



Health Center
at AURARIA

No Charge **SERVICES** Health & Wellness



24/7 Crisis Line for Mental Health
and Victim Assistance: **303-615-9911**
or text **TALK** to **38255**

No Charge Services

The **Health Center at Auraria** offers a variety of exclusive services and programs covered at no cost to Auraria constituents. Many of these services are not typically considered a covered benefit by Health Insurance Plans.



HIV Testing

Confidential rapid HIV testing is available during business hours on a walk-in basis. Allow up to 60 minutes for the duration of this visit. Test results are available during

the same appointment.



Nutrition Counseling

Nutrition consultations with Registered Dietitian Nutritionists (RDN) are available by calling the Health Center at Auraria to schedule a virtual appointment. This type of consultation is beneficial if you are trying to manage a chronic condition, lose or gain weight, optimize athletic performance or develop a personalized healthy eating routine.



Tobacco Cessation

For individuals who are ready to quit using tobacco, this program includes a customized quit plan, clinic and/or virtual visits with a medical provider, nicotine

replacement therapy (NRT) and ongoing support.

Additional No Charge Services

- » COVID-19 Testing
- » Annual Flu Shot Clinics
- » Blood Pressure Testing
- » Health Education Events and Workshops

Additional information regarding any of these

Health & Wellness

Bringing diverse programs and services to the campus community is an important aspect of the health and wellness services provided by the Health Center at Auraria. With an aim to improve the knowledge and behaviors that impact individuals on campus, many of the programs extend beyond the Health Center walls.

Healthy Pursuits

As part of the **Healthy Pursuits** program, the Health Center at Auraria offers Mind Body Fitness classes that may include Pilates, Yoga, and Zumba®. These classes aim to improve an individual's health and fitness while reducing tension and stress. In addition, Campus Recreation offers Group Fit classes as part of this program to complement their other offerings.



Healthy Pursuits classes require no registration and an updated schedule can be found at healthcenter1.com/healthy-pursuits

Student Health 101 & Campus Well

Student Health 101, which is e-mailed directly to students, and the Campus Well blog are tailored to college students and offer health and wellness information to support students' academic success and personal growth.

Visit healthcenter1.com/campuswell-blog for more information.



Academic Vital Signs is a program designed to connect students to academic and personal resources, as early as possible, to enhance the likelihood of academic success.

Any Auraria student can stop by the Health Center at Auraria without an appointment and request to meet with one of the Academic Referral Coordinators, who will make connections with the most appropriate institutional resources based on the student's needs.



To learn more about the services highlighted in this brochure or to make a medical appointment, please call

303-615-9999

All patients must call in advance in order to be appropriately scheduled.

Plaza Building, Suite 150 | 303-615-9999
healthcenter1.com

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