Care for Body and Mind
About the CSU Health Network

• All enrolled students have full access to wide range of services, regardless of their insurance plan

• Integrated care for the whole student

• 200+ providers and staff members experienced with and passionate about college health

• Accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) and American Psychological Association (APA)
Medical Services

General Medical Services
- Primary Care
- Pharmacy
- Immunizations
- Laboratory
- Radiology
- Behavioral Health

Specialty Medical Services
- Allergy and Asthma
- Dental
- Men’s Care
- Nutrition Consultation for Disordered Eating
- Optometry
- Physical Therapy
- Psychiatry
- Sports Medicine/ Orthopedics
- Transgender Care
- Travel Medicine
- Women’s Care

CSU Health Network bills private insurance and has contracts with most major insurance carriers.
Counseling Services

Your counseling fee (part of CSU student fees) provides access to a wide range of mental health support resources provided by CSU Health Network.

These include:
- Individual and partners
- Groups and workshops
- Drugs, Alcohol, and You (DAY) programs
- Post-hospitalization support (iTEAM)
- Crisis intervention
- Consultations with colleagues/parents/friends

Visit health.colostate.edu/mental-health-resources to learn more about available resources.
3 Steps to Accessing Counseling Services

1. **Visit**
   - Visit Counseling Services on the 3rd floor of the CSU Health and Medical Center.

2. **Plan**
   - **Meet** with an on-call counselor and **co-create a wellness plan** with services that are best for you based on your unique circumstances.
   - These services could include:
     - Online therapeutic and self-help resources
     - Group Therapy and Skill-Building Workshops
     - Individual Counseling
     - Campus and Community Resources

3. **Act**
   - **Commit** to your personalized wellness plan developed with your counselor.
   - **Attend** all scheduled Counseling Services appointments, groups, and/or workshops
   - **Follow-up** with any recommended campus or community resources
   - **Practice** and maintain self-help skills and tasks discussed in sessions
Health Education and Prevention Services

- Substance Abuse Prevention
- Mental Health Initiatives
- Peer Education (CREWS)
- Well-Being Initiatives
- Sexual Health Initiatives
- Tobacco Cessation

Business Services

- Student Health Insurance
- Private Insurance Billing
- RamCare Supplement Program
- Medical Records
Your Home for Health

CSU Health and Medical Center
151 West Lake Street

MAX Stop

Patient/Client Parking

Prospect Road

Lake Street

Parking Lot Entrance

Parking Lot Exit

N

College Avenue
After-Hours & Emergency Care

1. CSU Health Network
   - On-campus
   - Medical services
   - Counseling services

2. Phone Help Lines
   - After-Hours Nurse Helpline: (970) 491-7121
   - Mental Health Crisis Intervention: (970) 491-7111

3. Local Urgent Care & Emergency Room Facilities
   - Visit health.colostate.edu for more information.
New Student Checklist

health.colostate.edu/new-student-checklist
Submit Immunization Records

- **Measles, Mumps, and Rubella (MMR) Vaccine:**
  - Two (2) MMR vaccinations (or laboratory proof of immunity to measles, mumps and rubella)

- **Meningococcal Vaccine:**
  - Required for all incoming students living on-campus in student housing
  - Meningococcal (ACWY) vaccination given within last five (5) years (or request access to online waiver form)

- **COVID-19 Vaccine:**
  - Students can voluntarily submit their COVID-19 vaccination records to CSU Health Network
  - More information at covid.colostate.edu

- Submit official immunizations records online through the CSU Student Health Portal

**DEADLINE**
Monday, August 23, 2021
**Complete Health Forms**

- **Tuberculosis Assessment and Health History:**
  - Online forms to be completed on CSU Student Health Portal

- **Authorization for Treatment of a Minor:**
  - Should be completed by parent/guardian if student will be under age of 18 when arriving at CSU
  - Paper form can be downloaded at [health.colostate.edu/health-records](http://health.colostate.edu/health-records) and submitted to Medical Records department

**DEADLINE**

Monday, August 23, 2021
1. Visit health.colostate.edu
2. Under “Quick Links”, click “Student Health Portal”
The CSU Health Network online portal allows CSU students to schedule appointments, access important health forms, secure messages, and more. Incoming students can login to the portal to submit immunizations records and complete forms. We use the student's eName and ePassword for authentication to this site. The student must have first registered their eID here: eid.colostate.edu

Login

eName

Password

Login

Having trouble logging in? Please, verify your eName/ePassword by visiting eid.colostate.edu. If you can successfully log in, use the identical username and password to access this site. If you have done this and problems persist please contact us; e-mail webhs [@] colostate [dot] edu. Ensure that you include your CSU ID (nine digit number beginning with an eight) in your message.

