

# Health Insurance, Immunizations, and Well-Being

New Student & Family Programs  
Summer Webinar Series



New Student & Family Programs  
UNIVERSITY OF DENVER





# Welcome!

- Feel free to say hi and put where you are zooming from in the chat!
- Take the welcome poll
- Use the Q & A feature for questions
- The chat is open for us to share links and for connections
- Email [families@du.edu](mailto:families@du.edu) with any follow up questions





# Today's Webinar

- New Student & Family Programs
  - Health and Counseling Center
- Overview of immunizations, health insurance, and the Health and Counseling Center (HCC) + affiliated programs
- Facilitated Q&A

# Where to Find Slides and Recording:

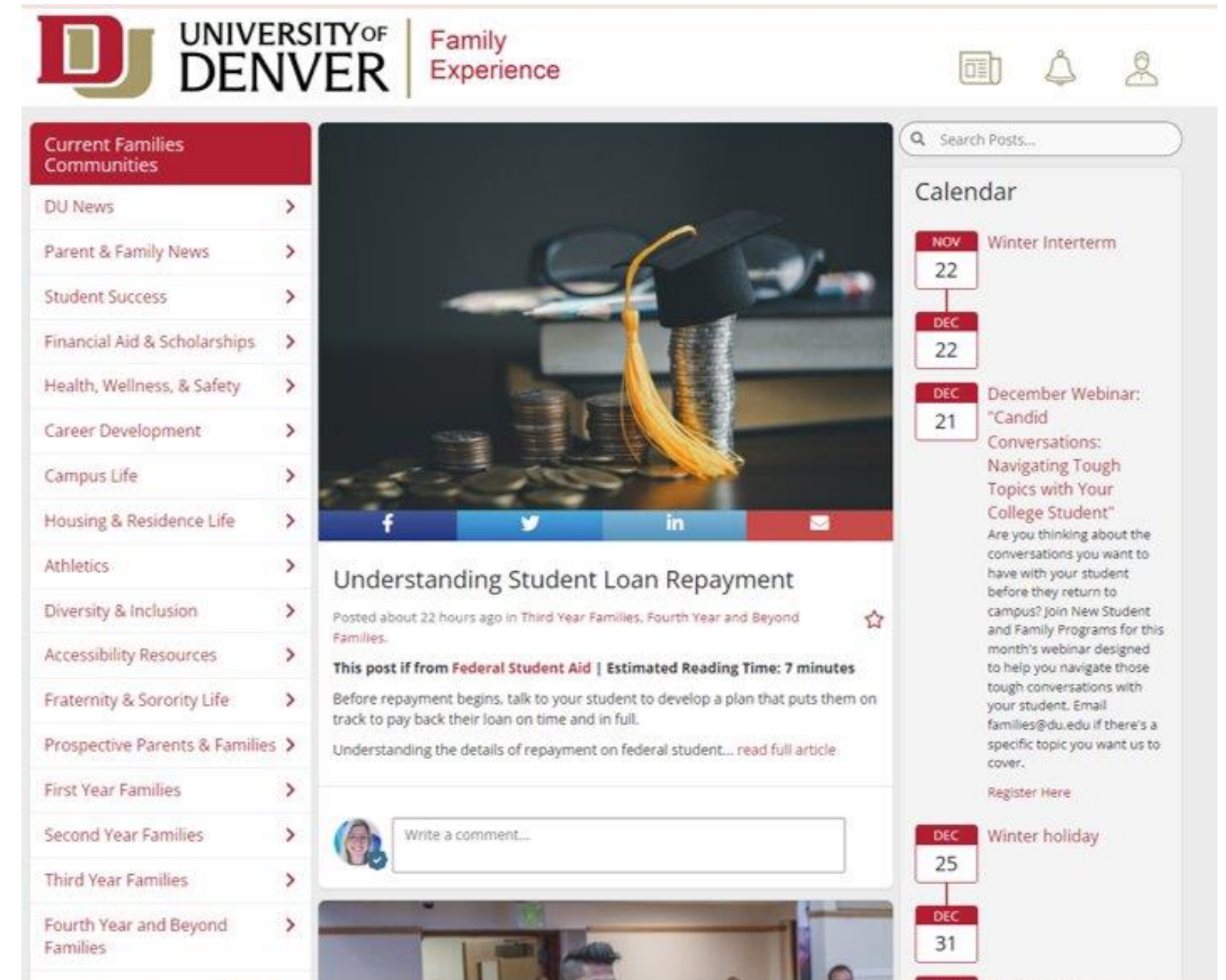
- All webinar slides and recordings will be accessible on our [website](#) and in [DU Family Experience](#) - They'll be posted in the [Fall Orientation 2025](#) community
- Slides and Recording will be posted within 1 business day of the webinar
  - Today's slides/recording will be available Friday by 5pm MT





# What is DU Family Experience?

- Online Family Engagement Portal
  - Data supports better student outcomes when family members are engaged and a part of their student's college journey
- [DU Family Experience](#):
  - Emails you curated information based on your preferences after you complete your profile
  - Offers an online tool to find events and information by community topic
- [Fall Orientation 2025](#) Community:
  - Catalogs all information sent to you on one webpage



# What's the Summer Webinar Series?

This is a collaborative series with New Student and Family Programs and campus partners who serve incoming DU students

Our goal is to share relevant and timely information so support systems can support their student with important summer action items and in their transition to the University of Denver



