

FLORIDA ATLANTIC UNIVERSITY



Fall 2023
International Student Success Series

(2) Health, Safety, and Self-Care

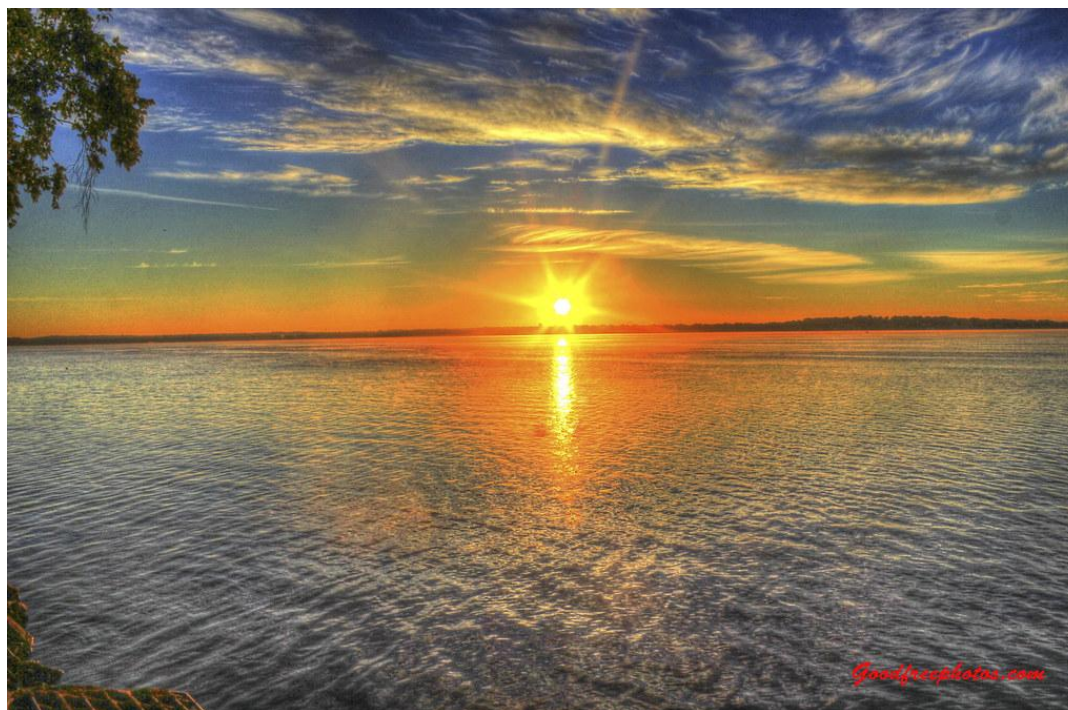
September 8

Global FAU



3 Minute Meditation Video

<https://www.youtube.com/watch?v=uWEvseYTpVs>





What is stress?

Stress is your body's natural reaction to a perceived threat, that has the intent of keeping you safe

It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, and heightened alertness.





Effects of Stress



Physical

- Headaches
- Trouble sleeping or sleeping too much
- Muscle pain or tension
- Stomach issues
- High blood pressure
- Changes in sex drive
- Appetite changes
- Energy changes



Mental

- Feeling you can't get things done
- Worrying about the future
- Moodiness
- Restlessness
- Lack of motivation
- Trouble concentrating
- Irritability
- Sadness or numbness



Behavioral

- Procrastination
- Withdrawal from family and friends
- Excessive use of social media or other sources of distraction
- Increase in substance use
- Loss of interest in previously enjoyed activities



Self care

- We can manage stress by having a self care routine.
- There are different areas of self care
 - Emotional/Mental
 - Environmental
 - Financial
 - Intellectual
 - Occupational
 - Physical
 - Social
 - Spiritual





Self care examples

- Read a book or magazine.
- Sit on a porch or patio. Just. Sit.
- Take a bubble bath—complete with candles and calming music.
- Pick or buy a bouquet of fresh flowers.
- Take a leisurely walk without a goal.
- Give myself permission to watch TV.
- Take a nap.
- Order in dinner.
- Do something crafty: coloring, knitting, sewing..
- Go to the library or bookstore. Sit in a comfy chair and read.
- Watch funny YouTube videos.
- Sit in the grass and watch the clouds float by.



