



CSU Health Network

**New Student Requirements
and Recommendations**



CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY

2024-2025
Academic Year



HEALTH AND MEDICAL CENTER
Colorado State University



Colorado State University

CSU Health Network supports Ram success through *care for body and mind.*

Medical Services | Mental Health Services
Health Education and Prevention Services

(970) 491-7121
health.colostate.edu

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CSU Health Network Services

Care for Body and Mind

A healthy body and mind are essential elements on your college path and CSU Health Network is here to support you. All CSU Health Network services are located on campus in the CSU Health and Medical Center, a state-of-the-art facility dedicated to student health and well-being.

As an enrolled student, you have access to a **wide range of health and well-being services, regardless of your health insurance plan.**

General Medical Services

- Primary Care
- Pharmacy
- Immunizations
- Laboratory
- Radiology
- Behavioral Health

Specialty Medical Services

- Allergy and Asthma
- Dental
- LGBTQ+ Inclusive Care
- Nutrition Consultation for Disordered Eating
- Optometry
- Physical Therapy
- Sexual and Reproductive Care
- Sports Medicine/Orthopedics
- Travel Medicine

Business Services

- Student Health Insurance
- Private Insurance Billing
- RamCare Supplement Program
- Medical Records

Mental Health Services

- Skill-Building Workshops
- Multicultural Counseling
- Crisis Intervention
- Psychiatric Services*
- Group Therapy*
- Brief Individual Therapy*
- Drugs, Alcohol and You (DAY) Programs*
- Post-Hospitalization Support (iTEAM)*

* *requires internal referral/screening*

Health Education and Prevention Services

- Mental Health Initiatives
- Peer Education (CREWS)
- Sexual Health Initiatives
- Substance Misuse Prevention
- Well-Being Initiatives



Requirements



Submit Immunization Records

Deadlines | Fall 2024: August 19, 2024 | Spring 2025: January 21, 2025

WHAT: Colorado Law requires anyone who is enrolled for one or more classes at a college or university and who is physically present at the institution to meet the following requirements:

- **Measles, Mumps, and Rubella (MMR):** All students, except those born before 1957, must submit proof of **two (2) valid doses of MMR vaccine**. The first MMR dose cannot be counted if given earlier than four days before the student's first birthday, and the second dose must have been given at least 28 days after the first dose.

Alternatively, a student can submit laboratory proof of immunity. The laboratory test result(s) must show range of immunity. CSU Health Network will not accept documentation by a doctor or parent stating that a student had the disease(s).

- **Meningococcal (ACWY) Vaccine:** All students **living on campus in a residence hall** must provide proof of meningococcal (ACWY) vaccination **given within the last five (5) years**.

Note: If students cannot verify their immunizations, they can be re-immunized. Medical and nonmedical exemptions are allowed by law. For more information on MMR and Meningococcal (ACWY) vaccine exemptions, visit health.colostate.edu/new-student-checklist/#immunizations.



If you are unable to locate your records, Colorado students can check the CIIS (Colorado Immunization Information System) public-facing portal at ciis.state.co.us/public/Application/PublicPortal.

Out-of-state students are encouraged to check their state immunization registry.

International students must have their immunization records translated into English.

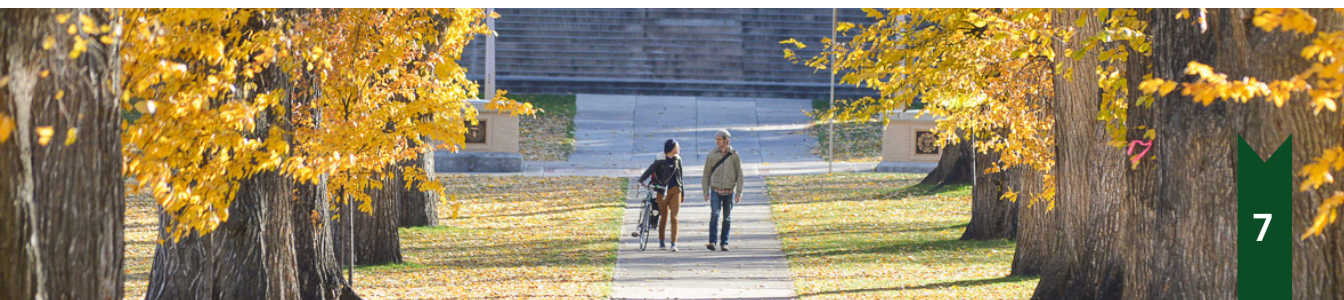


HOW: Immunization records are submitted online through the CSU Student Health Portal at portal.health.colostate.edu. Make sure you have your official immunizations records in a digital format with your name and date of birth clearly displayed. Full instructions for completing the New Student Immunizations Requirement can be found by using the QR code above, or by visiting health.colostate.edu/new-student-checklist/#immunizations.