# Webinar Schedule

Webinar Title	Webinar Date	Campus Partners
Welcome to DU: Next Steps for You and Your Student	Thursday, May 29th 2pm	Dean of Students Registrar  <a href="#">Link to Recap Post</a>
DU Money Management: Billing, Payment Options, and Financial Aid Basics	Thursday, June 12th 2pm	Office of Student Billing Financial Aid Career and Professional Development  <a href="#">Link to Recap Post</a>
Health Insurance & Immunizations – Overview of HCC Services	Thursday, June 26th 2pm	Health and Counseling Center (HCC)
New Student Advising & Registration Kickoff	Tuesday, July 15th 2pm	Academic Advising
Preparing for Move-In & Discoveries Orientation	Thursday, July 24th 2pm	Housing and Residential Education (HRE)
Involvement & Student Engagement	Thursday, August 7th 2pm	Office of Student Engagement Fraternity and Sorority Life
Family Orientation Recap and On Campus Supports	Thursday, September 18th 2pm	TBD

Registration  
Links are on  
DU Family  
Experience OR  
our [website](#)



# New Student & Family Programs



**New Student & Family Programs**  
UNIVERSITY OF DENVER





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New Student Experience &  
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Facebook  
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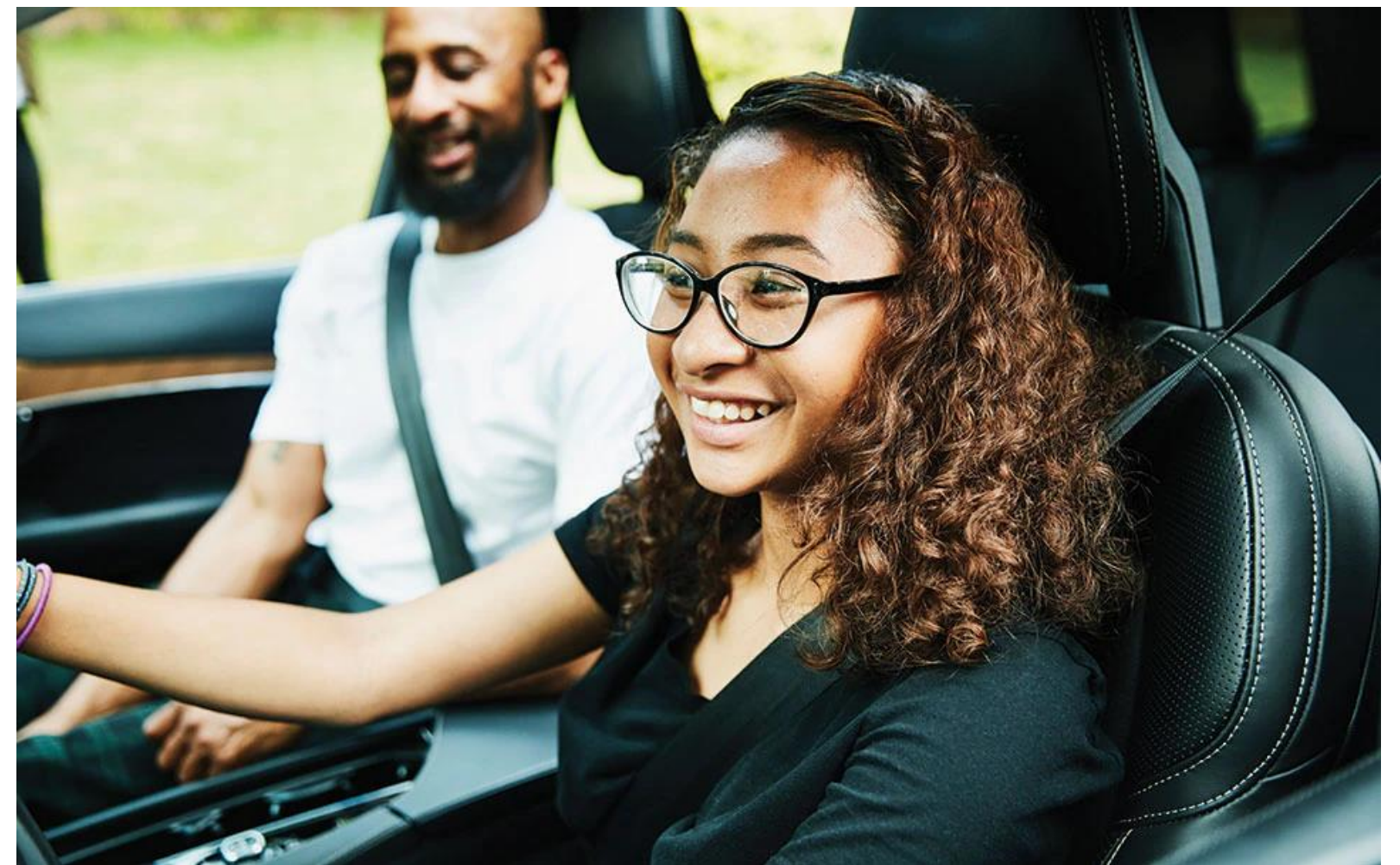
Instagram  
@uofdenvernsfp



# Office Overview

New Student and Family Programs (NSFP) is committed to the successful transition of new students and families into the University of Denver campus community and the ongoing support of student success.

***Our Parent & Family Philosophy:**  
We view parents and families as partners in your student's education journey. We want to work together to support your student's success.*







# DU Discoveries Overview

# Where will my student learn all this information?

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## Discoveries Online Experience on Canvas:

What's in the Canvas course?

- Information, resources, and transitional support information **prior** to their arrival in the fall
- Upcoming action items that includes how, where, and when tasks need to be completed
- Federally mandated trainings that must be completed before they arrive on campus
- Practice using Canvas, the web management system used for all their academic courses

What happens if my student doesn't complete the modules?

