

# MAKE YOUR DECISION



**Health & Counseling Center**  
UNIVERSITY OF DENVER  
2240 E Buchtel Blvd  
Denver, CO 80208-3230

# SUCCESS THROUGH WELL-BEING



**Health & Counseling Center**  
UNIVERSITY OF DENVER



# HCC DEPARTMENTS

Welcome to the University of Denver. We are excited to have you as part of our community. Our mission is to promote an inclusive and healthy living environment while at DU. The Health and Counseling Center (HCC) includes Medical Services, Counseling Services, Health Promotion (HP), and the Center for Advocacy, Prevention, and Empowerment (CAPE). Please call our DU HCC Administrative Support Team (AST) for any assistance with HCC services or Student Health Insurance Plan navigation. The AST is well versed in all HCC operations and is able to help discern what would be the best option for care.



## MEDICAL SERVICES

We are a fully AAAHC accredited primary care medical team located on campus with board certified physicians, physician assistants, nurses, and medical assistants.



## COUNSELING SERVICES

Counseling Services is here to support your transition to DU and other transitions in your life, as well as support your development and emotional health. Students have access to different types of services with licensed psychologists, licensed mental health practitioners and other trained professionals; including individual, couples and group therapy.



## HEALTH PROMOTION

Health Promotion cultivates thriving for the DU community through education, engagement, and sociocultural change. Also known as Thrive Health Promotion, the team provides outreach, workshops, and resources to help DU students make success-oriented decisions for their health and well-being. Topics covered include alcohol and other drugs, mental health, interpersonal violence, sexual health, wellness coaching, and more. Thrive Health Promotion includes professional health educators, graduate interns, and undergraduate peer health educators.



## THE CENTER FOR ADVOCACY, PREVENTION, AND EMPOWERMENT (CAPE)

CAPE supports survivor healing by providing advocacy and support for those impacted by sexual assault, relationship violence, stalking, and sexual harassment. All services are confidential and free of charge.

# HEALTH AND COUNSELING FEE (HCF)

The Health and Counseling Fee provides students with a variety of discounted services at the Health and Counseling Center (HCC). Required for all undergraduate students, this benefit includes:

- Low co-payments for counseling and primary care medical appointments
- Discounted in-house medications
- Discounted laboratory tests
- Discounted procedures

### COST-EFFECTIVE

Can pay for itself  
in just 3 visits

### CONVENIENT

With the HCF and  
SHIP, students will  
have minimal out  
of pocket costs

### SIMPLE

Students can  
schedule online or  
over the phone for medical  
or counseling appointments

## DU HEALTH INSURANCE REQUIREMENT

All students are required to have health insurance during their time at the University of Denver. Students may elect coverage under their own insurance plan or through a family member, employer, or the university's Student Health Insurance Plan, commonly referred to as SHIP. On the Student Health Insurance Plan, the DU Health and Counseling Center serves as the primary care provider for enrolled students.

## AUTOMATIC ASSESSMENT FOR THE STUDENT HEALTH INSURANCE PLAN

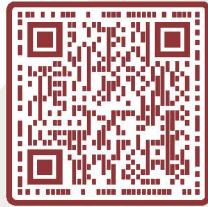
To supplement your Health and Counseling Fee, the University of Denver offers a competitive health insurance plan. Students are responsible for enrolling in or waiving the SHIP at the start of their first enrolled quarter (Semester - Law School) at DU. The decision to enroll or waive the SHIP will determine their coverage for the entire academic year (this does not include continuous enrollment or special status students). If no action is taken, students enrolled in six or more credit hours are automatically enrolled in the SHIP (eight or more for law). For more detailed information, please visit the Bursar's website at: [www.du.edu/student-billing/student-health-insurance](http://www.du.edu/student-billing/student-health-insurance)

**For more information about the Student Health Insurance Plan (SHIP), please see inserts for detailed information.**

# MAKE YOUR DECISION →



# THE DU HEALTH AND COUNSELING CENTER CAN SUPPORT YOUR HOLISTIC HEALTH AND WELLNESS NEEDS



## CONTACT

303-871-2205



[hccinfo@du.edu](mailto:hccinfo@du.edu)