Please allow 2-3 weeks for your records to process. To verify if your submitted records are compliant, log in to the CSU Student Health Portal at portal.health.colostate.edu.

IMPORTANT:

If the immunization requirement is not completed by the first day of classes of your first semester on campus, **a HOLD will be placed on your student account** that will prevent you from registering for classes for the following semester until the immunization requirement is met.





Health Insurance Requirement

Deadlines | Fall 2024: September 4, 2024 | Spring 2025: February 5, 2025

All enrolled students have access to services at CSU Health Network, **regardless of their insurance plan.**

FOR DOMESTIC STUDENTS

WHAT: Colorado State University requires all domestic students taking six or more resident instruction credits to carry health insurance as a way of protecting your educational investment. You must meet the health insurance requirement your first semester at CSU and every fall semester thereafter.

HOW: If you are considering an individual/family/employer/government plan to meet the health insurance requirement, we encourage you to do the following:

1. Ensure your plan meets CSU, state, and federal guidelines for health insurance coverage. More information at **health.colostate.edu/health-insurance-requirement**.
2. Contact your insurance carrier in advance to see how your plan will cover visits to CSU Health Network by using the following information:
 - CSU Health Network Tax ID#: 846000545
 - CSU Health Network NPI#: 1528156437
3. Go to **health.colostate.edu/insurancerequirement** to access the secure online health insurance waiver and enrollment portal. You can access the secure online portal 3-4 business days after you register for six or more resident instruction credits.
4. Log in with your CSU student ID number, name, and date of birth.



5. Choose **one** of the following options and submit the form:

- **WAIVE** the CSU Student Health Insurance Plan (SHIP) by providing proof of a comparable individual/employer/government health insurance plan. Enter the requested information from your health insurance card and the plan subscriber's date of birth in the secure online form. Your waiver application will be audited with your insurance carrier to ensure the coverage is active and meets CSU, state, and federal requirements. Your waiver application is not complete until you receive an approval notification via email.

OR

- **ENROLL** in the CSU-sponsored Student Health Insurance Plan (SHIP) by indicating your interest in the secure online form. **Do not wait.** To ensure that you have access to your insurance benefits when plan coverage begins, you **MUST** enroll at least three weeks prior to the start of classes. For more information about SHIP, visit health.colostate.edu/student-health-insurance.

FOR INTERNATIONAL STUDENTS

WHAT: Colorado State University requires all international students enrolled at any level to carry health insurance as a way of protecting your educational investment.

HOW: International students are automatically enrolled in the CSU-sponsored Student Health Insurance Plan (SHIP). If you have other health insurance coverage (an employer/individual health insurance plan), go to health.colostate.edu/international-student-health-insurance-waiver to download and submit a waiver application form.

IMPORTANT:

If you do not take action to **WAIVE** or **ENROLL** by the deadline, your student account will be charged for the cost of enrollment in the CSU Student Health Insurance Plan (SHIP). **There will be no refunds or reversals after the deadline.** Students will be notified by email if there are changes to this requirement.



Complete Required Online Modules: AlcoholEdu and Sexual Assault Prevention

Deadlines | Fall 2024: August 19, 2024 | Spring 2025: January 21, 2025

AlcoholEdu

WHAT: This online course will help you make well-informed decisions about alcohol and other substances and prepare you to help in potentially risky situations, regardless of your choice to use or abstain.

WHO: REQUIRED for all incoming undergraduate students under the age of 23, including first-year, transfer, and international students (Exceptions: distance learners not physically present on CSU campus).

Sexual Assault Prevention

WHAT: This online course focuses on issues associated with stalking, interpersonal violence, and sexual assault. It helps you learn about consent, how to help a friend, and how to safely intervene in a potentially dangerous situation.