- They will not be prepared once on campus
  - Includes important harm reduction trainings to build a strong and safe DU Community
- **Winter quarter registration hold – will be placed in October and lifted 24 hours after completing required modules**
  - Module 3 holds required trainings from Vector, we predict this module will take 6-8 hours to complete

When do these modules need to be completed?

- All modules need to be completed by Tuesday, September 2<sup>nd</sup>
- General recommendation, one module per month
  - Modules will open at the beginning of May, June, July, and August
  - Modules align with current action items and are most effective when completed during the month they're released





## Welcome & Transition to DU

General Intro +  
4D Experience

Community  
Standards,  
Honor Code, DU  
Help Website

Getting Started:  
Student  
Essentials

May 5

## Academic Advising & Registration

Academic  
Advising

Exploring the  
Curriculum

Preparing for  
Registration

Student  
Success  
Coaching

June 2

Today's webinar  
information

## Health, Safety, & Well-Being

HCC, HP, and  
SJE content on  
Well Being,  
Substance Use,  
Consent &  
Respect,  
Identity &  
Community

Campus Safety  
Info & App

Vector Modules  
(4 to complete)

July 7

## Student Experience & Next Steps

Engagement  
& Involvement  
Opportunities  
+ Resources

Move In &  
Discoveries  
Orientation

4D Peer  
Mentorship,  
First Ascent +  
Weekly  
Discoveries

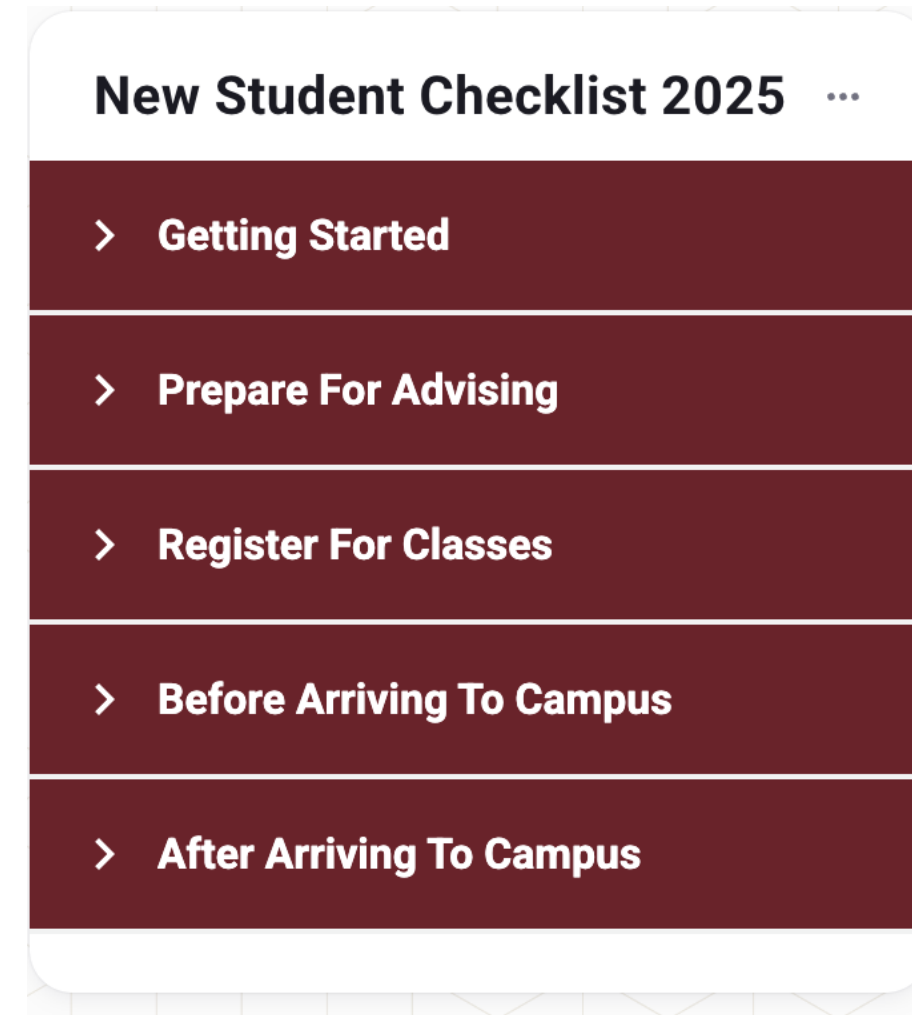
August 4



# Discoveries Online Summer Experience Overview

# Is there a checklist for my student? Yes!

- 2025 New Student Checklist in the My4D Portal
  - Widget on their my.4D.edu Dashboard (their DU Portal)
    - + icon will extend to share specific steps
  - Includes action items, links, and resources to complete tasks
- New Student Communication
  - DUBound Newsletters
    - Emailed to student's personal and DU email
      - Note: Student's must check DU emails for all other communications
    - Posted in DU Family Experience day after
  - Follow our Instagram page @uofdenvernsfp
    - Post critical updates, deadlines, and information



**@uofdenvernsfp**





# Where can I see upcoming deadlines?

Use [this webpage](#) for important dates and deadlines for students starting in the Fall 2025

Date	Action Item
June 20 <sup>th</sup>	Priority Deadline to <a href="#">submit our Housing Application or request a release</a>
June 20 <sup>th</sup>	Priority Deadline to <a href="#">submit an accommodation request</a> through Student Disability Services (SDS)
June 21 <sup>st</sup>	Priority Deadline for official college transcript(s) to be received to have college transfer credit applied before new student registration
July 1 <sup>st</sup>	Final Deadline to submit ALL official high school and college transcript(s) to Undergraduate Admission
July 1st	Priority Deadline to submit proof of immunity
July 7 <sup>th</sup> – 18 <sup>th</sup>	First Year advising week
July 21 <sup>st</sup> -25 <sup>th</sup>	Incoming student registration
July 29 <sup>th</sup>	Housing assignments released



# High School Transcripts

Use [this webpage](#) for important dates and deadlines for students starting in the Fall 2025.

