



Student Health on Haven

New Student Orientation 2026 - 2027





You
Belong
HERE.



COLUMBIA

COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER

STUDENT HEALTH ON HAVEN

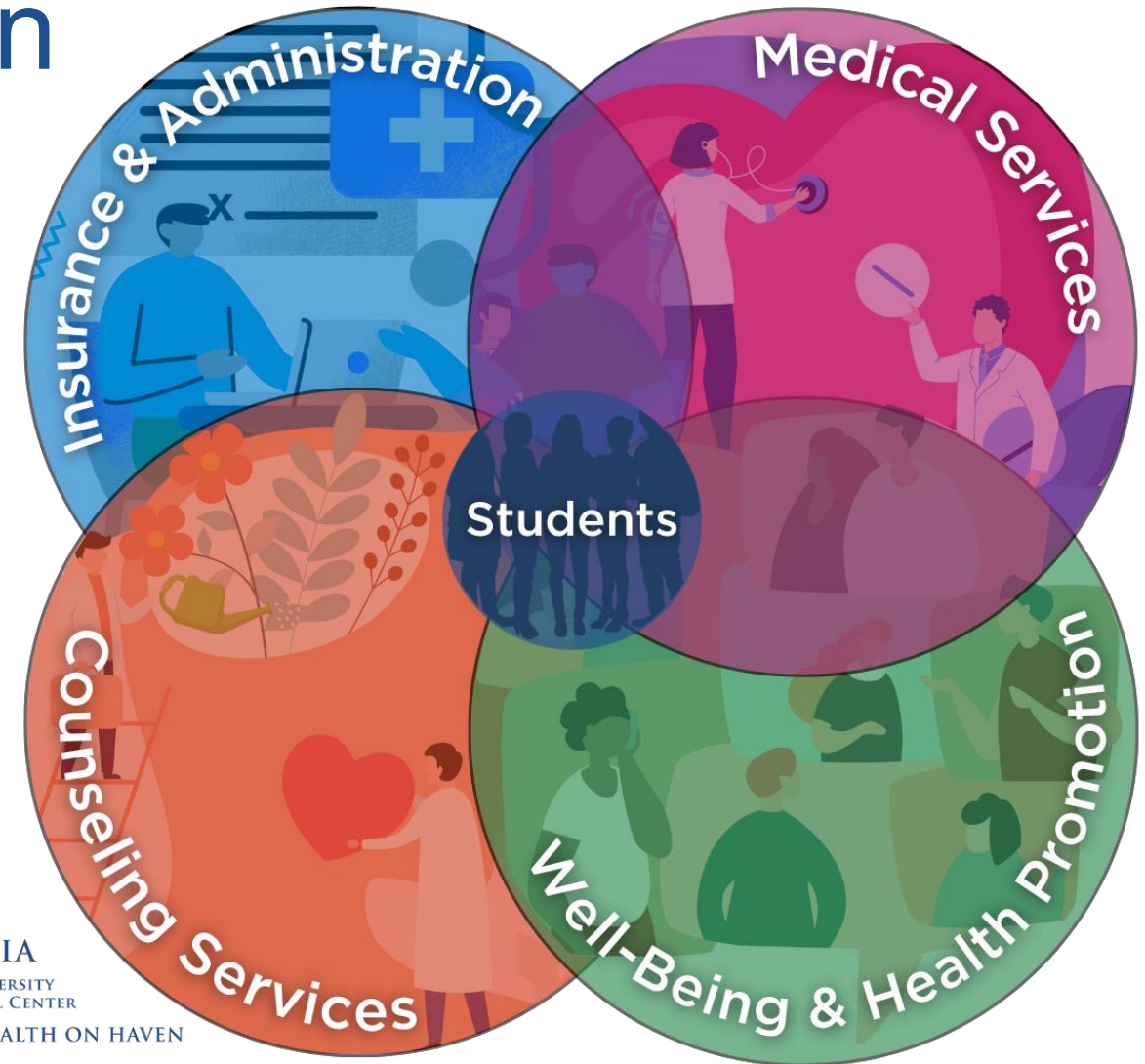
Student Health on Haven: Our Team



Student Health on Haven

Student Health on Haven provides **student-centered and integrated** health and well-being support.