- Do yoga.
- Sing at the top of your lungs.
- Go for a drive—no destination required.
- Listen to the latest episode of a favorite podcast.
- Have a 20 minute stretching session.
- Go to the park and play on the playground.
- Go swimming.
- Declutter a spot in your space that's been bugging you.
- Watch the sun rise or set. Don't take any pictures or post about it on social media. Just watch.
- Have a picnic.



Know Your Resources - CAPS

- FREE and CONFIDENTIAL
 - Counseling
 - Crisis assistance
 - Consultation
 - Connection with campus and local resources
 - And more
- Open Monday-Friday, 8am-5pm
- Boca Office: SS8-room 229 (above Breezeway Food Court)
- Main/crisis line:
 - 561-297-CAPS (2277)
- Learn more:
 - www.fau.edu/counseling

Stay Connected

Follow Us on Social Media



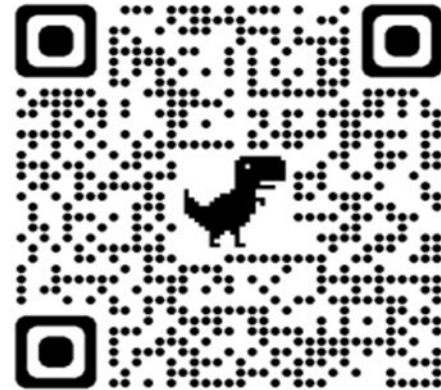
FAUCAPS



FAU_CAPS




search fau counseling
and psychological
services





Owls Care Health Promotion

- Services & Resources
 - **Free Wellness Resources** (snacks, menstrual products, stress balls, condoms, pregnancy tests,
 - **Hoot Loot** (fake office currency you collect and turn in for larger giveaways like jackets, yoga mats, water filters, etc)
 - **Body Project** (free body acceptance program)
 - Workshops & events
 - Health tips on Instagram [@fauowlscare](https://www.instagram.com/fauowlscare)
 - Location: Schmidt Family Complex, Suite 158A
- Women's Resource and Community Connection
 - **Sex in Paradise** discussions (discuss sexual health topics with our peer educators)
 - Women's Leadership Institute
 - Student area to get resources and **connect with other students**
 - Location: SS-8, Room 224 (2nd floor of the Breezeway, above Starbucks)

1	HOOT LOOT	1
Schmidt Family Complex for Academic and Athletic Excellence (SF-107), Suite 158A (just West of the Stadium)		
		
Florida Atlantic University Owls Care Health Promotion		
1	HOOT LOOT	1





Time Management

Class = shaded

	DATE: Sept 11, 2023	DATE: Sept 12, 2023
6:00am		
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm	1. Class	
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		
10:00pm		
11:00pm		
12:00am		



Time Management

Class = shaded

Work = dots

	DATE: Sept 11, 2023	DATE: Sept 12, 2023	
6:00am			
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
12:00pm	1. Class		
1:00pm			
2:00pm			
3:00pm			
4:00pm			
5:00pm			
6:00pm			
7:00pm		2. Work	
8:00pm			
9:00pm			
10:00pm			
11:00pm			
12:00am			



Time Management

Class = shaded

Work = dots

Eat = vertical lines

	DATE: Sept 11, 2023	DATE: Sept 12, 2023
6:00am		
7:00am		
8:00am		3. EAT
9:00am		
10:00am		
11:00am		
12:00pm	1. Class	
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		2. Work
8:00pm		
9:00pm		
10:00pm		
11:00pm		
12:00am		



Time Management

Class = shaded

Work = dots

Eat = vertical lines

Sleep = horizontal lines

	DATE: Sept 11, 2023	DATE: Sept 12, 2023
6:00am		
7:00am		
8:00am		3. Eat
9:00am		
10:00am		
11:00am		
12:00pm	1. Class	
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		2. Work
8:00pm		
9:00pm		
10:00pm		
11:00pm	4. Sleep	
12:00am		



