



UChicago Student Wellness

Incoming Student Checklist

As you prepare to start a new chapter at the University of Chicago, it's essential to consider your health and well-being. UChicago students can access coordinated and comprehensive medical, mental health, psychiatry, and health promotion services to help build and maintain holistic well-being. UChicago Student Wellness believes good health is vital for academic and personal success, and we encourage you to take advantage of our free services while you're here!

Below are some steps to help you transition to the University of Chicago and establish care with UChicago Student Wellness.



LOG INTO THE STUDENT WELLNESS PORTAL

Log in to the [Student Wellness Portal](#). This is where you can:

- Schedule medical appointments
- Schedule an initial consultation with Mental Health Services
- Upload crucial medical information (like your immunization record)

All University of Chicago students can access this site using their CNetID (accounts are automatically created). If you receive an error message, please email studentwellness@uchospitals.edu for assistance setting up your account.



SUBMIT YOUR IMMUNIZATIONS

Submit proof of all required immunizations through the [Student Wellness Portal](#) by **October 24**. For more information about what is required and to download the immunization form, visit the [Required Immunizations Website](#).

In addition to the required vaccination documentation, keeping your full pediatric vaccination record is a good idea. Save a picture of it on your phone so you always have it handy!



BRING EXTRA PRESCRIPTION MEDICATION

If you regularly take prescription medication, bringing **three months of medication** with you to campus is good practice. Speak with your current healthcare provider about how to do this.

If you cannot get your medication from home, **transfer your prescriptions to a [pharmacy near school](#)** before you leave home. If you need help coordinating this process, please get in touch with a **nurse navigator** at UChicago Student Wellness by calling 773.834.9355.

If you take **Psychiatric medication**, arrange with your current prescriber to get refills of all your medications to last until you can see a provider in Chicago.



ESTABLISH MEDICAL CARE

Schedule a Medical Appointment

UChicago Student Wellness offers primary and acute care to UChicago students. Primary care is day-to-day, routine medical care, and acute care is short-term treatment for an injury or illness.

If you would like to receive routine medical care on campus, **we recommend scheduling an appointment with one of our [physicians or nurse practitioners](#).**

You can learn more about what medical services UChicago Student Wellness offers on our [website](#). **Please note that medical visits are by appointment only.**

Referrals

Students are encouraged to seek care first at Student Wellness unless it is an emergency. During your visit, a provider may recommend specialty care based on your situation and suggest a specialist based on your insurance. Students are encouraged to contact the Care Navigation team at Student Wellness for assistance with referrals or guidance on accessing specialty services. Please feel free to contact Student Wellness if you need help accessing care.

Emergency Care

If you require emergency medical care or immediate treatment of severe or critical conditions, go to the nearest emergency room or call 911. For students on campus, the University of Chicago Medicine's Emergency Department is located at 5656 South Maryland Avenue. The phone number is 773.702.6250.



SCHEDULE AN INITIAL MENTAL HEALTH CONSULTATION

UChicago Student Wellness is committed to promoting the mental health and well-being of UChicago students by providing accessible, high-quality, culturally sensitive mental health services. **UChicago Student Wellness offers in-house Mental Health Services, Case Management and Referral Support, and TimelyCare telehealth services.** To access these services and create a collaborative care plan, please schedule an initial consultation online through the [Student Wellness Portal](#) or by calling 773.834.9355.

This initial mental health consultation is also necessary before your first psychiatric appointment. Please note, there may be a wait time to meet with a psychiatric provider, so scheduling your appointment as soon as possible is recommended. Your Student Wellness psychiatric provider will conduct an assessment and recommend treatment based on that assessment, which may differ from your prior medication plan.



ENROLL IN OR WAIVE UNIVERSITY HEALTH INSURANCE

The University of Chicago requires all registered students to carry adequate health insurance. For students who do not have an adequate health insurance plan, the University administers the University Student Health Insurance Plan (U-SHIP), which meets the University's requirement for health insurance.

You must enroll in or waive the [University's Student Health Insurance Plan \(U-SHIP\)](#) by **October 17** for the 2025-2026 academic year. After that deadline, **students who do not take action are default enrolled in U-SHIP** for the year and **charged the quarterly premium** on their student account. Please note this is an annual requirement and **enrollment in U-SHIP is not required to access free services at Student Wellness.**



DOWNLOAD FREE WELLNESS APPS

Download free wellness apps to help you during your time at UChicago:

- All eligible UChicago students have access to free telehealth services through TimelyCare. Download the TimelyCare app and log in with your UChicago credentials at timelycare.com/uchicago.
- All UChicago community members have access to the UChicago Safe: Mobile Safety App, which is a quick and easy way to access safety information at UChicago. Download the UChicago Safe app in the App Store.
- Student Wellness has partnered with RISE, an energy and sleep tracker subscription app from Rise Science. Download the app for free by visiting risescience.com/uchicago.





BRING A HEALTH ESSENTIALS KIT

Here are some suggestions for items to have on hand (bolded items are our recommended top priorities):

- **Oral thermometer**
- **Rapid COVID and flu tests**
- **Tylenol (acetaminophen/paracetamol)**
- **Ibuprofen**
- Pepto-Bismol
- Band-Aids
- Antacids (Maalox, Tums, Mylanta)
- Antihistamine (Benadryl, Claritin (Loratadine), Allegra (Fexofenadine), Zyrtec (Cetirizine)
- Anti-itch cream (Hydrocortisone)
- Cough medicine
- Throat lozenges
- Cough drops (Halls, Ricola)
- Ice pack
- Heating pad (or a warm pack)
- Antibiotic ointment (Neosporin, Bacitracin)
- Non-stick gauze
- Adhesive tape
- Tweezers
- Hand sanitizer



MAKE A PLAN!

Check out more of our [programs and services](#) and **make a plan of action!** Transitions can be difficult, and **we're here to help!** If you need support, please don't hesitate to reach out!

