

GatorGradCare Resources

Did you have questions about some of the resources mentioned in the survey? Check out this page for more information!

1. [RecSports](#) has a variety of facilities and resources to keep you healthy! Southwest Recreation Center and Student Recreation and Fitness Center are the two gyms on campus. Both of these gyms offer group fitness classes, equipment for a full body workout, free weight areas, cardio machines, basketball courts, and racquetball courts. At Southwest Recreation Center you can also find an indoor track and at Student Recreation and Fitness Center you can swim in the Florida Pool! At the center of campus you can find volleyball, tennis, and basketball courts as well as a skate park at the Broward Outdoor Recreation Complex.
2. [GatorWell](#) offers free wellness coaching for academic success to help you balance school and other commitments that may seem overwhelming. Topics for these sessions include stress management and relaxation strategies, time management and organization, sleep habits, eating habits and exercise, and study skills.
3. [GatorWell](#) is a health promotion service focused on educating UF students about health and wellness topics relevant to the college experience. They offer programs and counseling on topics such as HIV Testing, Quit Tobacco, and Wellness Coaching for Academic Success.
4. [Here](#) are on campus resources for getting the flu vaccine every year.
5. [Here](#) on the GatorCare homepage you can enter your email address and receive once weekly emails on Monday that will help you stay up to date on wellness activities available to you!
6. [Here](#) is where you can receive dental services through GatorGradCare.
7. [Talkspace](#) is a text based therapy for GatorGradCare members. Once you sign up you can text your therapist anytime of the day and receive the help you need without interfering with your busy schedules.
8. [Healthy Addition Prenatal program](#) is a free program for GatorGradCare members that encourages healthy practices during pregnancy. The program includes pregnancy risk screening and monitoring, education on healthy lifestyle and dietary habits, prenatal information, emotional support, answers to questions and concerns, and a reinforcement of provider's plan of care.
9. [Clickotine](#) is an innovative app developed to help individuals create a tailored smoking cessation plan at the touch of their hands. It is available to GatorCare members.
10. You can email or call your dedicated service representative with any questions or concerns. Their contact information can be found [on this page](#).

11. We strongly encourage yearly checkups with your primary care provider. Click [here](#) to learn more about your coverage and primary care options.
12. The Student Health Care Center (commonly referred to as the “Infirmary”) is often the best place to receive care including primary care (general medical care, flu shots, urgent care/sick visits, pharmacy) and specialty care (allergy clinic, nutrition services, physical therapy, travel vaccines, women’s health). To schedule an appointment with the Student Health Care Center, call their appointment hotline: (352) 392-1161. For more information and access to forms, please visit the [SHCC website](#).
13. For a complete list of urgent care facilities available to GatorCare members, click [here](#). Keep in mind that the Student Health Care Center can also serve as an urgent care provider.
14. Please click [here](#) for more information on urgent care and emergency room visits.
15. Florida Blue and GatorCare members can call a 24-hour nurse hotline to ask basic health questions and address concerns such as symptoms, medications and side effects, reliable home treatments, when to go to your doctor, when to go to the emergency room, and more. Telephonic health coaching is also available through this line, as well as referral into a number of disease management programs. To access, call 1-877-789-2583.
16. For more information on your Better You Strides wellness incentive program, scroll to the Wellness Incentive section of this [page](#).

Do you have a question about your GatorGradCare coverage that was not answered by the PDF? Contact [GatorCare](#) or your [Florida Blue Service Representative](#).