



HEALTH RELATED ISSUES

The transition to college for first-year students or a new environment for transfer students can be both exciting and somewhat stressful. To varying degrees most collegians encounter — and successfully negotiate — a range of academic, social, and relational adjustments. For students who have struggled with emotional, physical, relational, chemical dependency, and/or psychological issues in the past, the transition to college and a new environment can be particularly challenging. Gustavus recognizes this and seeks to provide on-campus professional assessment, support, and consultation for students and their parents to ensure the greatest chance for a successful transition to Gustavus. The Dean of Students Office, Gustavus Health Service, and the Counseling Center are available to consult and assist students.

For students who come to college with a history of health-related concerns (medical, psychological, chemical dependency), Gustavus strongly recommends contacting the Dean of Students Office at least one month prior to the start of a semester to discuss the appropriateness of using on-campus health and counseling resources. Having a proactive plan that identifies professional resources both on and off campus better ensures that the student will have every opportunity to be healthy and successful at Gustavus. Because it is the practice of the College to keep students at the center of decision-making and planning that involves them directly, we encourage students, with the support of their parents, to contact the Dean of Students Office to develop a transition plan. Please do not hesitate to call (507-933-7526) or email (dos@gustavus.edu) with any question you may have.

HEALTH INSURANCE INFORMATION

All students are required to have comprehensive health insurance and are enrolled automatically in the Student Health Insurance provided by United Healthcare. International students are required to carry this policy. Domestic students are able to waive coverage if they have other comprehensive medical coverage in the state of Minnesota for the academic year. **The enrollment/waiver site is expected to open towards the end of July. Students should watch their Gustavus email for updates.**

Student Health Insurance begins August 1 and goes through July 31 of the following year. The annual price for the 2025-26 plan is anticipated to be \$2,179. The plan is comprehensive and includes FREE telehealth and telemental health (therapy and psychiatry) through Healthiest You. It is important to note that all services rendered in the Health Service will be covered at 100% by this plan (deductible and co-pays will be waived).

All students with their own health insurance must complete the waiver before September 15, 2025 or they will be responsible for the premium of \$2,179 for annual health insurance. For students who want the insurance, we encourage enrollment online once the site is available, which allows for full access to the insurance on August 1, 2025. Please visit www.gustavus.edu/healthservice/studenthealthinsurance for additional information on enrolling or waiving the student health insurance.

The Gustavus Health Service is a full-service clinic on campus that accepts most health insurance plans (it is the responsibility of the student to know if the clinic is in or out of network). The Gustavus Health Service is a contracted provider with the following insurance companies: Blue Cross Blue Shield, Preferred One, Medica, Health Partners, United HealthCare and Minnesota Health Care Programs. If you have medical insurance from out of state, you may wish to check with your insurance plan to see if they will accept claims from Gustavus Health Service. We are unable to bill out of state medical assistance plans. If you are enrolled in an out of state medical assistance plan, you may choose to enroll in a Minnesota plan while you are living in Minnesota.