Health Clinic

Patient Portal-Schedule your appointments online!

To schedule a medical appointment click on the Patient Portal Icon located at health.uni.edu/ and login using your Cat ID and passphrase. Once you are in the patient portal select New Appointment from the dashboard.

If you need to schedule any of the following appointments please contact our office directly at (319)273-2009 option #1 as these can not be schedule online. Please remember to arrive 10-15 minutes prior to your scheduled appointment time. You will need to stop at the front desk to start your check-in process.

- Mental Health Visit
- Depo Shot,
- Allergy Shot,
- Immunizations
- Travel Consultations
- UTI
- STI testing
- SRT

Health Clinic Information

- Listen to your body, eat when hungry and stop eating when not hungry
- Create an eating plan
- Plan healthy snacks ahead of time for when you are on the go
- Eat mindfully and avoid eating in front of the tv
- Eat breakfast
- Savor food and take time to enjoy!
- Check out choosemyplate.gov

- Avoid sugary drinks
- Hydrate for concentration and boost water with cucumbers or fruit
- When getting a snack, ask if you are actually hungry or if you are simply stress eating
- Hide vegetables in other foods, such as smoothies
- Try meal prepping, cooking new healthy meals with friends to make it fun, or hosting a healthy dinner party!

Nutrition

Healthy, Quick, Nutritious Meal for the On-the-Go Student

Mason Jar Salad

Pour gingery dressing on the bottom, add chickpeas, and then layer all the colors of the rainbow. Top with extra protein like tofu or grilled chicken and sunflower seeds, and you’ve got the perfect jar of salad happiness

Find this recipe and more make ahead salad ideas at: https://bit.ly/2EjHBdp

Learn more about healthy eating, intuitive eating, eating concerns, backpack meals, and recipes at studentwellness.uni.edu/eating-well

UNI Student Health Clinic @UNI_SHC unistudenthealth
NEW Groups

Schedule your orientation to group session by calling 273-2676

Join other students who are going through similar situations to learn new strategies, share in experiences, and most importantly gain support. A great way to connect with others at UNI! Groups are free under the mandatory health fee! Step outside your comfort zone and grow with others by taking the first step and calling for your orientation.

Self-Care for Anxiety Group — Thursdays at 1:00, First session begins 1/31
Process experiences and learn strategies to help manage and reduce symptoms of anxiety, panic, social anxiety.

Grief Support Group — Tuesdays at 3:00. First session begins 1/29
Process and work through grief with others who are also working towards new hope and healing.

Process Group — Mondays at 3:00, beginning 1/28
This is an open peer support group with the goal of creating an environment conducive to sharing and exploration of personal topics, exchanging feedback, and gaining personal insight.

Wellness Wednesday and Take Time Thursday
Join us for Wellness Wednesday and Take Time Thursday each week to experience rejuvenating and interactive activities. We're here to offer support and provide opportunities for you to relax and unwind during the busyness of your day. Drop-in the Makerspace, Lib 286 any time between 11:00am - 1:00pm every Wednesday and Thursday throughout the semester. Email Shawna Haislet Health Promotion Coordinator at shawna.haislet@uni.edu for more details!

Wellness Coaching is Here for YOU!
Wellness Coaching is a way for students to create the life they want by exploring their strengths and focusing on their health and well-being. The eight dimensions of wellness are utilized to assess which dimension(s) the student's goal will address. Through the process of coaching, students may increase self-awareness and self efficacy, achieve goals, and have an increased sense of life satisfaction, purpose, and meaning. To schedule an individual session visit: studentwellness.uni.edu/wellness-coaching.