



# CSU HEALTH NETWORK

New Student  
Requirements & Recommendations



CSU HEALTH NETWORK  
OF COLORADO STATE UNIVERSITY



Colorado State University

# CSU Health Network supports Ram success through care for body and mind.

Medical Services | Counseling Services  
Health Education and Prevention Services

(970) 491-7121  
health.colostate.edu

---

## Table of Contents

About CSU Health Network.....	4
Submit Immunization Records.....	6
Complete Health Forms.....	7
Fulfill Health Insurance Requirement.....	8
Consider RamCare Supplement Program.....	9
Complete Required Online Modules: AlcoholEdu and Sexual Assault Prevention.....	11
Complete Schwab MoneyWise on Campus: Achieve Financial Wellness Online Module.....	12
Create a YOU@CSU Profile.....	12
Establishing Care with CSU Health Network.....	13
Privacy and Confidentiality.....	13
Emergency and After-Hours Care.....	13
Filling Prescriptions at CSU Health Network Pharmacy.....	14
Insurance Cards.....	14
Mental Health Support Resources.....	15

 = New Student Task to Complete

 = Helpful Information

# CSU Health Network Services

## Care for Body and Mind.

A healthy mind and body are essential elements on your college path and CSU Health Network is here to support you.

As an enrolled student, you have **full access** to a wide range of health and well-being services, **regardless of your health insurance plan.**

### General Medical Services

- Primary Care
- Pharmacy
- Immunizations
- Laboratory
- Radiology
- Behavioral Health

### Specialty Medical Services

- Allergy and Asthma
- Dental
- Men's Care
- Massage Therapy
- Nutrition Consultation for Disordered Eating
- Optometry
- Physical Therapy
- Psychiatry
- Sports Medicine/Orthopedics
- Transgender Care
- Travel Medicine
- Women's Care

### Counseling Services

- Groups and Workshops
- Individual and Partners
- Multicultural Counseling Services
- Drugs, Alcohol and You (DAY) Programs
- Post-Hospitalization Support (iTEAM)
- Crisis Intervention
- Consultations with Colleagues/Parents/Friends

### Health Education and Prevention Services

- Substance Abuse Prevention
- Mental Health Initiatives
- Peer Education (CREWS)
- Well-Being Initiatives
- Sexual Health Initiatives
- Tobacco Cessation

### Business Services

- Student Health Insurance
- Private Insurance Billing
- RamCare Supplement Program
- Medical Records

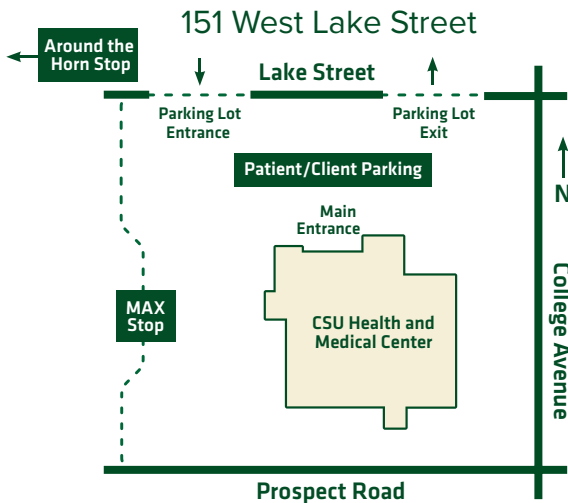


# All Services Under One Roof

All CSU Health Network services are located on campus in the CSU Health and Medical Center, a state-of-the-art facility dedicated to student health and well-being.



## CSU Health and Medical Center





# Submit Immunization Records

## DEADLINES:

Fall 2021: **August 23, 2021** | Spring 2022: **January 18, 2022**

**WHAT:** Colorado law requires all enrolled students to meet the following immunization requirements:

- **Measles, Mumps, and Rubella (MMR):** All students, except those born before 1957, must submit proof of **two (2) valid doses of MMR vaccine**, or provide laboratory proof of immunity to measles, mumps, and rubella.
- **Meningococcal Vaccine:** Students living on campus in residence halls must show proof of meningococcal (ACWY) vaccination **given within the last five (5) years**, or contact the Immunizations Dept. at (970) 491-7121 and request access to the online **Meningococcal Disease Information** waiver form.

