



First Year  
Experience

# Protecting Your Peace: Well-Being at UCF

## Student Union

Student Govt.  
Association

Legal Services  
Social Justice &  
Advocacy

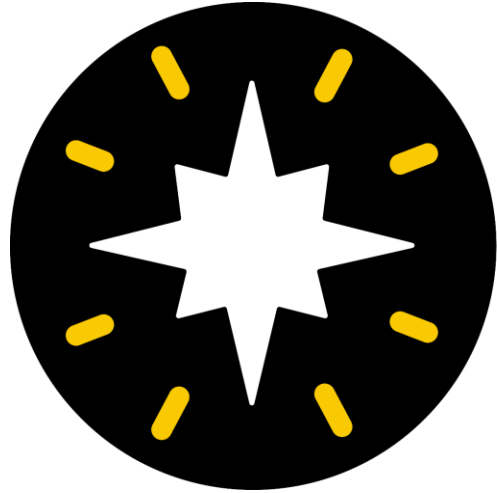
Student  
Involvement



# 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 and *Thriving* at UCF



**B ♦ E ♦ A ♦ M**

HELPING *Students* THRIVE



**BELONGING**



**ENGAGING**



**ACHIEVING**



**MEANING**



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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



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# 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: (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](https://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**



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Counseling and  
Psychological Services



UCFCAPS



UCF Counseling Center



# Recreation and Wellness Center (RWC)

Locations on Main (East) and Downtown Campuses



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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**



# 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 (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



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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.



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

A large QR code is centered in the bottom half of the registration box, intended for scanning to access the insurance registration process.



# 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](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



@ucfstudenthealth



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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!**



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# 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.



# 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](http://whps.sdes.ucf.edu)

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



*@healthyknight*



*@healthyknight*



*@healthyknight*



*Healthy Knight*



*@ucfhealthyknight*



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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!

