Is gratitude part of your everyday life? Studies show that gratitude can decrease your stress level, increase your happiness, strengthen your relationships, and help you learn forgiveness. If you want to start feeling these benefits, here are a few ideas to start making gratitude your attitude.

Rx: Gratitude

SIDE EFFECTS MAY INCLUDE:
- reduced stress
- strengthened relationships
- improved sleep
- increased happiness
- learned forgiveness

TAKE ONE DOSE EVERY DAY

Have an Attitude of Gratitude:
- Start a gratitude journal
- Express thanks to others
- Leave and share notes
- Say 3 things you’re grateful for in the morning ornight before bed
- Send a card or letter to someone you’re thankful for
Wellness Bingo
Join SWS and Maucker Union Live on November 12th for Wellness Bingo, and you may win an amazing prize! We'll be asking questions about joyful movement, safer sex, healthy connections, alcohol and other drugs, intuitive eating, sleep, stress management, and MORE! You won’t want to miss this event.
Student Health Clinic

STD Testing

The Student Health Clinic offers a variety of confidential sexually transmitted disease testing. Please contact us to make an appointment (319)-273-2009 or call the resource nurse (319)-273-5161 if you have specific questions. There will be a charge for the test, unless indicated free.

Access personal healthcare information 24/7!

Schedule your doctor appointments online!

UNI Health Clinic

PATIENT PORTAL

Log into the patient portal at https://health.uni.edu or the life @ UNI tab on MyUNIverse

Patient Portal

Easy access with your CatID

STD Testing

We offer the following STD testing options:

- Syphilis
- Human Papilomavirus (HPV) in women
- Gonorrhea (free)
- Chlamydia (free)
- Genital Herpes when symptoms are present
- HIV

Patient Portal

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.

@UNI_SHC
unistudenthealth

UNI Student Health Clinic