

Health & Wellness

Healthcare in the US might seem very different from what you are accustomed to. Buying insurance, making appointments, and choosing a primary care provider are a few things you will need to consider. Don't feel like you are alone. We are here to help you navigate accessing health and wellness care for the first time in the US at UGA.

The UGA Health Center

The UGA Health Center is your one-stop-shop for integrated medical, wellness, and specialty services.

To start, every student is assigned a primary care provider (PCP) home. At UGA we have arranged the four PCP homes by colors: Red, Gold, Blue, and Green. The UGA Health



is a fully integrated model, which means they treat and recommend services that are unique to each patient's needs, whether that is treating illness, providing wellness resources, counseling, health coaching, and much more. Your PCP is your first stop.

Additionally, the UGA Health Center provides mental wellness and specialty care, including health coaching, nutrition, group counseling, dental, vision, physical therapy, sports medicine, and a full-range of wellness needs!

Very important things to know about accessing care in the US and the UGA Health Center

- There is no universal healthcare. The US government does not provide health benefits to citizens or visitors. Any time you get medical care, someone has to pay for it.
- Healthcare is very expensive in the US. Most people in the US have health insurance. Health insurance protects you from owing a lot of money to doctors or hospitals if you get sick or hurt. Health insurance can also help you pay for regular check-ups, laboratory tests, vaccines, and prescription medication.

- All UGA-enrolled, International students have access to the UGA student health insurance plan. Check out our “options to pay” at the health center for more information.
- Every student pays the “Health Fee” which affords each student access to a Primary Care Provider with no out-of-pocket costs for the appointment with the clinician. Any other services, such as labs, prescriptions, testing, etc., provided during that appointment will be filed to your student insurance.
- Primary Care Provider (PCP): Every student is assigned a primary care provider home (Red, Gold, Blue, and Green). We are a fully integrated model which means we treat and recommend services that are unique to each patient's needs, whether that is treating illness, providing wellness resources, counseling, health coaching, and much more.

Well-being & Prevention Programs

Counseling and Therapy

Counseling and Psychiatric Services (CAPS) is dedicated to student mental health and wellbeing.

Call 706-542-2273

Wellbeing and Workshops

In-person and virtual well-being services led by clinicians or health educators providing tools to manage stress and more.

Mental Health Classes

In-person and virtual mental health services led by clinicians or health educators providing tools to manage anxiety, relationships and more.