Students can access confidential and non-judgmental services starting at **any Student Health on Haven touch-point.**



 COLUMBIA
COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER
STUDENT HEALTH ON HAVEN

Student Health and Related Services Fee (HRSF)

Regardless of insurance, all students pay a **Health and Related Services Fee (HRSF)*** which provides access to:

- Medical Services
- Counseling Services
- Well-Being and Health Promotion
- Disability Services
- Sexual Violence Response

- Confidential services
- Secure medical records
- In-person and virtual visit options
- Same-day and urgent appointments
- 24/7/365 connection to care

****HRSF for August 15, 2026 - August 14, 2027 = \$1,788***

Quiz Question #1

TRUE OR
FALSE?

The Health and Related Services Fee grants students access to all resources offered through and at Student Health.

Quiz Question #1

TRUE OR
FALSE?

TRUE

The Health and Related Services Fee grants students access to all resources offered through and at Student Health.

Quiz Question #2

TRUE OR
FALSE?

My school can find out if I seek support at Student Health on Haven.

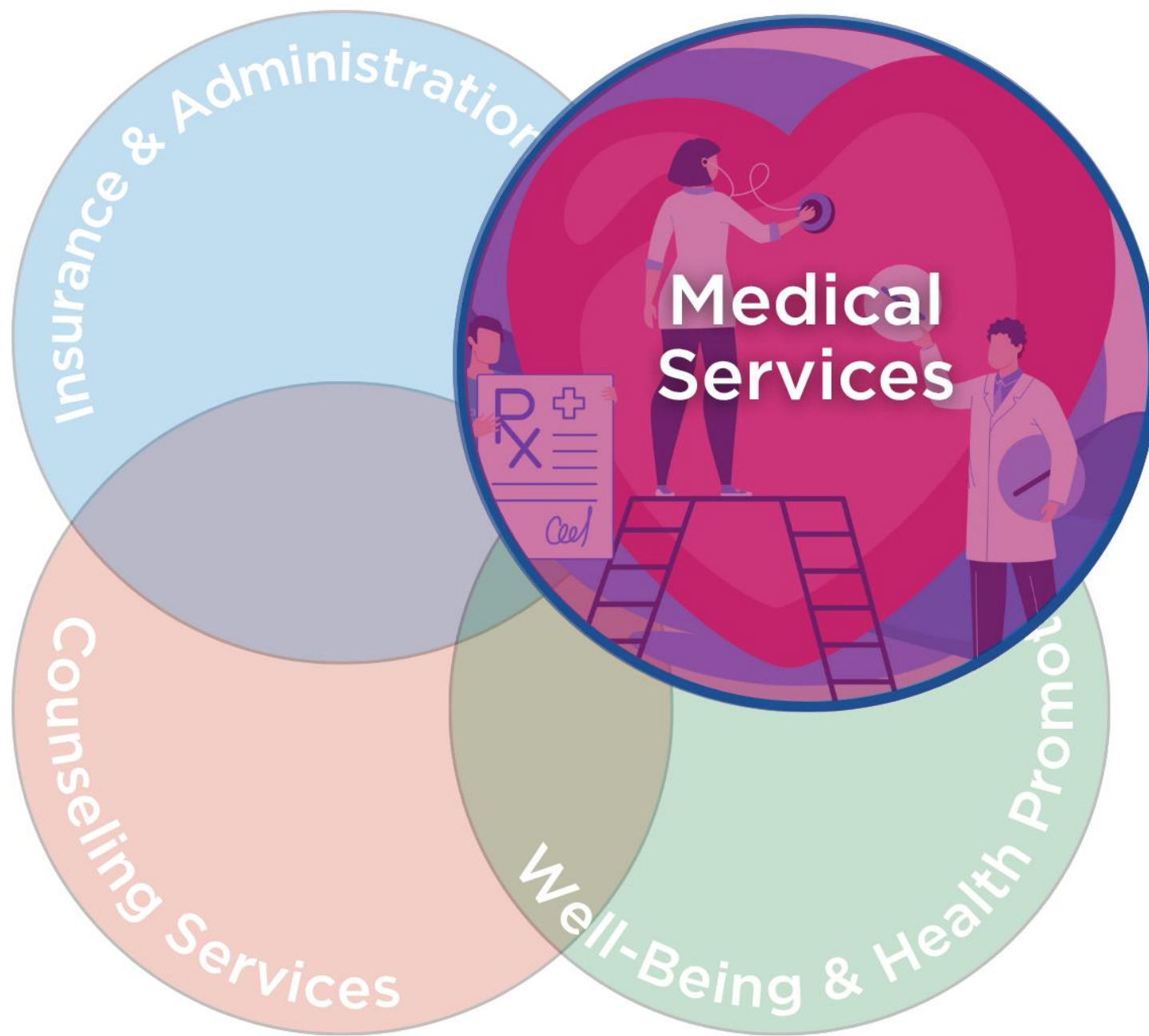
Quiz Question #2

TRUE OR
FALSE?

