



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 / Band-aids
- 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

Welcome to the Center for Well-Being



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.