**High School Transcripts:** If you are a first-year student, request your high school to send DU your final official high school transcript, either before the end of your senior year or just after graduation. A final high school transcript must include a graduate date/degree conferred date and all four years of high school. If you do not submit a transcript with all this information, the document will not be considered a final transcript, and a potential hold will likely be placed on your account. Official high school transcripts must be received via a secure online transcript service like Naviance or Parchment or in a sealed envelope directly from the high school to be considered official. Emails and any other unofficial electronic or paper transcripts will not complete this requirement. Official high school transcripts are due by July 1.

Questions about transcripts? Contact admissions at [admission@du.edu](mailto:admission@du.edu) or 303-871-2036





# AP/IB Scores

Use [this webpage](#) for important dates and deadlines for students starting in the Fall 2025.

**AP/IB Scores:** In addition to official transcripts, if you took AP or IB courses, you need to confirm that your official scores are submitted directly to DU. If you are an incoming student, submit your AP and IB scores and college transcripts before registration so that we can award credit and help place you in your correct courses.

To see if your AP/IB scores will transfer in as credit, please visit the DU Registrar. ([registrar@du.edu](mailto:registrar@du.edu) or 303-871-4095)

Official AP and IB scores should be requested to be sent to DU as soon as possible for transfer credit to be awarded before new student registration.

To request that your AP scores are sent to the University of Denver, you should do so on the day of your exam(s), but you can also make the request afterward through the AP portal. DU's school code is 4842.

For official IB scores, you should contact your school's Diploma Program Coordinator to have them submit a request to IB on your behalf.

If you are requesting scores late, please note that after July 5, IB graduates can request that their transcripts be sent to colleges directly by placing a request through the IB portal.





# Health Insurance, Immunizations, and Well-Being



Sydney Kelly, MA (she/her)  
Doctoral Intern, Counseling

Katie Kritzmire (she/her)  
Healthcare Admin Specialist



Erica Mischke (she/her)  
Assistant Director, Administration



**Health & Counseling Center**  
UNIVERSITY OF DENVER



# HCC Mission

- Provide exceptional, inclusive, integrated health care
- Promote student success and wellness through education, advocacy and outreach to the DU community
- Provide culturally competent clinical services, medical treatment, outreach programming, advocacy and training opportunities




Daniel L. Ritchie Center for Sports and Wellness  
(HCC main location is on the 3rd floor)

# HCC Structure





# Medical Services

- Comprehensive integrated **primary** care for acute and chronic medical conditions
  - Same-day access/nurse triage (call ahead!)
  - Telehealth consultations available
  - On-site psychiatrists, laboratory services, and basic medicines dispensary (no stimulants or narcotics)
  - Travel health (including Study Abroad)
  - STI testing
  - Eating disorder care
  - Gender-affirming care (meds management, specialty care referrals)
  - Allergy shots and common immunizations
  - Referrals to community providers for specialty services
- 
- *NOT walk-in, urgent or emergency care*
  - *Confidential – FERPA and additional privacy protections*



# Immunizations: submit by July 1st

Per Colorado state law, DU requires evidence/exemption for each student, *before attending classes*:

- **Measles, Mumps, Rubella (MMR)**
- **Meningococcal ACWY (Meningitis)**

Must submit sufficient proof once or request exemptions *annually* (each academic year), or holds are placed on class registration.

Requirement details and submission instructions at [www.du.edu/hcc](http://www.du.edu/hcc) > Medical Services > Immunizations

Annual **COVID** and **influenza (flu)** vaccinations are **NOT required**, but are recommended. Students can submit these as part of medical records.

