

# GatorGradCare

## RESOURCES

*Do you have questions about **benefits** and **wellness** resources available to you? Check out this document for more information!*

### **Benefits Resources**

- The **Student Health Care Center** (commonly referred to as the “**Infirmary**”) is 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 to access forms, please visit the **SHCC website**.
- **Flu vaccinations** are available on campus at various locations every year through the Student Health Care Center.
- We strongly encourage **yearly checkups** with your primary care provider. Learn more about your **GatorCare coverage** and **primary care options**.
- You can receive an **annual dental cleaning** through GatorGradCare at **one of these locations**.
- **Talkspace** is a free online mental health provider for GatorGradCare members. Talkspace offers unlimited online therapy and psychiatry services. Connect with a provider via messaging or live video through Talkspace's confidential app. Learn more about Talkspace and **mental health services**.

# GatorGradCare

## RESOURCES

*Continued.*

### **Benefits Resources (cont.)**

- **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 reinforcement of the provider's plan of care.
- View a complete list of **urgent care facilities** available to GatorCare members. Keep in mind that the Student Health Care Center can also serve as an urgent care provider.
- You have options when it comes to choosing care. Knowing **what is and isn't an emergency** can help you plan for the unexpected. The **GatorGradCare page** has more information about urgent care and emergency room visits under "**Quick Reference.**"
- You can **email your dedicated service representative** with any questions about your benefits. Their contact information can be found on the **GatorGradCare page**.

**Wellness Resources next page!**

# GatorGradCare

## RESOURCES

*Continued.*

### Wellness Resources

- GatorGradCare subscribers are eligible to participate in the annual [\*\*Better You Strides Wellness Incentive Program\*\*](#). Complete an online health assessment and a biometric screening for a \$50 Amazon e-card. For more information, scroll to the “[\*\*Wellness Incentive\*\*](#)” section of the [\*\*GatorGradCare page\*\*](#).
- [\*\*RecSports\*\*](#) has a variety of facilities and resources to help keep you healthy! [\*\*Southwest Recreation Center\*\*](#) and [\*\*Student Recreation and Fitness Center\*\*](#) are the two gyms on campus. Both 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\*\*](#).
- [\*\*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\*\*](#).

# GatorGradCare

## RESOURCES

*Continued.*

### Wellness Resources (cont.)

- [GatorWell](#) offers [free wellness coaching for academic success](#) to help you balance school and other commitments that may seem overwhelming. Topics include one or more of the following areas: sleep habits, stress and time management, studying and test taking skills, social connection, and a holistic approach for optimal wellbeing.
- The [GatorCare website](#) is a valuable resource for you. Sign up for the [weekly wellness newsletter](#) and receive an email every Monday morning that will help you stay up to date on wellness activities available to you!

**Do you have a question about your GatorGradCare resources that was not answered by this document?**

Check out the [Point of Contact Information & Frequently Asked Questions Document](#).

Email [GatorCare](#) or your [Florida Blue Service Representative](#).