My school or program can find out if I seek support at Student Health on Haven.

FALSE

All Student Health on Haven resources are confidential. No information about your access to care will be released to anyone without your consent.



Medical Services

Medical Services is your on-campus resource for all your primary healthcare needs.



Physical exams, travel medicine, and immunizations



Inclusive sexual & reproductive health services and gender affirming care



Evaluation, diagnosis, and management of acute & chronic conditions



Program-specific needs (e.g., occupational exposures)



Nutrition counseling



Medication management

Reminders



If you are not feeling well, you should **stay home and take care of yourself!** You can return to class when your symptoms improve, and you are fever-free without the use of fever-reducing medication for at least 24 hours.



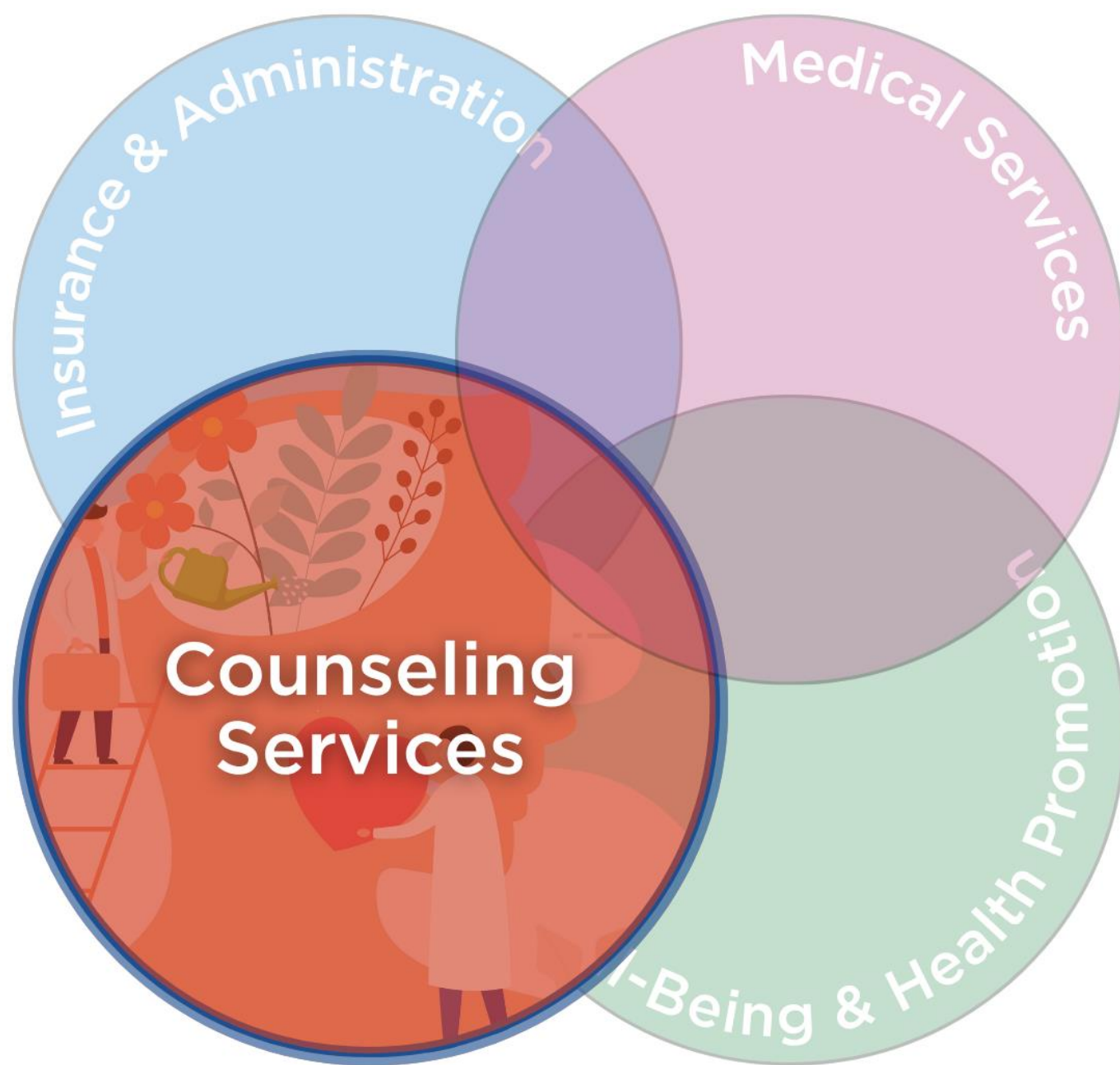
Students enrolled in a clinical program who test positive for COVID-19 must isolate for at least 5 days before returning to work or class. Day 0 is the first day of symptom onset or the day of your first positive test. You must wear a well-fitting mask for an additional 5 days after returning to work or class.



