

STUDENT HEALTH & WELLNESS

Student Health and Wellness Facilities

Sonoran University provides additional on-campus facilities to support students' health and wellness.

Exercise and Fitness

Maintain your mind/body balance and manage the stress of graduate/medical school with our fitness facilities on campus. As part of Sonoran University's commitment to student wellness, enrolled Sonoran University students enjoy the use of the Chi Fitness Center and Glasper Prana yoga room. Located in the Lim Commons, the Chi Fitness Center is equipped with strength training, stretch, and cardio equipment. Students must register and sign release forms prior to using the exercise and fitness facilities.

Wellness Rooms

Wellness rooms are available to students in the Lim Commons. These rooms provide a quiet, calm space for students to recoup and collect themselves when needed.

Nursing Rooms

Nursing rooms are located in each campus building to assist new parents with feeding, nursing, or expressing. Private rooms have tables, chairs, and refrigeration units for storage. Rooms are only accessible by key code. Please contact dos@sonoran.edu for room locations and key codes, and to discuss other potential temporary accommodations.

Student Health and Wellness Services

On-campus Medical Services

As a commitment to the health and well-being of our students, Sonoran University's Medical Center and Neil Riordan Center for Regenerative Medicine offer students who reside in or visit Arizona two free visits per year and discounted medical care to students for in-person visits and certain services such as laboratory IVs and injectables. Discounts are also available at Sonoran University's Medicinary. For more information, call the Medical Center at 480.970.0000. Additionally, students have access to basic medical services, provided in a virtual format, through the Virtual Care Group, including but not limited to doctor visits for common colds, infections, and other common, non-acute ailments. For more information and instructions on how to get started, see the Student Health and Wellness page (https://my.sonoran.edu/ICS/Students/Student_Health__Mental_Wellness_Resources/) on MySonoran.

Virtual Free Nutrition and Diet Consulting Program

Sometimes with the stresses of graduate school, students often do not take care of their nutritional needs. Nutrition impacts your ability to think clearly and logically, perform at peak capacity while under stress, bounce back from fatigue and injury, and fight off illness. Nutrition is a critical part of your health and just as important as your studies.

Sonoran University students have access to free Nutrition Consultations through our College of Nutrition SPE Clinical Care Program. Students will

receive a personalized nutrition care plan and be monitored for ongoing client care by a team of clinical nutrition professionals. All appointments are virtual, so there is no need to be in the Tempe area to use this service. To learn more and schedule an appointment, visit the Virtual Center for Personalized Nutrition (<https://www.sonoran.edu/virtual-center-for-personalized-nutrition/>) page.

Student Health Insurance

Sonoran University does not provide student health insurance; however, students who reside in Arizona may be eligible to receive free insurance through the Arizona State Health Care Cost Containment System (AHCCCS). AHCCCS is a state-funded plan for those unable to afford health care coverage. You may or may not qualify (based on income and or dependent children) through the Tempe Department of Economic Security (DES) offices: 5038 S. Price; 480-831-1408 or 1845 E. Broadway; 480-968-4013. For more information, go to www.azahcccs.gov (<http://www.azahcccs.gov>). U.S. citizens who are not residents of Arizona may qualify for Medicaid. Please check eligibility at www.medicaid.gov (<http://www.medicaid.gov>). Students are encouraged to visit Sonoran University's medical facilities for discounted medical services.

Non-Emergency Virtual Medical Care

Sonoran University provides enrolled students free instant access to licensed doctors for nonemergency medical needs through Umed by Uwill. If it's a medical emergency, call 911. More information and registration can be found on the Student Health and Wellness page (https://my.sonoran.edu/ICS/Students/Student_Health__Mental_Wellness_Resources/) on MySonoran, or contact the Dean of Students for additional information on utilizing this service at dos@sonoran.edu.

Counseling Services

Sonoran University provides enrolled students with free individual virtual counseling services through Umatch by Uwill. Counseling services are meant to address short-term, minor personal issues. More information and registration can be found on the Student Health and Wellness page (https://my.sonoran.edu/ICS/Students/Student_Health__Mental_Wellness_Resources/) on MySonoran, or contact the Dean of Students for additional information on utilizing this service at dos@sonoran.edu.

2-1-1[™] Crisis Response Network

This community information resource and referral service is available anytime to help community members find the resources for human services, health needs, emergency food, crisis counseling, suicide prevention, emergency housing, mental health, legal assistance, financial assistance, disabilities resources, and support groups. Arizona residents, please refer to 211 Arizona (<https://211arizona.org/>) for more detailed information or dial 2-1-1 for assistance.