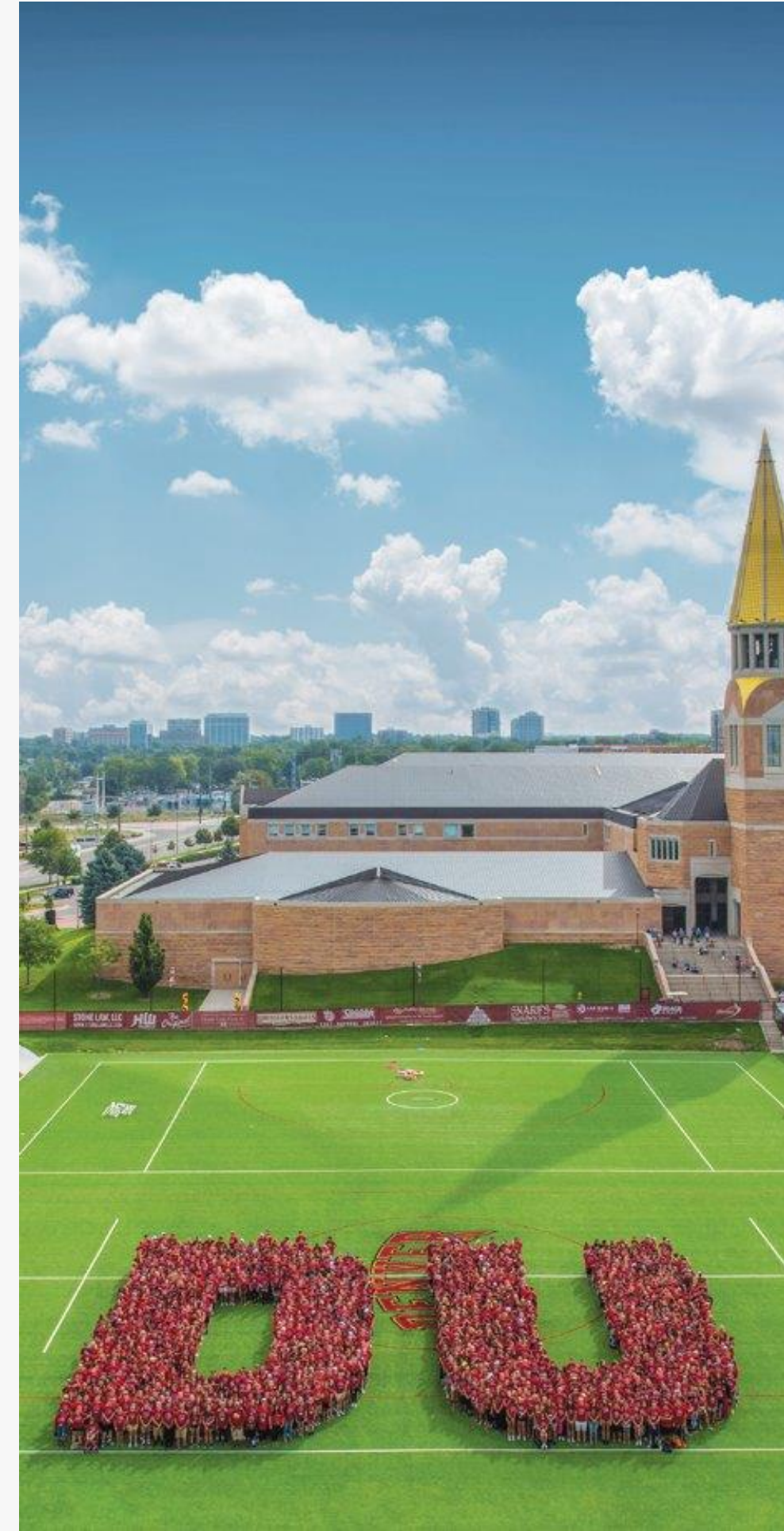
**Students submit records through myHealth account** (link on HCC homepage) or by emailing [info@hcc.du.edu](mailto:info@hcc.du.edu)





# Counseling Services (Mental Health)

- **Individual, couples, and group therapy options**
  - Group sessions are free to all students, regardless of SHIP
  - Type and length of services based on student need (no max limit on sessions)
- **Referrals to community providers** available
- **Drop-in, same-day consultations** (without a scheduled appointment) on weekdays between 1pm-3pm at the Ritchie location
- Group workshops and outreach also available
- **After-hours providers available** via phone at 303-871-2205
- All our services are **confidential** — no information is released to anyone without the student's written consent, except in the case of a life-threatening emergency or when it is otherwise required by law.





# Health Promotion: THRIVE!

## Sexual Wellness & Healthy Relationships

Provides active bystander education, community awareness, and prevention outreach on topics including sexual assault, dating and relationship violence, sexual harassment, and stalking. Provide sex-positive education, free STI tests, and safer sex supplies/resources.

## Mental Health & Suicide Prevention

Under the umbrella encompassing emotional, psychological, and social well-being, we focus on suicide prevention, stress management, and mindfulness initiatives.

## Alcohol and Other Drugs (AOD)

Using a harm reduction approach, we provide education, prevention, and supplies to make informed and safe choices around substances.

## Wellness Coaching

DU Well Coaching provides students with 1:1 coaching with a trained well-being coach to help you set and achieve your health and well-being goals.

Additional content and engagement available on healthy masculinities, nutrition and balance eating, accountability and rejection.



Thrive Peer Educators tabling with Sexual Wellness Jeopardy during Sexual Assault Awareness Month

Mental Health  
awareness week





# Center for Advocacy, Prevention, & Empowerment (CAPE)

Promotes healing through advocacy for those impacted by sexual assault, relationship violence, stalking, and sexual harassment.

*All CAPE services are confidential and free of charge to all DU community members.*

[www.du.edu/cape](http://www.du.edu/cape)

[cape@du.edu](mailto:cape@du.edu)



Safe Housing



Academic Supports



Financial Resources



SANE or Medical Care



Legal Resources &  
Court Accompaniment



Reporting to Police/Title IX



# Health & Counseling Fee (HCF)

*Automatically assessed each quarter if enrolled in one or more credits*

1. Supports campus-wide, all-student health education and wellness services, like CAPE and Thrive Health Promotion events and supplies.
2. Also decreases the cost of participating students' individual medical and counseling visits at the HCC.

Direct benefits of the HCF include:

- Low co-payments for counseling + medical appointments (\$20 for primary care)
- Discounted in-house medications
- Discounted laboratory tests
- Discounted procedures
- **\$250** per quarter

Mandatory for all undergraduates.





# Student Health Insurance Plan (SHIP) through Anthem BCBS

Plan Premium 2025-26	\$3980
In-Network Deductible	\$500
In-Network Co-insurance	15%
In-Network Out-of-Pocket Max	\$1750

### Questions?

[www.du.edu/hcc](http://www.du.edu/hcc)  
[insurance@hcc.du.edu](mailto:insurance@hcc.du.edu)

**DU students are required to have health (medical) insurance, by**

- 1. enrolling in DU SHIP, OR
  - 2. requesting waiver by providing proof of adequate coverage, by posted deadlines. (Int'l based and short-term plans are usually insufficient.)
- While most convenient, the on-campus HCC does not have to be the primary care provider for SHIP.
  - SHIP covers *students* across the US and for DU Study Abroad.
  - There still will be *some* out-of-pocket costs for many services.
  - Students with own insurance must pay full cost of HCC clinical/lab services and medicines out-of-pocket, and can then submit receipt to own insurance for reimbursement. (DU not involved in reimbursement.)