Time Management

Class = shaded

Work = dots

Eat = vertical lines

Sleep = horizontal lines

Study = diagonal lines

	DATE: Sept 11, 2023	DATE: Sept 12, 2023
6:00am		
7:00am		
8:00am		3. Eat
9:00am		
10:00am		
11:00am		
12:00pm	1. Class	
1:00pm		
2:00pm		
3:00pm		
4:00pm	4. Study	
5:00pm		
6:00pm		2. Work
7:00pm		
8:00pm		
9:00pm		
10:00pm		
11:00pm	4. Sleep	
12:00am		



Time Management

- Class = shaded
- Work = dots
- Eat = vertical lines
- Sleep = horizontal lines
- Sports/movement
- Club meetings

	DATE: Sept 11, 2023	DATE: Sept 12, 2023
6:00am		
7:00am		
8:00am		3. Eat
9:00am		
10:00am		
11:00am		
12:00pm	1. Class	
1:00pm		
2:00pm		
3:00pm		
4:00pm	4. Study	
5:00pm		
6:00pm		2. Work
7:00pm		
8:00pm		
9:00pm		
10:00pm		
11:00pm	4. Sleep	
12:00am		



Campus Recreation





Our Facilities

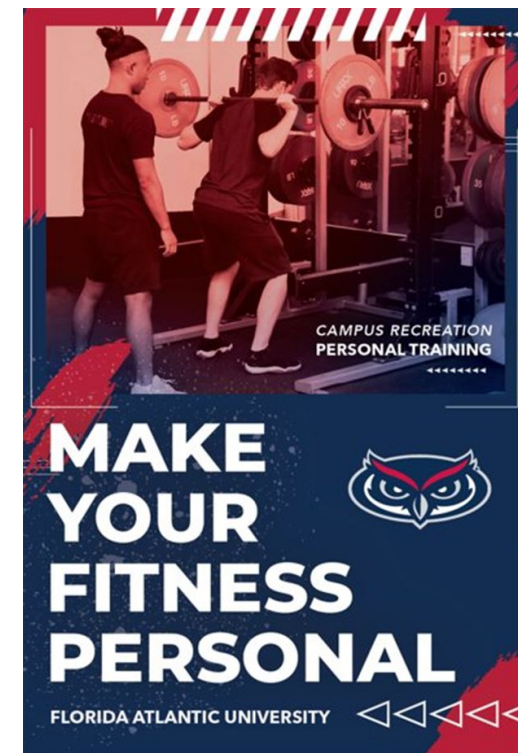
- Recreation and Fitness Center
 - Cardio and Strength Equipment
 - Fitness Studios
 - Indoor Courts
 - Lap and Leisure Pool
- Other Facilities in Boca
 - Track and Field
 - Outdoor Courts
- Base Camp
 - Climbing Wall and Challenge Course
- Broward Fitness Center
- Jupiter Fitness Center





Fitness

- Group Fitness
 - Includes:
 - Cycle
 - Yoga
 - Dance
 - Strength
 - And More!
 - Specialty Classes are offered on a monthly schedule
- Personal Training
 - Rates for Students, Members, and Non-Members
 - Personalized Training Sessions
 - Complimentary Fitness Consultations