- If you are attempting to complete required online modules (AlcoholEdu and Sexual Assault Prevention), access the program directly through your RamWeb account.
- CSU Online students who are not enrolled in any on-campus classes will not be able to log in and they are not required to submit Immunizations records or complete forms.

For further information about making an appointment please click here or call (970) 491-7121

PHS © 2019
You have pending forms.

Welcome to the CSU Health Network web portal. This site allows you to schedule online appointments and access important health forms and secure messages.

- If you are unsure about your eligibility to access services through the CSU Health Network, please call 970-491-7121 prior to making an appointment.
- Click here for more information about how to check your insurance coverage prior to your appointment.
- If you have more than one medical concern or a complex medical history, please call 970-491-7121 to make an appointment.
- If you are not finding what you need on this portal, please call 970-491-7121 to speak with a CSU Health Network representative.

Please visit the CSU Health Network website to learn more about our services to care for body and mind.
Using Health Insurance at CSU Health Network

All enrolled students have **full access** to all CSU Health Network services, regardless of their insurance plan.

**Private Insurance Billing**
- CSU Health Network bills private insurance and has contracts with most major insurance carriers.

**Student Health Insurance Plan (SHIP)**
- University-sponsored, comprehensive PPO plan with benefits on campus at CSU Health Network and off campus at hospitals and medical offices across Colorado and worldwide.
Health Insurance Requirement

**DEADLINE** Wednesday, September 8, 2021

Go to the secure online health insurance waiver portal and choose one of the following options:

**WAIVE**

the CSU Student Health Insurance Plan (SHIP) by providing proof of a comparable individual, employer, or government health insurance plan.

Enter the requested information from your health insurance card and plan subscriber’s date of birth.

**OR**

**ENROLL**

in the CSU Student Health Insurance Plan (SHIP) by indicating your interest in the secure online form.

**DO NOT WAIT.** Early enrollment will ensure access to insurance benefits the day the plan becomes effective (Aug. 1st).

If you do not take action to WAIVE or ENROLL by Sept. 8th, your student’s account will be charged for the cost of enrollment in SHIP for fall semester. **No refunds or reversals after deadline.**
Even if you think you know…
check your insurance in advance!

Contact your insurance carrier to see how your plan will cover visits to CSU Health Network:

- CSU Health Network Tax ID#: **846000545**
- CSU Health Network NPI #: **1528156437**
- Out-of-state or HMO plans may need to specifically request “away at college” coverage options
- Don’t forget to take action in the health insurance waiver portal by the deadline!
RamCare Supplement Program

• Cost = $125 per semester

• RamCare Pays:
  – **Up to $1500 per semester** to pay for co-pays, deductible and co-insurance charges for CSU Health Network medical services
  – **Up to $200 per semester** toward prescription drug costs at CSU Health Network Pharmacy
  – **Up to $50 per semester** for “flex dollars” for non-covered services in CSU Health Network, including dental, vision (including contact lenses), etc.

• Enroll online at health.colostate.edu/ramcare

DEADLINE

Wednesday, September 8, 2021
Complete Online Modules

• AlcoholEdu - REQUIRED
• Sexual Assault Prevention – REQUIRED
• Achieve Financial Wellness- RECOMMENDED
• AlcoholEdu, Sexual Assault Prevention, and Achieve – Financial Wellness will be available 35 days prior to the beginning of the semester. Students can access the programs directly through their RamWeb account.
• Students will also receive an email to their CSU email address alerting them the programs are open, with instructions on how to complete each program.

DEADLINE
Monday, August 23, 2021
Create a You@CSU Profile

• Online student success portal
• Connects students to personalized on-campus and online resources
• Students can access through RamWeb account
Things to Remember

1. Establishing/Transferring care to a CSU Health Network medical provider, psychiatrist or counselor

2. Filling prescriptions at CSU Health Network Pharmacy

3. Health Insurance Cards – take pictures!
Questions?

(970) 491-7121
health.colostate.edu

Follow us!
@CSUHealthNetwork