Flu vaccines are strongly recommended for all students and **required for all clinical students in the fall.**



Blood and body fluid exposures are a **medical emergency. For occupational exposures, contact Student Health on Haven immediately.** If we are closed, contact the clinician on call at 212-305-3400 and go to the nearest emergency department.

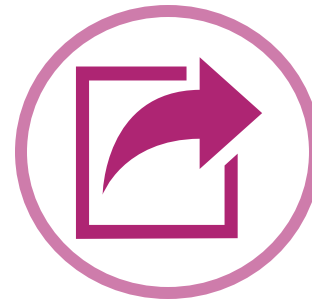


Counseling Services

Counseling Services is staffed by psychologists, social workers, psychiatric nurse practitioners, and psychiatrists who provide:



Short-term psychotherapy and psychiatric treatment



Referrals to long-term providers in the community



One-off support sessions

- Reflection
- Grounding
- Support
- School, relationship, & work stressors
- Racial trauma
- Current events



Skills and support groups

- LGBTQIA2S+
- Connecting Through Loss
- Creating Fulfilling Relationships
- First Gen
- Overcoming Imposter Phenomenon
- Relationship With Food and Body
- Healing and Empowerment: Support Group for Trauma Survivors

TELUS Health Student Support



- Mental health support available 24/7 via phone and chat through the TELUS app
- Counseling is available in up to 60 different languages
- Chat-based services available in English, Chinese, Arabic, Korean, Spanish, and French
- Linkage to care around the world, anywhere with internet access

988 National Suicide & Crisis Lifeline

- Connects you to **trained crisis counselors**
- Available 24/7 via **call, text, or chat**
- Service is **free** and **confidential**

Who can call?

- Anyone experiencing a mental health crisis
- People struggling with suicidal thoughts
- Concerned friends, family members, or loved ones

