



# Wellness

UNIVERSITY of PENNSYLVANIA

## Practical tools for Quakers

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### Vision, Mission, & Core Values



**Mission**  
Infuse wellness across its eight domains throughout the Penn experience through inclusive, innovative, and impactful initiatives.

**Vision**  
A campus that integrates the science, theory, and practice of wellness.

**Core Values**  
Our core values are grounded in collaborative CARE and fuel everything we do.

- Compassion
- Accessibility
- Respect
- Empowerment

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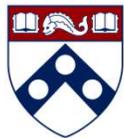
## Pillars of Wellness

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**Wellness**  
UNIVERSITY of PENNSYLVANIA

Student Health  
*and* Counseling



**Wellness**  
UNIVERSITY of PENNSYLVANIA

Public Health  
*and* Wellbeing

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## Your privacy is important to us!

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- All mental and physical health services are confidential
- Wellness recognizes the importance of protecting your privacy
- Students can now edit their own Preferred First Name, Personal Pronouns, and Gender Identity on the Personal Information page in Path@Penn.
- In most cases, Penn (including Wellness at Penn) defaults to using your Preferred Name in University correspondence and documentation.



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**Wellness**  
UNIVERSITY of PENNSYLVANIA

Student Health  
*and* Counseling

**Caring for Students During Their Academic Journey**

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## Student Health & Counseling

Virtual and in-person visits are available!  
Call 215-746-WELL (9355) to schedule.

### *Medical care*

- ⊕ 24/7 access and support
- ⊕ Allergy care
- ⊕ Gynecologic care
- ⊕ Immunization
- ⊕ LGBTQ+ and gender-affirming care
- ⊕ Nutrition services
- ⊕ Primary care
- ⊕ Sexual health
- ⊕ Sports medicine
- ⊕ Travel medicine



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# Student Health & Counseling

Virtual and in-person visits are available!  
Call 215-746-WELL (9355) to schedule.

## Counseling

- 24/7 access and support
- Individual and group therapy
- Medication management
- Referral and consultation services (ex. Welltrack Connect)
- Same day drop-in services at Let's Talk locations across campus
- Same day drop-in services at 3624 Market Street

*\*All counseling services are covered by your student fees.*



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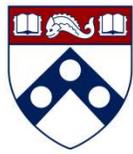
# Student Health & Counseling

## Counseling

<p>Let's Talk provides access to free and confidential drop-in conversations with a trained professional at various locations across campus. Students can talk about any stress and anxiety they are feeling, bounce around ideas, and work through their emotions.</p>	<ul style="list-style-type: none"> <li>• Free for Penn students</li> <li>• Confidential</li> <li>• No appointment necessary</li> </ul>
	<p>SCAN FOR HOURS &amp; LOCATIONS</p> <p>→ </p>



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**Wellness**  
UNIVERSITY of PENNSYLVANIA

Public Health  
*and Wellbeing*

**Creating a Community of Care**

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## Public Health & Wellbeing

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### *Services & Resources*

- ✦ Disease surveillance
- ✦ Health education
- ✦ Insurance navigation
- ✦ Immunization navigation
- ✦ Peer Wellness Coaching
- ✦ Penn Farm
- ✦ SUPER (Substance Use, Prevention, Education, & Recovery)



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## Public Health & Wellbeing

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### *Topics & Initiatives*

- ✦ Helping students in distress and crisis (ex. i care and i share)
- ✦ Imposter syndrome
- ✦ Mindfulness & meditation
- ✦ Nutrition & physical activity
- ✦ Sexual health
- ✦ Sleep hygiene
- ✦ Stress & self-care
- ✦ Substance use
- ✦ Wellness & resilience



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## Public Health & Wellbeing

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### *Medical Amnesty*

- ✦ In cases of intoxication and/or alcohol poisoning, the primary concern is the health and safety of the individual(s) involved. Individuals are strongly encouraged to call for medical assistance for themselves or for a friend/acquaintance who is dangerously intoxicated.
- ✦ No student seeking medical treatment for an alcohol or other drug-related overdose will be subject to University discipline for the sole violation of using or possessing alcohol or drugs. This policy shall extend to another student seeking help for the intoxicated student.



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## Public Health & Wellbeing

Upload your immunization records to your **Wellness Portal** (link found on our website)

### *Immunization Requirements*

#### Required:

- ✓ Hepatitis B
- ✓ Varicella
- ✓ Tetanus-Diphtheria-Pertussis (Tdap)
- ✓ Measles, Mumps, Rubella (MMR)
- ✓ Meningococcal (if living on campus)

#### Strongly Recommended:

- ✓ COVID-19
- ✓ Influenza
- ✓ Hepatitis A
- ✓ HPV (Human Papillomavirus)

Questions? [wel-immun@pobox.upenn.edu](mailto:wel-immun@pobox.upenn.edu)

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## Public Health & Wellbeing

### *Access and Manage Your Immunization Requirements*

1. Go to the Wellness website: <https://wellness.upenn.edu>
2. Visit the "New and Returning Students" page linked in the red announcement at the top of the homepage.
3. Look for and follow instructions to upload and manage your immunization requirements.