QUARTER	Coverage Period	Waiver Deadline
Fall	09/01/2025 - 03/31/2026	9/26/2025
Spring	04/01/2026 - 08/31/2026	4/17/2026

**Semester/Law** dates and HCF rates differ slightly.

We also offer *optional dental and vision* insurance plans.

Information regarding enrollment periods and explanation of benefits available online and sent to all eligible students in mid/late summer.



# To schedule an appointment: du.edu/hcc

The login button and text links  
are present  
across the HCC website.

Students can also call  
**303.871.2205** during  
business hours.



Health & Counseling Center  
303.871.2205 | [www.du.edu/hcc](http://www.du.edu/hcc)

URGENT HELP

MYHEALTH PORTAL

HOURS, LOCATIONS & PARKING

DIRECTORY

4D EXPERIENCE



Health & Counseling Center

Medical  
Services

Counseling  
Services

Insurance &  
Fees

Health  
Promotion

Survivor  
Advocacy

About  
Us

The **University of Denver Health & Counseling Center ("the HCC")** is your on-campus integrated health and counseling facility providing quality physical and mental health care services to all actively enrolled DU students other than those in completely online programs. We also offer prevention, education, and support programs on a range of well-being topics.

This is *not* a self-service website or mere set of services — you don't have to do everything on your own! We encourage you to reach out to us for inclusive physical and mental health care, preventative care, health education, advocacy, and recovery support services. We are committed to care of body and mind, helping students to succeed in college and life.

Log in to MyHealth

Appointments • Secure Messages • Contact Providers

## How Can We Help You?



### Scheduling Appointments

Most appointments can be scheduled same-day using the MyHealth portal. If you need to make a counseling appointment or see a specialist, or if you have trouble accessing the MyHealth portal, call the HCC directly at 303-871-2205. Remember to show up to your appointments on time! Late fees may apply.

[Access MyHealth](#)



# Contact the HCC

- » [www.du.edu/hcc](http://www.du.edu/hcc)    303.871.2205
- » Center for Advocacy, Prevention, and Empowerment (C.A.P.E.)  
[cape@du.edu](mailto:cape@du.edu)
- » Health Promotion (HP/Thrive)  
[hcc.thrive@du.edu](mailto:hcc.thrive@du.edu)
- » Administrative questions  
[insurance@hcc.du.edu](mailto:insurance@hcc.du.edu)  
[hccinfo@du.edu](mailto:hccinfo@du.edu)

# Ritchie Center Hours

Monday	8am – 5pm
Tuesday	<b>9am</b> – 5pm
Wednesday	8am – <b>7pm extended*</b>
Thursday	8am – <b>7pm extended*</b>
Friday	8am – 5pm
<b>CLOSED</b> Saturday, Sunday & University Holidays	<i>*5pm during quarter breaks</i>



# When the HCC is closed?



**Call 303.871.2205**  
to speak with an on-call medical  
provider or counselor



Urgent Care  
Emergency Room  
**Call 9-1-1**

***Care Now Urgent Care***  
1405 E Evans Ave  
(beyond Birdcall restaurant)  
720-449-8050

***Colorado Mental Health  
Crisis Services:***  
1-844-493-8255 (TALK)  
or text TALK to 38255

***Porter Adventist Hospital***  
2555 S Downing St  
Denver, CO 80210  
303-765-6380





# Actions for new students:

- Submit immunization records and make SHIP decision online (waiver request system active by 8/1).
- Be informed of personal and family history, including any existing conditions, allergies, and medications.
- Bring a basic home first aid kit with OTC medications, and an initial supply of any prescriptions.
- Carry your government and DU IDs, and insurance card at all times.
- Take ongoing actions to help prevent illness/injury, to promote well-being, and to seek help when needed.
- Be honest with health providers, and share your concerns and questions.

## Resource for Parents/Families:

[www.du.edu/hcc](http://www.du.edu/hcc) > About Us > Parent & Family FAQ



# Conversations to Consider this Month:

- Do you know how to schedule a doctor's appointment for yourself?
- Discuss when to schedule a doctor's appointment, when to visit urgent care, and when to go to the emergency room.
- How do you manage your stress? What makes stress better, what makes stress worse? What are some signs you might need to talk with someone?
- Discuss a plan to fill and pick up any prescription meds, identify any over the counter medications to have on hand.
- Discuss their insurance card—how to navigate insurance webpage, find providers, important insurance identifiers on card.





# Summer Opportunities to Engage

## Hosting Small Welcome Events

- Hosted by Family Ambassadors from California to Maryland
- Small events to welcome and connect with new families and students
- If there's an event in your area, you'll receive an email from a parent ambassador extending an invitation

## Summer Baseball Series:

- Hosted by DU's Regional Engagement team the summer baseball series is open to new students and families, current families, staff, and DU Alumni
- Hosted games:
  - LA (Anaheim Angels) 8/12
  - Atlanta 7/26
  - San Francisco 7/27
  - Boston 8/17
  - Chicago 8/3
  - Miami 7/3
  - Minnesota 7/29
  - New York 8/10
  - Seattle 8/10
  - Washington DC 8/3

Learn More or  
Purchase Tickets:  
<https://rsvp.du.edu/event/duballpark2025/summary>