Call 988



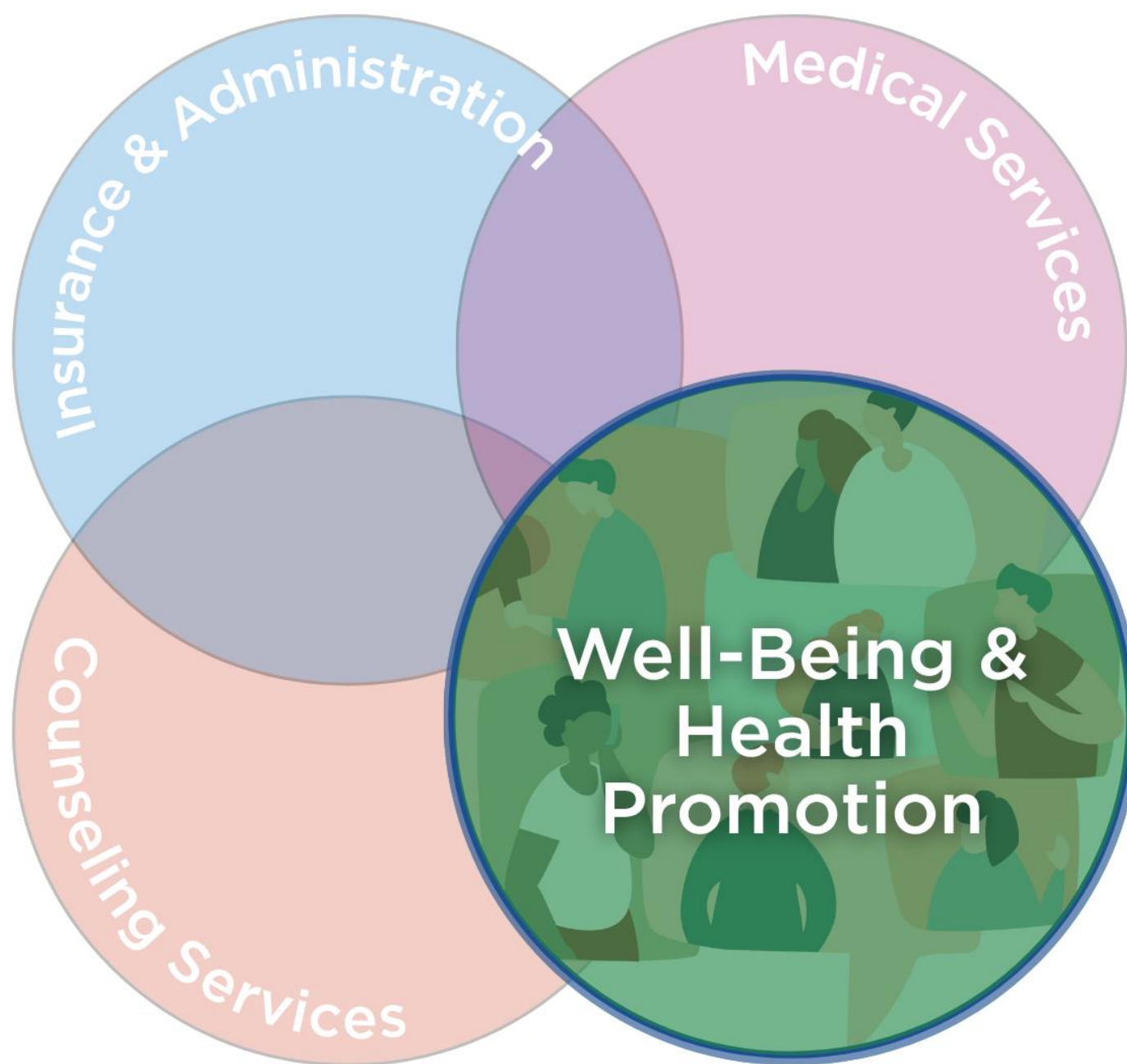
Text 988



Chat

988lifeline.org





Well-Being and Health Promotion Resources

Staffed by health educators and public health practitioners who provide:



**Well-Being
Strategy Sessions**



**Addiction Information and
Management Strategies
(AIMS) Appointments**



**Outreach and
programming**



Education and training

- Mental Health First Aid Certification
- Campus Connect
- Motivational Interviewing
- Curriculum infusion

Well-Being Strategy Sessions

Well-Being Strategy Sessions



- **Well-Being Strategy Sessions*** are one-on-one, confidential appointments for support with navigating academic and personal challenges, skill building, exploring options, and connecting to CUIMC resources.
- Make an appointment to discuss time management, navigating academic demands, mindfulness, sleep hygiene, or other concerns.

**Well-Being Strategy Sessions are not therapy or counseling.*

Well-Being and Health Promotion: Outreach & Programs



CUIMC Knits



Well-Being Newsletter



Pet Therapy



Student Health on Haven Instagram
@healthonhaven.cuimc



Crafternoons

AIMS Program

Addiction Information & Management Strategies (AIMS) offers support, conversations, and education around **substance use, abuse, dependence, or concerning behaviors** using a harm-reduction approach.



Pre-clinical
drug testing



Addiction Rounds



Referrals



Concern for self or
friends, family, or colleagues



Naloxone and fentanyl
test strip training

Interprofessional Collaboration

Student
Well-Being
Collective

AIMS
Council

Student Health
Impact
Partnership

Work inter-professionally with students, faculty, and staff to create and advocate for structural changes that enhance student health and well-being at CUIMC.

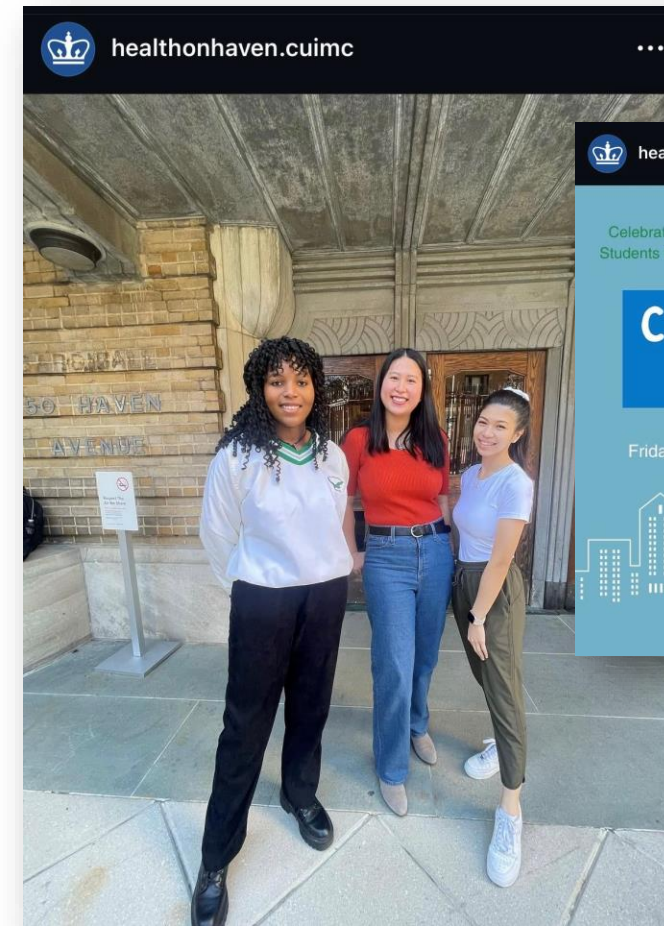
Email studentwellbeing@cumc.columbia.edu to learn more about the programs.