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## Public Health & Wellbeing

Enroll or waive in Penn Student Insurance Plan by August 31!

### Insurance Requirements

- ✓ Full-time, dissertation, and exchange students must carry adequate health insurance
- ✓ Part-time students do not have this requirement, but are eligible to enroll in the Penn Student Insurance Plan if they choose
- ✓ Can use your own insurance if it meets certain criteria

No matter what insurance you have, it's a good idea to take a picture of the front and back of your health insurance card and save it to your phone and/or add it to your Apple wallet. You should also add this to your Wellness Portal.

Questions? [wel-shsinsur@pobox.upenn.edu](mailto:wel-shsinsur@pobox.upenn.edu)



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## Public Health & Wellbeing

### Rate for Academic Year 2024-2025

	Full Academic Year
Student	\$4,412

### Penn Student Insurance Plan (PSIP)

- ✓ Meets all health insurance standards for the university
- ✓ On-campus Aetna representative assists with questions

### Academic Year 2024-2025 Coverage:

- ✓ Enroll or waive: July 1 – August 31, 2024
- ✓ Enroll in July to avoid lapse of coverage
- ✓ Coverage: August 1, 2024 – July 31, 2025



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## Public Health & Wellbeing

### *Penn Student Insurance Plan (PSIP)*

Students must get a referral from Student Health and Counseling for care within 25 miles of campus. If you do not, covered benefits will be paid at the out-of-network coverage cost sharing.

A referral is **always** required except in the following circumstances:

- ✓ Treatment for an emergency medical condition
- ✓ The student is more than 25 miles away from the University health services
- ✓ Annual eye exams, services, and supplies
- ✓ Injury to sound natural teeth or removal of impacted wisdom teeth
- ✓ Preventive or routine services
- ✓ Reproductive health and voluntary termination of pregnancy
- ✓ Inpatient and outpatient mental health and substance use services
- ✓ Pediatric care
- ✓ Student Health and Counseling is closed
- ✓ Students on leave of absence
- ✓ Outpatient lab services
- ✓ Care for dependents

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## Wellness Portal

All students should create a **myPennMedicine account** to activate their **Wellness Portal** by visiting our website at **wellness.upenn.edu**.

Wellness at Penn utilizes PennChart as our single, unified electronic health record (EHR), and it's powered by Epic.

**Visit [wellness.upenn.edu](https://wellness.upenn.edu) to learn more!**

**EPIC**  
things are happening.



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## Key Takeaways

1. Create a **myPennMedicine account** to activate your **Wellness Portal** by visiting our website at [wellness.upenn.edu](https://wellness.upenn.edu)
2. **Upload immunization records** on or after **July 1** using the Wellness Portal and check your secure messages for status any requirements that are not completed
3. Enroll or Waive by **August 31<sup>st</sup>** to meet your health insurance requirement
4. **Take a picture** of your health insurance card (add to your Apple wallet and to your Wellness Portal)
5. Save **215-746-WELL (9355)** in your phone right now. Call this number to access our Wellness teams



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## Stay Connected!

Follow us:



@WellnessAtPenn



@LifeAtPenn

Call us: 215-746-WELL (9355) – save this # in your phone now!

**Resources for New and Incoming Students:**

<https://wellness.upenn.edu/immunization-insurance-requirements/new-and-incoming-students>

**Visit our Website:** <https://wellness.upenn.edu>

(access resources, support, and your Wellness Portal)



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## Visit us!

### Counseling

3624 Market Street  
1<sup>st</sup> Floor West

### Medical Care

3535 Market Street  
1<sup>st</sup> Floor

### Public Health & Wellbeing

3535 Market Street  
Mezzanine, Suite 50

### Immunization & Insurance Navigation

3535 Market Street  
Mezzanine, Suite 60



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# Get Help Now

THE FOLLOWING RESOURCES ARE AVAILABLE FOR STUDENTS 24/7

### Student Health & Counseling

**Counseling:**  
215-746-WELL  
(215-746-9355)

**Medical Care:**  
215-746-WELL  
(215-746-9355)

### Walking Escort

**Walking Escort Services:**  
215-898-WALK  
(215-898-9255)

### Public Safety & MERT:

**Police, Fire, or Medical Emergencies**  
215-573-3333

### The Help Line:

**Help identifying the most appropriate campus resource for your needs.**  
215-898-HELP  
(215-898-4357)



IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY, CALL PENNCOMM (24/7) AT 215-573-3333. DIAL 9-1-1 IF OUTSIDE OF THE PENN PATROL ZONE.

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