**HOW:** Immunization records are submitted online through a two-step process on the CSU Student Health Portal.

1. Make sure you have your official immunization record in a digital format. The record **MUST** contain student name and student date of birth. Please include student CSU student ID number, if possible. If you do not have official documentation, consider having your health care provider complete the one-page Colorado State University New Student Immunizations Form.
2. Log in to the CSU Student Health Portal at **portal.health.colostate.edu** with your CSU eName and password.
3. Click on “My Forms” in the navigation menu.
4. Click on “Immunization Requirement” under Form Name.
5. Refer to your official immunization record and enter the dates of your MMR vaccine doses. Also enter the date of your meningococcal, Tdap and COVID-19 vaccinations, if applicable.
6. Upload the scanned copy or photo of your official immunization record. Click the “Select File” button and select your digital immunization record. You may upload more than one file, such as a photo of your COVID-19 vaccination card, if needed. Each file should not exceed 3 MB.
7. Enter your electronic signature and click Submit.
8. Please allow 2-3 weeks to process your records. After your records are processed, you will receive an email indicating that you have met the immunizations requirement, or requesting that you submit additional information in order to meet the requirement.

**IMPORTANT:** If the requirement is not completed by the first day of classes of your first semester on campus, a **HOLD will be placed** on your student account that will prevent you from registering for classes for the following semester until the requirement is met.



# Complete Health Forms

## DEADLINES:

Fall 2021: August 23, 2021 | Spring 2022: January 18, 2022

**WHAT:** All incoming students must complete the following forms by the first day of classes:

- **Health History**
- **Tuberculosis Assessment**
- **Authorization for Treatment of a Minor** (for students under the age of 18)

## HOW:

For **Health History**:

1. This is an online form that students should complete on the CSU Student Health Portal.
2. Log in at **portal.health.colostate.edu** with your CSU eName and password.
3. Click on “My Forms” in the navigation menu.
4. Click on “Complete Health History” under Form Name.
5. Enter your information and click the “Submit” button at the bottom of the screen. The completed information will be added to your electronic health record.

For **Tuberculosis Assessment**:

1. This is an online form that students must complete on the CSU Student Health Portal.
2. Log in at **portal.health.colostate.edu** with your CSU eName and password.
3. Click on “My Forms” in the navigation menu.
4. Click on “Tuberculosis Assessment” under Form Name.
5. Enter your information and click the “Submit” button at the bottom of the screen. The completed information will be added to your electronic health record.

For **Authorization for Treatment of a Minor** form:

1. This form applies only to students who will be under the age of 18 when they arrive at CSU. It is a paper form that parent(s) or legal guardian(s) must complete and submit.
2. Go to **health.colostate.edu/health-records** and click the link “Authorization for Treatment of a Minor” under the “For students under 18 years of age” section.
3. Download, print, and complete the form. Completed forms should be submitted in one of the following ways:

**Mail to:** CSUHN Medical Records  
Campus Delivery 8031  
Ft. Collins, CO 80523-8031

**Scan and email to:** csuhn\_records@colostate.edu

**Fax to:** (970) 491-0226

4. The completed form will be added to the student’s electronic health record.



# Health Insurance Requirement

## DEADLINES:

**Fall 2021: September 8, 2021 | Spring 2022: February 2, 2022**

All enrolled students have full access to services at CSU Health Network, regardless of their insurance plan.

## FOR DOMESTIC STUDENTS

**WHAT:** Colorado State University requires all domestic students taking six or more resident instruction credits to carry health insurance as a way of protecting your educational investment. You must meet the health insurance requirement your first semester at CSU and every fall semester thereafter.

## HOW:

1. If you are considering an individual/family/employer/government plan to meet the health insurance requirement, we encourage you to do the following:
  - Ensure your plan meets CSU, state, and federal guidelines for health insurance coverage. More information at [health.colostate.edu/health-insurance-requirement](https://health.colostate.edu/health-insurance-requirement)
  - Contact your insurance carrier in advance to see how your plan will cover visits to CSU Health Network. Use the following information:
    - CSU Health Network Tax ID#: 846000545
    - CSU Health Network NPI#: 1528156437
2. Go to [health.colostate.edu/insurancerequirement](https://health.colostate.edu/insurancerequirement) to access the secure online health insurance waiver and enrollment portal. You can access the secure online portal 3-4 business days after you register for six or more resident instruction credits.
3. Login with your CSU student ID number, name and date of birth.
4. Choose one of the following options and submit the form:
  - **WAIVE** the CSU Student Health Insurance Plan (SHIP) by providing proof of a comparable individual/employer/government health insurance plan. Enter the requested information from your health insurance card and the plan subscriber's date of birth in the secure online form. Your waiver application will be audited with your insurance carrier to ensure the coverage is active and meets CSU, state, and federal requirements. Your waiver application is not complete until you receive an approval notification via email.
  - OR**
  - **ENROLL** in the CSU-sponsored Student Health Insurance Plan (SHIP) by indicating your interest in the secure online form. **Do not wait.** To ensure that you have access to your insurance benefits when plan coverage begins, you **MUST** enroll at least three weeks prior to the start of classes. For more information about SHIP, visit [health.colostate.edu/student-health-insurance](https://health.colostate.edu/student-health-insurance)