STUDENT WELL-BEING COLLECTIVE

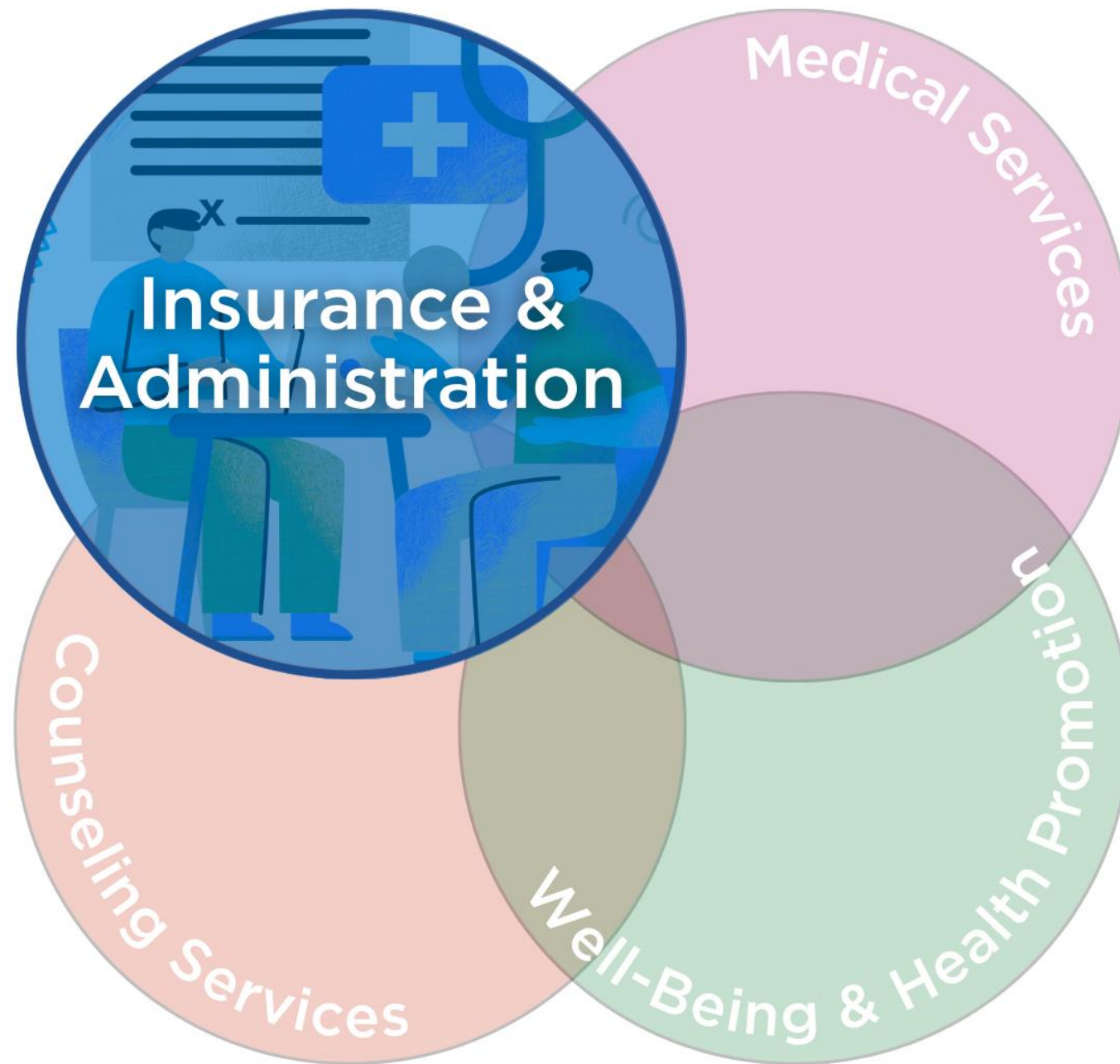
APPLICATIONS OPENING SOON

Passionate about issues related to
health, mental health, and well-being?

