

Is the Center for Well-Being an In-Network Provider?

We encourage students to contact their health insurance before arriving on campus to ensure the Center for Well-Being is an in-network provider.

- Tax ID number (41-0693970)
- National Provider Identification Number (1881819886)

Any services not covered by insurance will be billed to your student account.

Before Coming to College

- Insurance Card: Bring your card or keep a photo on your phone
- **Ongoing Care:** If you are receiving medical or mental health care, create a plan with your current provider to either continue care or transfer care to the Center for Well-Being or a local provider.
- Transferring Care: Have your current healthcare provider or counselor send your records to Center for Well-Being, fax 651-962-6751.
- Prescriptions: transfer prescriptions to a local pharmacy or arrange for delivery (capsule.com).
- In-Network Providers: Call your insurance company and determine the in-network providers for:
 - √ Urgent Care
- √ Pharmacy
- √ Emergency Room
- √ Verify that the Center for Well-Being can be established as in-network.

Health Care Items to Bring to College

- Health Insurance Card (or photo of front and back on phone)
- Any Prescriptions / Daily Vitamins
- Hand Sanitizer / Disinfectant Wipes
- Thermometer
- Small First-Aid Kit / Bandaids
- Tweezers
- Ice Pack
- Disposable Masks
- At-home COVID Tests

- Pain Reliever / Fever Reducing Medication
- Allergy Medication
- Cold and Flu Medication
- Antibiotic Cream
- Hydrocortisone Cream

myHealthPortal

All University of St. Thomas students are given access to the Center for Well-Being's electronic health record system, **myHealthPortal**.

You can use **myHealthPortal** to submit online forms, schedule appointments check your immunization history, and communicate with your on-campus healthcare provider.

Log in with your University of St.Thomas **username** and **password. myHealthPortal** is active **24 hours AFTER** students register for their classes.

How to Upload Insurance Card

All students must provide a copy of their health insurance card:

- Using your phone or another device, take photos of the front and back of your health insurance card
- Login to myHealthPortal
- Select Insurance Card
- Select Add New Card
- Complete information including insurance card images
- Select Save

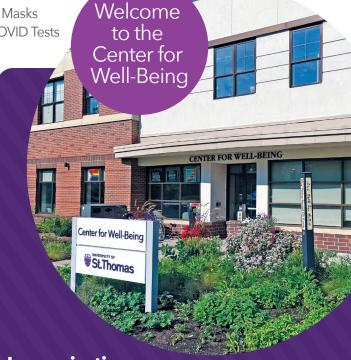
Center for Well-Being Service Fees

Health Services: submitted to insurance

Counseling & Psychological Services: no cost - services covered by the health fee

Health Promotion, Resilience & Violence Prevention: no cost - services covered by the health fee

Questions: (651) 962-6750 or centerforwellbeing@stthomas.edu



Immunizations

All new undergraduate students must provide:

- 2 MMR (Measles, Mumps, Rubella) vaccination dates
- **1 TD** (Tetanus, Diphtheria, often administered as Tdap) vaccination date, within the last ten years

Students will receive an email later this summer with instructions on how to upload their immunization records.

Center for Well-Being