WHO: REQUIRED for all incoming students, including first-year, transfer, online, international, and graduate students.



HOW: The online course will be available **35 days prior to the beginning of the semester**. You can access the program directly through your RAMweb account. You will also receive an email to your CSU email address alerting you that the modules are open. The email will include detailed instructions on how to complete each module.

AlcoholEdu will take approximately two hours to complete.

Sexual Assault Prevention will take approximately one hour to complete.

All survey responses are confidential. CSU only receives information about the student body as a whole and will never see individual responses.

IMPORTANT:

If the requirement is not completed by the deadline, **a HOLD will be placed on your student account** that will prevent you from registering for classes the following semester until the requirement is met.

Questions about the AlcoholEdu or Sexual Assault Prevention requirements?

Email **alcoholedu@colostate.edu** and include your name and student ID # in your email.



Recommendations

RamCare Supplement Program

Deadlines | Fall 2024: September 4, 2024 | Spring 2025: February 5, 2025

WHAT: Specifically designed for students who have private health insurance coverage, the RamCare Supplement Program is an inexpensive way to help cover out-of-pocket expenses for medical services provided by CSU Health Network.

- RamCare is a CSU program and not a health insurance plan.
- RamCare will help pay balances remaining after your claim has been processed by your primary health insurance plan.
- RamCare only applies to services provided by CSU Health Network after your primary insurance has been processed.

Coverage includes:

- Up to \$3,000 per semester for student out-of-pocket expenses that would otherwise be payable at the time of service, including co-pays, deductible, and co-insurance charges for CSU Health Network services.
- Up to \$200 per semester toward prescription drug costs at CSU Health Network Pharmacy.
- Up to \$50 per semester in “flex dollars” to be used toward non-covered services within CSU Health Network, such as dental services and optometry services (including contact lenses).

COST: \$150 per semester, billed directly to the student account.

HOW: Enroll online at health.colostate.edu/ramcare.

Note: Financial aid assistance may be available to pay for the RamCare Supplement Program for students who qualify. Contact the Office of Financial Aid for more information.



Complete Canvas Financial Wellness Online Module

Deadlines | Fall 2024: August 19, 2024 | Spring 2025: January 21, 2025

WHAT: Finances are one of the top stressors for CSU students and college students nationally. The Canvas Financial Wellness online module will boost your financial know-how and help you learn to manage your money in college and beyond. While not required, all incoming students are encouraged to complete the program. Some topics include understanding student loan debt, using credit cards responsibly, sticking to a budget, and planning for your financial future.

HOW: The online course will be available **35 days prior to the beginning of the semester**. You can access the program directly through your RAMweb account by accessing the “Health Network” tab and selecting “Explore Canvas Financial Wellness”. This content is self-guided and can be accessed at any point during your time here at CSU.





Create a YOU@CSU Profile

WHAT: YOU@CSU is an online student success portal that connects you to personalized on-campus and online resources to help you make the most of your college experience.

HOW: Access YOU@CSU through your RAMweb account and create your profile by the first day of classes.

YOU@CSU prioritizes student privacy. The information you enter and your activity on the site remains confidential. Visit you.colostate.edu to get started or access the tool directly through RAMweb.



Tuberculosis Assessment

WHAT: This is an online form that students must complete on the CSU Student Health Portal.

HOW: Log in at portal.health.colostate.edu with your CSU eName and password.

1. Click on “My Forms” in the navigation menu.
2. Click on “Tuberculosis Assessment” under Form Name.
3. Enter your information and click the “Submit” button at the bottom of the screen.
4. If indicated based on your answers to the TB Assessment, please submit additional documentation (i.e. TB test results) through the document upload feature in the Student Health Portal.



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Helpful Information for New Students



Establishing Care with CSU Health Network

Do you have an existing medical or mental health condition or concern? Your access to CSU Health Network begins the week before classes start. You can begin scheduling medical or psychiatry appointments for move-in week or the first day of classes 35 days prior to the start of the semester. Call **(970) 491-7121** to make a “transfer of care” appointment.

If you are receiving treatment for a mental health condition, there are several things you can do to stay healthy throughout your time in college. Learn more about transitioning your medical or mental health care to CSU Health Network by visiting health.colostate.edu/transitioning-care. Visit health.colostate.edu/health-records to learn more about transferring your medical records.