[www.du.edu/hcc](http://www.du.edu/hcc)



## HOURS

Monday & Friday: 8am – 5pm

Tuesdays: 9am – 5pm

Wednesday & Thursday:

HCC Asbury: 8am – 5pm

HCC Ritchie: 8am – 7pm

Saturdays & Sundays: Closed

*\*24/7 care consultation is available outside  
business hours by calling the HCC main phone*

### **RITCHIE CENTER**

Located on the North side, 3rd Floor  
**Medical Services**  
**Counseling Services**

### **ASBURY**

Located on the corner of  
University & Asbury  
**Counseling Services**

### **CAPE**

(Center for Advocacy,  
Prevention, & Empowerment)  
Address Provided Upon Scheduling  
Interpersonal Violence Services & Advocacy

### **THRIVE HEALTH PROMOTION**

Located in Community Commons 3200



## OUR SERVICES



Primary Care



Mental Health  
Counseling



Sexual Health and  
Wellness Exams



Travel Abroad  
Vaccinations



Psychiatric  
Services



Allergy Shots



Health and Wellness  
Workshops



Physical Exams



Extended Hours  
Select Days



Pharmacy  
Dispensary

## FREE SERVICES



Wellness Coaching



Center for  
Advocacy,  
Prevention, and  
Empowerment  
(Advocacy Services)



Urgent Mental Health  
Same-Day Services



Group Therapy

DEADLINES

QUARTER STUDENTS

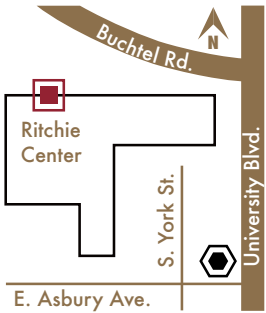
QUARTER	COVERAGE PERIOD	WAIVER DEADLINE
Fall	09/01/2025 - 03/31/2026	09/26/2025
Spring	04/01/2026 - 08/31/2026	04/17/2026

*\*For enrollment in Winter, Summer, or Study Abroad coverage, contact the DU HCC at 303-871-2205 or info@hcc.du.edu*

SEMESTER (LAW) STUDENTS

SEMESTER	COVERAGE PERIOD	WAIVER DEADLINE
Fall	08/01/2025 - 12/31/2025	09/05/2025
Spring	01/01/2026 - 07/31/2026	01/23/2026

*\*For enrollment in Winter, Summer or Study Abroad coverage, contact the DU HCC at 303-871-2205 or hccinfo@du.edu*



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STUDENT HEALTH INSURANCE PLAN  
(SHIP) 2025-2026





## STUDENT HEALTH INSURANCE PLAN (SHIP) PLATINUM PLAN THROUGH ANTHEM

The University of Denver offers a comprehensive Student Health Insurance Plan (SHIP) that is underwritten by Anthem Blue Cross Blue Shield. This plan is designed specifically for students attending the University of Denver and is only available to enrolled active students. **The 2025-26 annual cost for DU students to participate in this platinum-level, student-only plan is \$3980.**

### ELIGIBILITY

All DU degree-seeking students enrolled in 6 or more hours (8 for Law Students) of graded credit and are actively attending classes or completing other required coursework towards a degree are automatically enrolled in this insurance plan at registration. All DU degree-seeking students enrolled in one or more of graded credits are eligible to enroll in this insurance plan at the DU HCC.

