

**CENTER FOR HEALTH & WELLBEING  
UNIVERSITY OF VERMONT  
POLICY & PROCEDURE**

**Eligibility for Services**

**GOAL:**

To provide clarity for students about who is eligible for care at the Center for Health and Wellbeing (CHWB).

**BACKGROUND**

The health fee – part of the University’s comprehensive fee - is paid on a semester basis by all undergraduate students taking 9 or more credit hours and by all graduate student taking 9 or more credits. The fee serves as CHWB’s primary source of funding for CHWB staff and services, and payment of the fee is a requirement for receiving services and care at CHWB.

Payment of the health fee provides clinical (medical and nutrition) and counseling service for students at Student Health Services (SHS) and Counseling and Psychiatry Services (CAPS), and provides injury prevention, evaluation, and rehabilitation services for varsity student athletes through Athletic Medicine services. The fee also funds programming and outreach initiatives designed to educate students about important issues related to personal and community health. Psychiatry services and laboratory services are provided on a fee-for-service basis to students who have paid the health fee.

Each area of the Center for Health and Wellbeing has a specific focus of activity. Athletic Medicine personnel provide care only for students who are varsity athletes. While the Counseling and the Primary Care services see all eligible students. It is important that each of these areas use their resources in a manner which makes the best use of their staff and serves students most effectively. CAPS strategy of employing a brief therapy model is an example of this approach. Clients are seen for a limited number of sessions in order to allow maximal access for all students to counseling services. Successful use of this model implies that counseling staff are mindful of the needs of both individual students and the larger student population in their decisions about which students require only a session or two, which students will benefit from group therapy, and which students should be referred to a community provider for long term and/or intensive work.

It is important that students understand when their eligibility for care ends at CHWB. Clinicians and counselors involved in ongoing therapeutic work with students should advise them about the need to make arrangements for ongoing care once their eligibility for service at CHWB expires.

Specific student populations merit special note. International students holding F-1 or J-1 visa status must purchase the Student Health Insurance Policy (SHIP) and pay the health fee regardless of their credit load.

**POLICY**

In order to provide services for all students and utilize resources efficiently and effectively, the Center for Health and Wellbeing clearly identifies which members of the University community are eligible for care through the CHWB. This information is widely available to students and to CHWB and University staff.

## PROCEDURES

The health fee provides students with access to CHWB services in accordance with the following guidelines:

### Eligible individuals

- Undergraduate students taking 9 or more credits must pay the health fee and are eligible for services through CHWB.
- Undergraduate student taking 6-8 credits *may* pay the full health fee and gain eligibility for services through CHWB
- Graduate students taking 9 or more credits (including Grad 903) *must* pay the health fee and are eligible for services through CHWB.
- Graduate students taking 5-8 credits (including Grad 902) *may* pay the full health fee and gain eligibility for services through CHWB.
- International students holding F-1 or J-1 *must* pay the health fee and purchase the University-sponsored health insurance policy and are eligible for services through CHWB.

### Individuals *not* eligible for services

- Undergraduate students taking less than 6 credits.
- Graduate students taking less than 5 credits (including Grad 901).
- Spouses or civil union partners of undergraduate or graduate students are not eligible to receive services at CHWB but *are* eligible to purchase the University-sponsored health insurance if their partner has also done so.
- Individuals who have paid the health fee and withdraw from the University during an academic semester are no longer eligible for care at CHWB. In order to allow for an orderly transition of their care, these individuals may be seen for a brief period of time – generally not to exceed ninety days - after their withdrawal until arrangements for ongoing care is completed. These arrangements must be discussed with the Medical Director or CAPS Director.

All students purchasing the health fee must purchase the Student Health Insurance Policy or be able to demonstrate that they have a policy in place which provides equivalent coverage.

Students who have paid for student health insurance and who withdraw or fall below 6 credits (undergraduate students) or 5 credits (graduate students) may keep the insurance policy for the remainder of the semester from which they withdraw, but are not eligible CHWB services. (See *Procedures* above for time-limited, temporary exceptions.)

CHWB does not bill individuals on a ‘fee for service’ basis for Primary Care and Counseling Services

### Health fee coverage periods

Fall semester	August 1 – December 31
Spring semester	January 1 – July 31

Reviewed 6/30/21