After-Hours and Emergency Care

When CSU Health Network is closed (evenings, weekends, or holidays), students can seek care through 24/7 telephone assistance or at a local urgent care or emergency services provider.

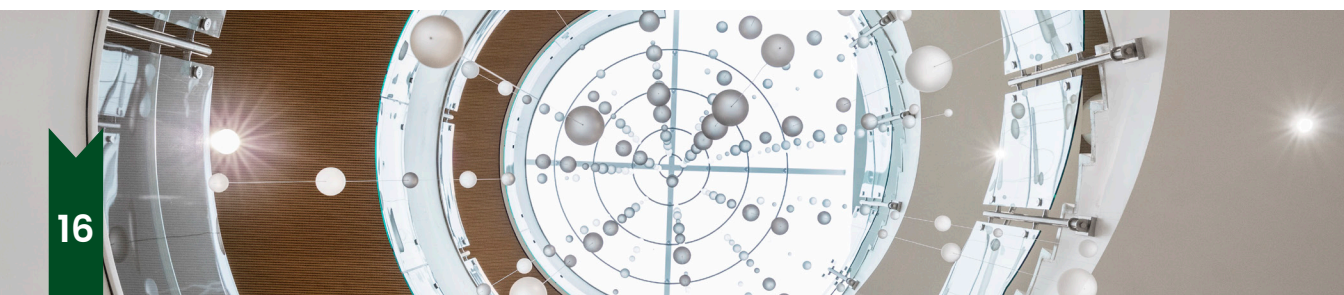
Visit health.colostate.edu/after-hours-emergency-care for details about the After-Hours Nurse Helpline, Mental Health Crisis Intervention Line, and urgent care and emergency services options close to campus.



Mental Health Support Resources

A small portion of your student fees helps pay for a wide range of mental health support resources at CSU Health Network, including crisis services, therapy groups, skill-building workshops, and brief individual therapy.

Visit health.colostate.edu/mental-health-resources to learn more about available resources. To access Mental Health Services, visit us on the 3rd floor of the CSU Health and Medical Center and we will work together to identify which services are best for you.





Filling Prescriptions at CSU Health Network

Do you have an existing or new prescription that you would like to have filled at the on-campus CSU Health Network Pharmacy? We recommend that you have your local provider send a new electronic prescription order directly to us. Visit health.colostate.edu/pharmacy and follow the instructions in the “First-Time or One-Time Prescriptions” section under the “Using the CSU Health Network Pharmacy” heading. Following this process can limit delays in receiving your prescription at peak times of the year, such as the beginning of the semester. Call **(970) 491-1402** for more information.



Privacy and Confidentiality

CSU Health Network is dedicated to providing quality care to students in a safe and confidential setting. HIPAA is a federal law that carefully protects the private health information of patients and clients. Both HIPAA and the ethics of the provider/patient/client relationship guard each student’s privacy. CSU Health Network cannot release any eligible student’s information (including appointment history, diagnosis, test results, and billing information) without the student’s consent, even to parents, except in the event of a life-threatening situation, to coordinate care with another provider, or when required by law. Learn more about HIPAA, privacy and confidentiality at health.colostate.edu/privacy-confidentiality-HIPAA or call the Medical Records department at **(970) 491-7509**.



For Authorization for Treatment of a Minor form:

1. This form applies only to students who will be under the age of 18 when they arrive at CSU. It is a paper form that parent(s) or legal guardian(s) must complete and submit.
2. Go to health.colostate.edu/health-records and click the link “Authorization for Treatment of a Minor” under the “For students under 18 years of age” section.
3. Download, print, and complete the form. Completed forms should be submitted in one of the following ways:

Mail to: CSUHN Medical Records

Campus Delivery 8031

Fort Collins, CO 80523-8031

Scan and email to: csuhn_records@colostate.edu

Fax to: (970) 491-0226

4. The completed form will be added to the student’s electronic health record.

For a digital version of the New Student Requirements & Recommendations, please **scan the QR code** or visit **health.colostate.edu/new-student-checklist**.



Welcome to CSU and Go Rams!



Reach us at:

(970) 491-7121
health.colostate.edu

151 W Lake St
Fort Collins, CO 80521



COLORADO STATE UNIVERSITY