

HEALTH & WELLNESS

The University has a [nationally-accredited](#) health and wellness program.

Our Mission

[Health & Wellness](#) provides whole person-centered care and services, illness prevention and health promotion, co-curricular learning opportunities, and public health leadership and expertise. All are tailored to support our students' health, well-being, and personal development, the health of the campus community, and the mission of our University. Health & Wellness is accredited by the Accreditation Association for Ambulatory Health Care (AAAHC).

Health & Wellness Fee

All UNH students who take five or more credit hours/semester are required to pay the [UNH Health & Wellness fee](#). This fee allows students to access services at Health & Wellness on campus and covers many services at no or reduced cost. When combined with a student's health insurance coverage, the Health & Wellness fee provides for a complete health care package. A student's health insurance is never billed for services covered by the UNH Health & Wellness fee.

Health Insurance

University [policy](#) requires full-time degree students that are enrolled in at least one in-person course to have health insurance as a condition of enrollment. Some students have the option of waiving this requirement if they present proof of adequate coverage; alternatively, students can acquire an affordable health benefits plan sponsored by the University: the UNH Student Health Benefits Plan (SHBP). International students with F-1 and J-1 visas are required to purchase the SHBP.

[Learn more about the SHBP and the waiver process.](#)

Health Record Requirement

Undergraduate students who have been formally accepted to a degree program are required to have health information on file with UNH Health & Wellness. The three requirements to be completed and submitted by the student online are:

1. proof of Immunization form,
2. tuberculosis questionnaire, and
3. a health history form.

Immunizations

Prior to matriculation at UNH, all students that are enrolled in at least [one in-person course](#) at UNH are required to provide proof of immunization or demonstrate their immunity to specific vaccine-preventable diseases as outlined in the Student Rights, Rules, and Responsibilities [Immunization policy](#).

Documentation of proof of vaccination or immunity is required and is typically shown on the immunization form. It is the responsibility of students to provide the documentation before attending any classes. Any student failing to complete these requirements may be prevented from registering for future classes.

These health forms are required before moving into residence halls and starting classes. Failure to submit forms will prohibit students from registering for the next semester classes until they are compliant.

[Learn more about incoming student health record requirements.](#)

Medical Services

UNH Health & Wellness provides comprehensive, student-focused, primary medical care through a team approach. The clinical staff consists of board-certified physicians, nurse practitioners, nurses, and medical assistants who are committed to prevention and holistic care. Primary medical care is provided for a variety of common concerns. Examples include respiratory illnesses (including asthma), infections, injuries, skin concerns, digestive disorders, allergy/immunization services and travel health consultation, chronic illness support, mental health, and gender-affirming care. Sexual/reproductive health services include contraceptive services, cervical cancer (Pap smears) screening/prevention, testing and treatment for sexually transmitted infections, pregnancy testing and counseling, limited sexual assault services, and more.

Students may speak by telephone with a health resource nurse for advice at any time, and after-hours nurse consultation is available when UNH Health & Wellness is closed. On-site clinical support services include laboratory, radiology and prescription and non-prescription medication services. Not all services are available during the summer or breaks. Read more [about medical services](#).

For [emergencies and after-hours care](#), well-staffed and well-equipped urgent care centers and community hospitals are nearby, and an emergency ambulance service is available in Durham at all times.

Living Well Services

Living Well Services coordinates health promotion activities on campus. It is committed to helping students make lasting behavior change that supports their academic and personal growth. Their education/counseling services, prevention initiatives, and internship opportunities empower student to gain knowledge, enhancing self-awareness, and implement life-long skills and behaviors to be well and successful now and in the future. Services provided include educational programs, workshops, and classes; individual wellness counseling and coaching to promote healthy lifestyle choices. They work from a whole-person and well-being framework with expertise in the following areas: alcohol, nicotine, cannabis and other drugs, eating concerns and body image, emotional wellness (stress, mental health), nutrition, sexual well-being, well-being and wellness. Integrative mind-body services, including biofeedback, light therapy, and mindfulness and meditation. Read more about [Living Well Services](#).