# Family Orientation

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**Families are welcomed on Tuesday, September 2nd and then encouraged to leave so their student to acclimate to campus independently for the remainder of the week**

## **Schedule-at-a-Glance:**

- 9am-5pm Family Welcome Lounge with Wish Wall
  - Write a wish to send your student off to their time at DU
  - Art installation will stay up for the first month of the quarter
- 1pm-4pm Family Orientation Sessions:
  - 1pm Academic Success and Student Success Coaching
    - Common core curriculum and free student coaching
  - 2pm Faculty talk – Dr. Erin Anderson-Camenzind
    - *From Emptying the Nest to Flocking Together: Student and Family Well-being During the Transition to College*
  - 3pm Navigating the Transition
    - Skills for families and harm reduction education surrounding drugs and alcohol from our Health Promotions team
- 2:30pm-4:30pm Resource Fair in Community Commons
- 5pm-6pm New Student Convocation
- 6pm-8pm Crimson Cookout on Campus Green
  - Dinner provided



# Discoveries Orientation

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Families are welcomed on Tuesday, September 2nd and then encouraged to leave so their student to acclimate to campus independently for the remainder of the week

## **Schedule-at-a-Glance:**

**Tuesday, September 2, 2025:** Move In & Discoveries Orientation Begins, Family Orientation Sessions

**Wednesday, September 3, 2025:** Discoveries Orientation & FSEM time

**Thursday, September 4, 2025:** Discoveries Orientation & FSEM time

**Friday, September 5, 2025:** Discoveries Orientation & FSEM Destinations

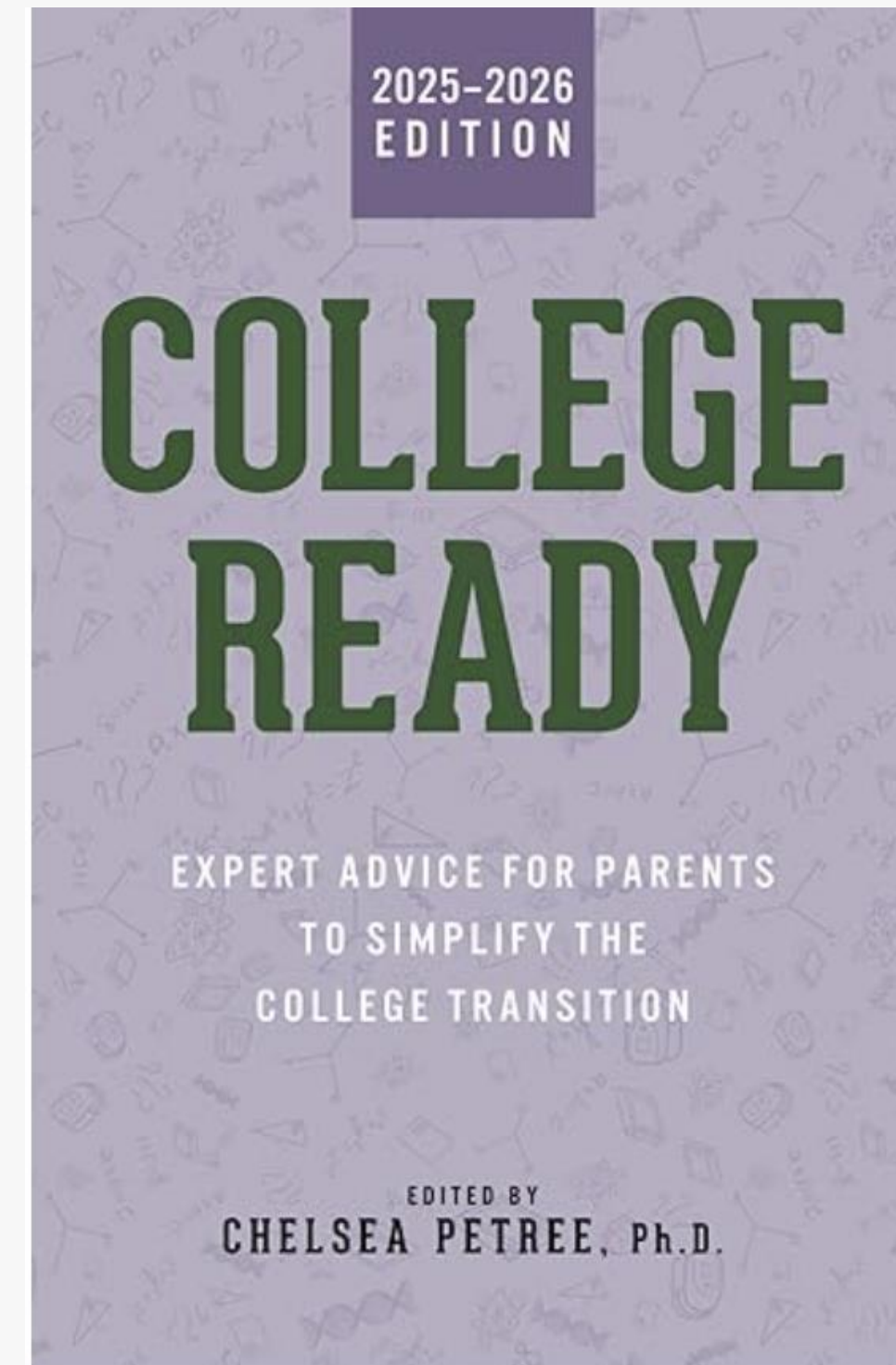
