled 'Recreation and Wellness Center UNIVERSITY OF CENTRAL FLORIDA'.

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 (East), Downtown, College of Medicine, and Rosen Campuses



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Are you “Real” Doctors?!

YES, WE ARE!

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



**First Year
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The Health Fee (and What it Covers)



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. It is NOT a form of medical coverage.



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. Payment for all services and out-of-pocket costs are due at the time of service.



Medical Insurance Participation

Patients are financially responsible for all charges incurred at each visit, whether covered by health insurance or not. All out-of-pocket expenses as determined by your health insurer are due at the time of service. Though not required to access our services, the university and Student Health Services 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.



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

A large QR code that, when scanned, likely leads to a registration page for health insurance.

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



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SHS Contact Information

Register Your
Health Insurance

TODAY!

UPLOAD YOUR INSURANCE CARD IMAGE WITH EASE



LOCATION (Main): Health Center & Pharmacy - Building #127

(See website for offices on other campuses)

PHONE: 407-823-2701

WEBSITE: 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



@ucfstudenthealth



**First Year
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Wellness & Health Promotion Services (WHPS)

Locations on Main (East) and Downtown Campuses inside the RWC Spaces



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WHPS Services

- Biofeedback, Mindfulness and Stress Management
- Cooking Classes and Demonstrations
- HIV Testing and Risk Reduction Counseling
- Alcohol and Other Drug Education
- Couponing
- Wellness and Supplemental Nutrition Assistant Program Coaching



Mindfulness

- Biofeedback
- Mindful Minute
- MIEA Mindfulness Course



Cooking Classes & FreshU Market

- Master kitchen skills and healthful eating with FreshU cooking demonstrations and classes on campus
- WHPS offers cooking demos to student groups upon request
- Cooking classes: Students will be able to cook along with us and learn a new skill
- It's FREE!



HIV Testing



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

Alcohol and Other Drug Prevention

- AOD promotes healthy lifestyles, as well as personal responsibility, by providing programs, training, and ideas for alternative activities for students
- Educate students about the negative consequences of high-risk use of alcohol and drugs



Coaching & Couponing 101

- A coach works with you to realize your health goals and help you make lifestyle changes to optimize your well-being.
- Supplemental Nutrition Assistance Program (SNAP) coaching
- Learn the basics of couponing and save money on grocery items during our Couponing 101 Workshop. organizer to get you started.



WHPS Contact Information

LOCATION: Office at RWC Building 88 –
Suite 111

(See website for offices on other campuses)

PHONE: 407-823-5841

WEBSITE: whps.sdes.ucf.edu

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



@healthyknight



@healthyknight



@healthyknight



Healthy Knight



@ucfhealthyknight



**First Year
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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
Refer a friend or get
support for yourself.**



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THANK YOU

And BE WELL!