**IMPORTANT:** If you do not take action to **WAIVE** or **ENROLL** by the deadline, your student account will be charged for the cost of enrollment in the CSU Student Health Insurance Plan (SHIP). **There will be no refunds or reversals after the deadline.** Students will be notified by email if there are changes to this requirement.



## HEALTH INSURANCE REQUIREMENT FOR INTERNATIONAL STUDENTS

**WHAT:** Colorado State University requires all international students enrolled at any level to carry health insurance as a way of protecting your educational investment.

**HOW:** International students are automatically enrolled in the CSU-sponsored Student Health Insurance Plan (SHIP). If you have other health insurance coverage (an employer/individual health insurance plan), go to [health.colostate.edu/international-waiver](https://health.colostate.edu/international-waiver) to download and submit a waiver application form.



# RamCare Supplement Program

### DEADLINES:

**Fall 2021:** September 8, 2021 | **Spring 2022:** February 2, 2022

**WHAT:** Specifically designed for students who have private health insurance coverage, the RamCare Supplement Program is an inexpensive way to help cover out-of-pocket expenses for medical services provided by CSU Health Network.

- RamCare is a CSU program and not a health insurance plan.
- RamCare will help pay balances remaining after your claim has been processed by your primary health insurance plan.
- RamCare only applies to services provided by CSU Health Network.

### Coverage includes:

- **Up to \$1,500 per semester** for student out-of-pocket expenses that would otherwise be payable at the time of service, including co-pays, deductible, and co-insurance charges for CSU Health Network services.
- **Up to \$200 per semester** toward prescription drug costs at CSU Health Network Pharmacy.
- **Up to \$50 per semester** in “flex dollars” to be used toward non-covered services within CSU Health Network, such as dental services, optometry services (including contact lenses) and massage therapy.

**COST:** \$125 per semester, billed directly to the student account

**HOW:** Enroll online at [health.colostate.edu/ramcare](https://health.colostate.edu/ramcare) or complete a paper enrollment form and return to the Student Health Insurance office (located on 2nd floor of CSU Health and Medical Center in Business Services suite).

**Note:** Financial aid assistance may be available to pay for the RamCare Supplement Program for students who qualify. Contact the Office of Financial Aid for more information.





# Complete Required Online Modules: AlcoholEdu and Sexual Assault Prevention

## DEADLINES:

Fall 2021: **August 23, 2021** | Spring 2022: **January 18, 2022**

### AlcoholEdu

**WHAT:** This online course will help you make well-informed decisions about alcohol and other substances and prepare you to help in potentially risky situations, regardless if you choose to use.

**WHO: REQUIRED** for all incoming undergraduate students under the age of 23, including first-year, transfer and international students (Exceptions: distance learners not physically present on CSU campus)

### Sexual Assault Prevention

**WHAT:** This online course focuses on issues associated with stalking, interpersonal violence, and sexual assault. It helps you learn about consent, how to help a friend and how to safely intervene in a potentially dangerous situation.

**WHO: REQUIRED** for all incoming students, including first-year, transfer, online, international and graduate students

---

**HOW:** For incoming Fall 2020 new students, **AlcoholEdu** will be available in **mid-July**, and **Sexual Assault Prevention** will be available on **August 14, 2020**. You can **access the program directly through your RAMweb account**. You will also receive an email to your CSU email address alerting you that the module is open. The email will include detailed instructions on how to complete each module.

**AlcoholEdu** will take approximately two hours to complete.

**Sexual Assault Prevention** will take approximately one hour to complete.

All survey responses are confidential. CSU only receives information about the student body as a whole and will never see individual responses.

---

**IMPORTANT:** If the requirement is not completed by the deadline, a **HOLD will be placed** on your student account that will prevent you from registering for classes the following semester until the requirement is met.

*Questions about the AlcoholEdu or Sexual Assault Prevention requirements?*

Email [alcoholedu@colostate.edu](mailto:alcoholedu@colostate.edu) and include your name and student ID # in your email.