*\*Home study, correspondence, and online courses do not fulfill the eligibility requirements that the student actively attend classes.*

### ON CAMPUS SERVICES

Care provided by the Health and Counseling Center includes the following:



#### MEDICAL CARE

- Primary and preventative care
- Physical exam including pap smears
- Treatment for illness and injuries
- Coverage for lab services ordered/managed by an HCC provider
- Travel health services at the HCC
- Routine vaccinations
- Allergy Shots
- Tele-health services
- Referrals
- Outpatient eating disorder care



#### SEXUAL AND REPRODUCTIVE HEALTH

- Sexually transmitted infection testing and treatment
- Birth control consultations/Implants including Intrauterine Device (IUD)
- Emergency Contraception/Plan B
- LGBTQ+ Health
- Gender Affirming Care



#### COUNSELING SERVICES

- Individual and couples counseling
- Unlimited group therapy
- Urgent mental health same-day services
- 24/7 Tele-mental health services



#### PSYCHIATRIC SERVICES

- Medication management consultation

For additional plan details visit:  
[www.du.edu/hcc](http://www.du.edu/hcc) > Insurance & Fees

HCC SERVICE	HCF + SHIP	HCF ONLY	OTHER HEALTH INSURANCE
Medical or Mental Health Provider	No Out-of-Pocket Cost*	\$20*	\$120-\$300
Laboratory Tests	No Out-of-Pocket Cost	Discounted	Full Price
Specialist Consultations (Psychiatric)	No Out-of-Pocket Cost for Visits 1-6 Referral Required	\$100* Referral Required	\$100-\$200 Referral Required
X-Ray	No Out-of-Pocket Cost	\$50	\$50
Immunizations	No Out-of-Pocket Cost	Full Price	Full Price
Allergy Shots	No Out-of-Pocket Cost	\$20 per visit	\$20-\$60 per visit

*\*Price increases if labs or procedures are performed*

Please call the DU HCC Administrative Support Team (AST) for any assistance with HCC services or Student Health Insurance Plan navigation.



### ACCESS TO COMMUNITY CARE

While the Health and Counseling Center (HCC) can be your on-campus, primary care provider covered under SHIP, we can also help refer you to community providers, including specialists.

You can also search for an in-network community provider on the Anthem website: [www.anthem.com/find-care](http://www.anthem.com/find-care)



### EMERGENCY CARE

A referral is not required for emergency care. In case of an emergency, please go to the nearest Emergency Room. The cost for an Emergency Room visit is \$200 co pay plus co insurance. If admitted the co-pay is waived.



### PRESCRIPTION COVERAGE

The DU SHIP Anthem prescription plan is a tiered program. Learn more at <https://student.anthem.com/student/schools/u-denver>



### VISION & DENTAL RESOURCES

Learn more at [www.du.edu/hcc](http://www.du.edu/hcc) > Insurance & Fees > Insurance Options

# NEW STUDENT CHECKLIST

## ✓ SELECT OR WAIVE STUDENT HEALTH INSURANCE PLAN (SHIP) AND HEALTH AND COUNSELING FEE (HCF)

### **Student Health Insurance Plan (SHIP)**

If you already have health insurance and decide to waive the Student Health Insurance Plan for the academic year, you must submit your request by the fall deadline (check SHIP insert). The SHIP Waiver Request will be active on the myDU online portal by August 1. *\*Proof of health insurance is required.*

### **Health and Counseling Fee (HCF)**

The required HCF supports prevention education and wellness services, and decreases your cost for medical and counseling services at the HCC, including low co-payments for appointments, and discounted in-house medications, lab tests, and procedures. For 2025-26, the HCF is \$250/quarter (\$375/semester).

## ✓ FULFILL THE IMMUNIZATION REQUIREMENT

All new students (undergraduate and graduate) must provide proof of two doses of the measles, mumps and rubella vaccine. Students living in on-campus housing must also provide proof of a meningococcal ACWY vaccine received within the past five years.

### **Immunization deadline:**

Undergraduate students

- Check HCC website

All Graduate Programs

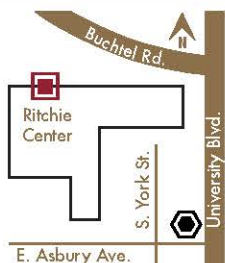
Including Law

- Contact your department

*\*Must be submitted before your program's registration date*

## ✓ COME VISIT US

[www.du.edu/hcc](http://www.du.edu/hcc)



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