Join the Student Well-Being Collective and work
interprofessionally with CUIMC students, faculty,
and staff to address multiple dimensions of student
well-being at CUIMC!



Keep an eye on our Instagram and
newsletter to be the first to hear
about recruitment!



Insurance and Administration

Insurance and Administration offers support and assistance in navigating insurance questions, obtaining referrals, and billing questions.



Verification of
in-network status for
preferred providers



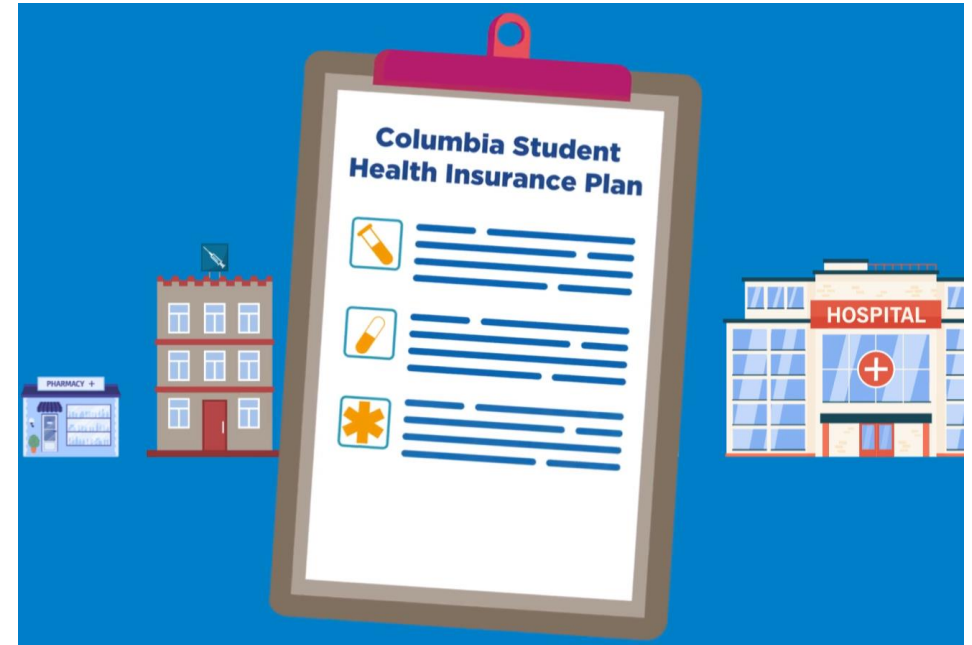
Assistance with billing
questions, such as co-pays,
claims processing, and
out-of-pocket cost estimates



Assistance with
obtaining referrals
and navigating
referral issues

Health Insurance is Mandatory

- All full-time students are **required** to have health insurance.
- All full-time students are **automatically enrolled** in the Columbia University Aetna Student Health Insurance plan at the start of each academic year.
- **You may choose to waive** the Columbia University Aetna Student Health Insurance plan **only if** you have health insurance coverage that is **comparable** to the school-sponsored plan.



Aetna Student Health Insurance Plan: Coverage + Costs

In addition to paying the HRSF, **all full-time CUIMC students are automatically enrolled** in the Columbia University Aetna Student Health Insurance Plan.

Aetna Policy Year 2026-27

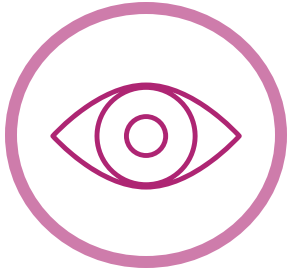


Coverage runs from
August 15, 2026 through
August 14, 2027.



Annual Premium
Cost: **\$5,823**

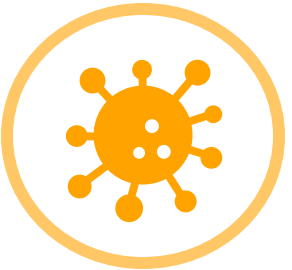
Additional Coverage



Aetna Voluntary Vision Plan: **\$81**



Aetna Voluntary Dental Plan: **\$465**



Bloodborne Pathogen Supplemental Fee: **\$10***

**Clinical students and funded GSAS students*

Aetna Student Health Insurance Plan: Open Enrollment

Reminder: all full-time students are **automatically enrolled** in the Columbia University Aetna Student Health Insurance Plan, unless you choose to waive during the open enrollment period.

Open Enrollment Policy Year 2026-27



Open Enrollment runs from **August 1, 2026** through **September 30, 2026**.