## Complete Schwab MoneyWise on Campus: Achieve Financial Wellness Online Module

### DEADLINES:

Fall 2021: **August 23, 2021** | Spring 2022: **January 18, 2022**

**WHAT:** Finances are one of the top stressors for CSU students and college students nationally. The Achieve- Financial Wellness online modules will boost your financial know-how and help you learn to manage your money in college and beyond. While not required, all incoming students are encouraged to complete the program. Some topics include understanding student loan debt, using credit cards responsibly, sticking to a budget, and planning for your financial future.

**HOW:** The online course will be available 35 days prior to the beginning of the semester. You can access the program directly through your RAMweb account. Students will also receive an email to their CSU email address alerting them that the program is open. The email will include detailed instructions on how to complete the program. The course will take approximately 45 minutes to complete.

---



## Create a YOU@CSU Profile

**WHAT:** YOU@CSU is an online student success portal that connects you to personalized on-campus and online resources to help you make the most of your college experience.

**HOW:** Access YOU@CSU through your RAMweb account and create your profile by the first day of classes.

YOU@CSU prioritizes student privacy. The information you enter and your activity on the site remains confidential. The more honest you are, the more helpful the information will be to you. Visit **[you.colostate.edu](http://you.colostate.edu)** to get started or access the tool directly through RAMweb.



# Helpful Information for New Students

## Establishing Care with CSU Health Network

Do you have an existing medical or mental health condition or concern? Your access to CSU Health Network begins the week before classes start.

Call **(970) 491-7121** to make a transfer of care appointment for move-in week or the first week of classes. Visit [health.colostate.edu](https://health.colostate.edu) for more information about our services, including how to transfer your medical records.

## After-Hours and Emergency Care

When CSU Health Network is closed (evenings, weekends, or holidays), students can seek care through 24/7 telephone assistance or at a local urgent care or emergency services provider.

Visit [health.colostate.edu/after-hours-emergency-care](https://health.colostate.edu/after-hours-emergency-care) for details about the After-Hours Nurse Helpline, Mental Health Crisis Intervention Line, and urgent care and emergency services options close to campus.

## Upload Your Insurance Cards

To help with the check-in and billing process, all students should upload photos of your health insurance card (front and back) to the CSU Student Health Portal at the beginning of the semester. Log in to <https://portal.health.colostate.edu> and click on “Document Upload.” In the Document Type drop-down menu, select “Insurance Card,” select the photo of the front of your card using the “Browse” button, and hit “Save.” Follow these steps again to upload the photo of the back of your card.

**NOTE:** Submitting a scanned copy of your health insurance card through the Student Health Portal does NOT qualify as a waiver application for the annual CSU Health Insurance Requirement. A separate waiver application must be submitted. To complete the annual health insurance requirement, go to <https://health.colostate.edu/insurance-requirement>

## Filling Prescriptions at CSU Health Network

Do you have an existing or new prescription that you would like to have filled at the on-campus CSU Health Network Pharmacy? We recommend that you have your local provider send a new electronic prescription order directly to us. Visit [health.colostate.edu/pharmacy](http://health.colostate.edu/pharmacy) and follow the instructions in the “First-Time or One-Time Prescriptions” section under the “Using the CSU Health Network Pharmacy” heading. Following this process can limit delays in receiving your prescription at peak times of the year, such as the beginning of the semester. Call (970) 491-1402 for more information.

## Privacy and Confidentiality

CSU Health Network is dedicated to providing quality care to students in a safe and confidential setting. HIPAA is a federal law that carefully protects private health information of patients and clients. Both HIPAA and the ethics of the provider/patient/client relationship guard each student’s privacy. CSU Health Network cannot release any eligible student’s information (including appointment history, diagnosis, test results and billing information) without the student’s consent, even to parents, except in the event of a life-threatening situation or to coordinate care with another provider.



## Mental Health Support Resources

Your counseling fee (part of CSU student fees) provides access to a wide range of mental health support resources provided by CSU Health Network.

Visit [health.colostate.edu/mental-health-resources](https://health.colostate.edu/mental-health-resources) to learn more about available resources.

To access Counseling Services, call or visit the 3rd floor of the CSU Health and Medical Center and we will work together to identify which services are best for you. If you have questions about Counseling Services, please call (970) 491-6053 or visit [health.colostate.edu/make-a-counseling-appointment](https://health.colostate.edu/make-a-counseling-appointment) for more information.

## 3 Steps to Accessing Counseling Services



(970) 491-7121  
health.colostate.edu

Connect with us!  
@CSUHealthNetwork



COLORADO STATE UNIVERSITY