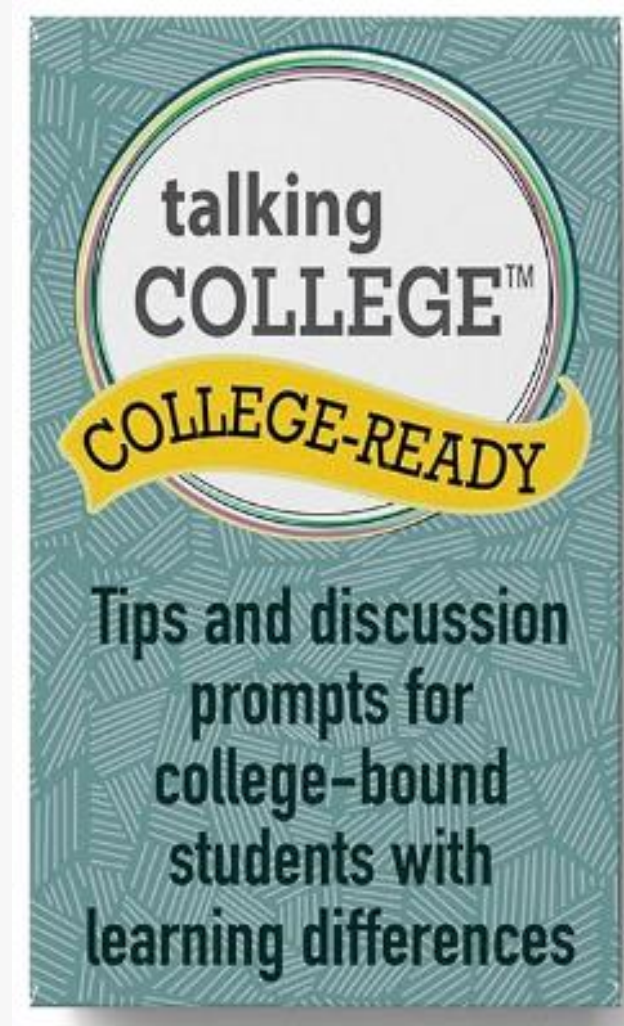
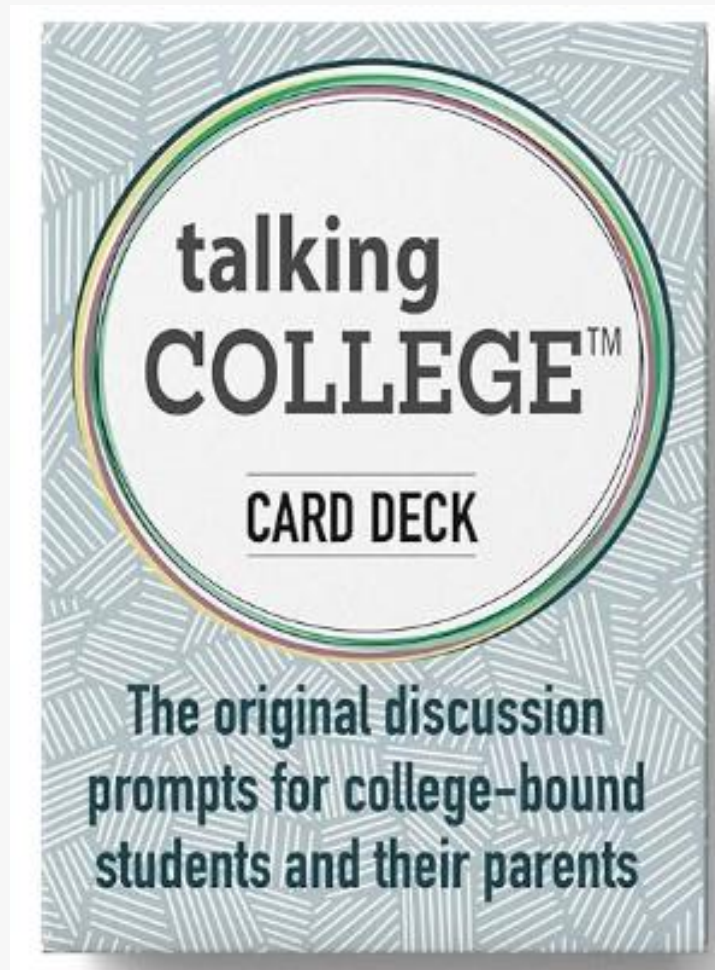
**Saturday, September 6, 2025:** Discoveries Orientation

**Sunday, September 7, 2025:** Discoveries Orientation & Student Involvement Fair

**Monday, September 8, 2025:** First Day of Classes

[More information here](#)

# Other Resources:



<https://www.collegeready.guide/>





# Future Webinar

Webinar Title	Webinar Date	Campus Partners
New Student Advising & Registration Kickoff	Tuesday, July 15th 2pm	Academic Advising
Preparing for Move-In & Discoveries Orientation	Thursday, July 24th 2pm	Housing and Residential Education (HRE)
Involvement & Student Engagement	Thursday, August 7th 2pm	Office of Student Engagement Fraternity and Sorority Life
Family Orientation Recap and On Campus Supports	Thursday, September 18th 2pm	TBD

Registration  
Links are on  
DU Family  
Experience  
OR our  
[website](#)



# Questions?

*Please use the Q & A feature for our facilitated*

*Question and Answer time.*



**New Student & Family Programs**  
UNIVERSITY OF DENVER





# Stay Connected with New Student & Family Programs!

- Phone: 303-871-6080
- Email: [families@du.edu](mailto:families@du.edu)
- Join the DU Family Experience portal for parents, families and support systems!
- "Like" or "Follow" us on Facebook! [facebook.com/DUNSFP](https://facebook.com/DUNSFP) or Instagram [@uofdenvernsfp](https://instagram.com/uofdenvernsfp)