Sports Programs

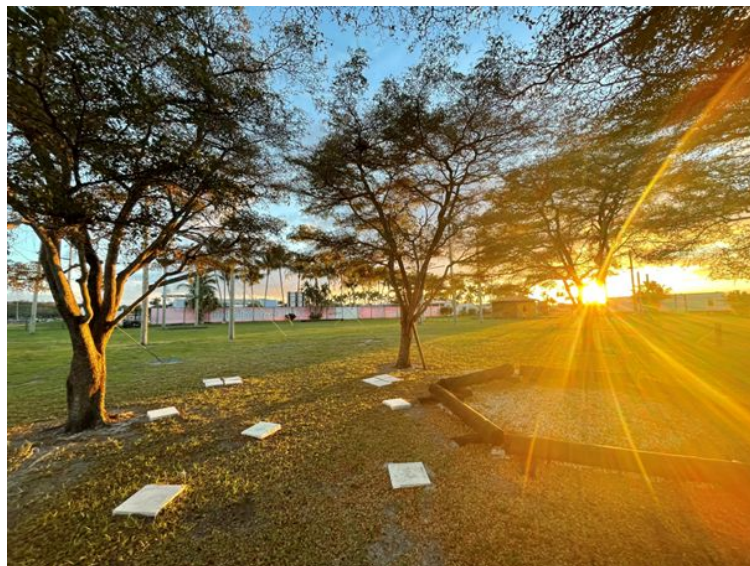
- Intramurals
 - Sign Ups through September 10th for Fall 1 Season
 - Offerings include:
 - Flag Football
 - 3 v 3 Basketball
 - Indoor Soccer
 - Softball
 - Volleyball
 - Men, Women, and Co-Ed Leagues
- Sport Clubs
 - Includes:
 - Ice Hockey
 - Rugby
 - Lacrosse
 - Gymnastics
 - Cheer
 - Soccer
 - Foam Fighting
 - Equestrian
 - E-Sports
 - And More!





Base Camp

- Open Climb
 - Wednesday and Friday from 4-6pm





Insurance Questions & Answers For International Students



800-356-1235

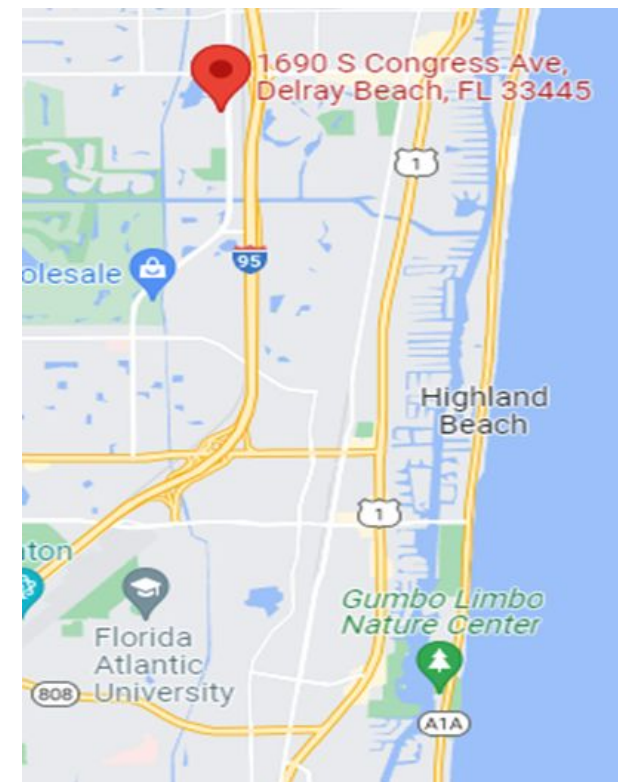
www.InsuranceForStudents.com/FAU



Insurance For Students is your **insurance agent**. Our office is located close to the Boca Raton FAU campus and our team is here to help you make the most of your **student health insurance plan (SHIP)**. We can help question such as:

- How do I access my ID card?
- What specialists can I visit?
- My bills are not being paid, what do I do?
- Does my insurance cover my immunizations?
- How do I cover my child?
- I need coverage to visit a dentist.

Insurance for Students – www.insuranceforstudents.com/fau
1690 S. Congress Ave., Suite 101 Delray Beach, FL 33445 Phone:
800-356-1235





What is the next step with my insurance?

- Students will receive welcome emails from the insurance carrier, UnitedHealthcare StudentResources in mid August to setup their insurance account.
- Once your online account is setup you can access your insurance id card, download the UHCSR app and view all your claims information.
- The FAU International Student Health Plan's coverage started on **8/14/2023!**



Create your My Account Today!

With My Account you'll have information about your coverage, immediate access to view and print your ID cards and access to your claim history, including your explanation of benefits (EOBs).

Signing up is as easy!

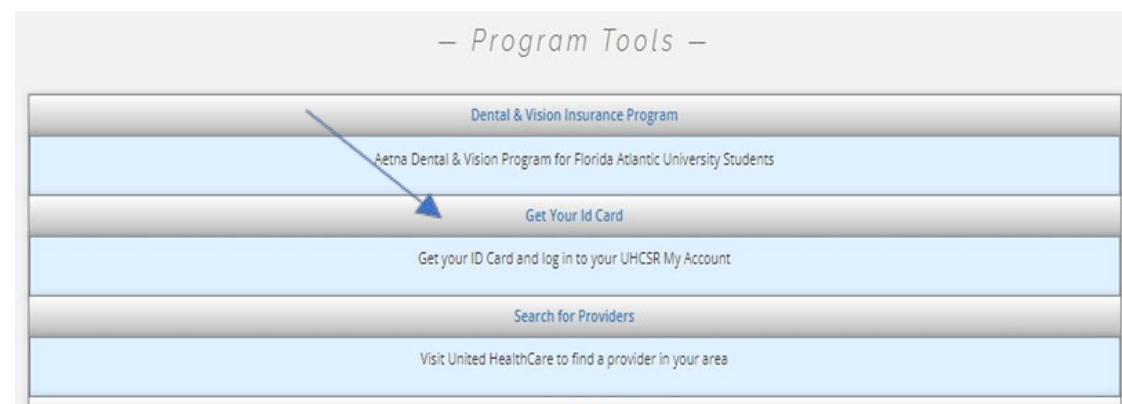
- View your benefits and coverage details
- View or print your ID card
- Review Action Center alerts and your messages
- Submit claims, check claim status and EOB
- Review and respond to claim letters
- Update personal information
- Search for a preferred provider
- Provide other insurance information, accident details or Personal Representative Appointment
- Provide tax information for IRS Form 1095-B (not applicable to international students)

- 1 Visit uhcsr.com/myaccount and click Create Account.
- 2 Enter your First and Last Name, DOB and either your Email, Student ID or SR ID.
- 3 Create your Username and Password and click Next to activate your My Account.
- 4 Log-in using the Username and Password you just created.
- 5 Verify your identity using either your email or cell phone number. We'll send you a code to enter to complete your verification.



I did not receive an email from UnitedHealthcare

- Students can still easily setup their UnitedHealthcare account by visiting www.insuranceforstudents.com/fau and selecting the International Student & International Graduate Assistant Program.
- On the International Student & International Graduate Assistant page make sure to scroll down and select “Get your ID Card” under Program Tools.





Setting up your My Account

Be sure to download the UHCSR app to your phone for quick access to your insurance id card and claims information.

HealthSafe ID[®]

Sign in

Use your [HealthSafe ID[®]](#) to sign in.

Username

Password

Remember my username (Optional)

Sign in

Register now

Forgot [username](#) or [password](#)?

HealthSafe ID[®]

Let's get you registered

Create your [HealthSafe ID[®]](#) to help protect the security of your personal health information.

All fields are required unless marked as optional.

First Name

Last Name

Date of Birth (mm/dd/yyyy)

Identification Type [Help](#)

SR ID

Student ID / Civil ID / National ID (SACM)

Student ID / Civil ID / National ID (SACM)

Continue

Electronic ID Card

Accessing your ID card through our website or mobile app gives you the ability to download the image to your device for easier access and even fax or e-mail your ID card image on the spot. Once your insurance coverage is active, you'll receive an email letting you know your ID card is available.





Be prepared for when you get sick

Now that your UnitedHealthcare account is setup and you have access to your insurance ID card, know where you are going to go before you get sick!

- FAU Student Health Center – easiest and the only no-cost option for non-emergency care
- Urgent Care – good for non-emergency care when the student health center is closed, or you are far from campus
- Family Doctor or Specialist – your option to build a relationship with a local doctor for routine and specialized care
- Emergency Room & 911 – for extreme situations where your immediate health is in danger, such as for a car accident or broken bone





Q&A

Any questions?