To waive, you must have comparable insurance and **submit a waiver form** via the Student Health Portal.

Aetna Deductibles, Co-Pays, and Referrals



The following information applies to the **Columbia University Aetna Student Health Insurance plan**.

If you elect to waive this plan with comparable coverage, please refer to your health insurance provider for details regarding your individual plan.

Aetna Deductibles and Co-Pays

A **deductible** is the amount of money that you must pay before Aetna will pay for claims.

- **In-Network:** no deductible
- **Out-of-Network:** \$750 deductible per policy year.

A **co-pay** is a fee paid at the time of service.

- There are **no co-pays** for **any services at Student Health on Haven.**
- **Aetna co-pays** for other services include:
 - Generic Prescriptions: \$15
 - Brand Name Prescription: \$50
 - Specialty Drugs: \$75
 - Urgent Care: \$60
 - Emergency Room: \$150
 - Specialist Visits: \$30
 - Behavioral Health: \$20*

**There is no co-pay for the first 10 in-network visits outside Student Health on Haven. In-network co-pays begin with the 11th visit.*

Quiz Question #3

TRUE OR
FALSE?

You are automatically enrolled in the Aetna Student Health Insurance Plan.

Quiz Question #3

TRUE OR
FALSE?

You are automatically enrolled in the Aetna Student Health Insurance Plan.

TRUE

Aetna Referrals

Student Health on Haven Medical Services is **your primary care provider (PCP)**.

To see an outside specialist, **you must obtain a referral from Student Health on Haven**, including mental health providers in the community.

Referrals expire at the end of each policy year on August 14, **except for counseling referrals, which do not expire.**

Referrals are not needed for:

- Any health care 50+ miles away from campus
- Routine OB-GYN care
- Emergency department or urgent care visits
- Dependent children

Before Waiving the Aetna Plan, Consider:

- Do I meet the waiver criteria?
- Do I have adequate coverage for occupational exposure?
- What are my current deductibles and co-pays?
- How expansive is my provider network?
- Do I have all the information I need to make my decision?

[Pre-Registration Requirements](#)

[Health Insurance](#)

[Waiving Coverage](#)

[Enrollment and Fees](#)

[Supplemental Insurance for Clinical Students](#)

[Dental Benefits](#)

[Vision Benefits](#)

[Insurance FAQ & Forms](#)

[Contact the Team](#)

[Medical Records Request](#)

Waiving Coverage

Waiving the Columbia University Student Health Insurance

All full-time domestic students and all international students are enrolled by default in the Columbia University Student Health Insurance Plan, also referred to as The Columbia Plan.

You must have comparable insurance in order to waive the Columbia University Student Health Insurance. Student Health is unable to review any insurance policies. If you would like to compare your coverage, you may review the [Waiver Eligibility Checklist](#).

For Fall 2026 students who plan to waive, please note:

- The **open enrollment** period for **Fall 2026 Students** begins on **August 1st and ends on September 30th**.
- Waivers must be submitted via the [Student Health Portal](#) during the open enrollment period. Uploading an insurance card is not a waiver.
- Review and processing can take up to 7-14 business days.
- Once your request is approved, please allow 3-5 business days for the insurance premium to be removed from your student account. Please note, this will appear under recent activity and not on your e-bill. E-bills are generated for budgetary purposes only.

Domestic Students Waiver Criteria

1. The plan must meet the requirements of the Affordable Care Act, including coverage for routine, urgent, and emergent care for all of the act's Essential Health Benefits in New York State. For a description of the act's Essential Health Benefits, review the [Waiver Eligibility Checklist](#).
2. The plan must be based in and licensed to do business in the United States.
3. The plan must be effective and remain in force for the duration of the [schedule](#) noted below.
4. No yearly or lifetime coverage maximums for essential health benefits.

** CUIMC Clinical students must also ensure any plans submitted for waiver requests provide

Quiz Question #4

TRUE OR
FALSE?

You don't need a referral from Student Health to see a specialist.

Quiz Question #4

TRUE OR
FALSE?

You don't need a referral
from Student Health to see
a specialist.

FALSE

If you have the Columbia University Aetna Student Health Insurance Plan, Student Health is your primary care provider (PCP) and you will need a referral to see all specialists.

Quiz Question #5

TRUE OR
FALSE?

Referrals from Student Health on Haven for specialty care expire at the end of the coverage year, on August 14.

Quiz Question #5

TRUE OR
FALSE?

Referrals from Student Health on Haven for specialty care expire at the end of the coverage year, on August 14.

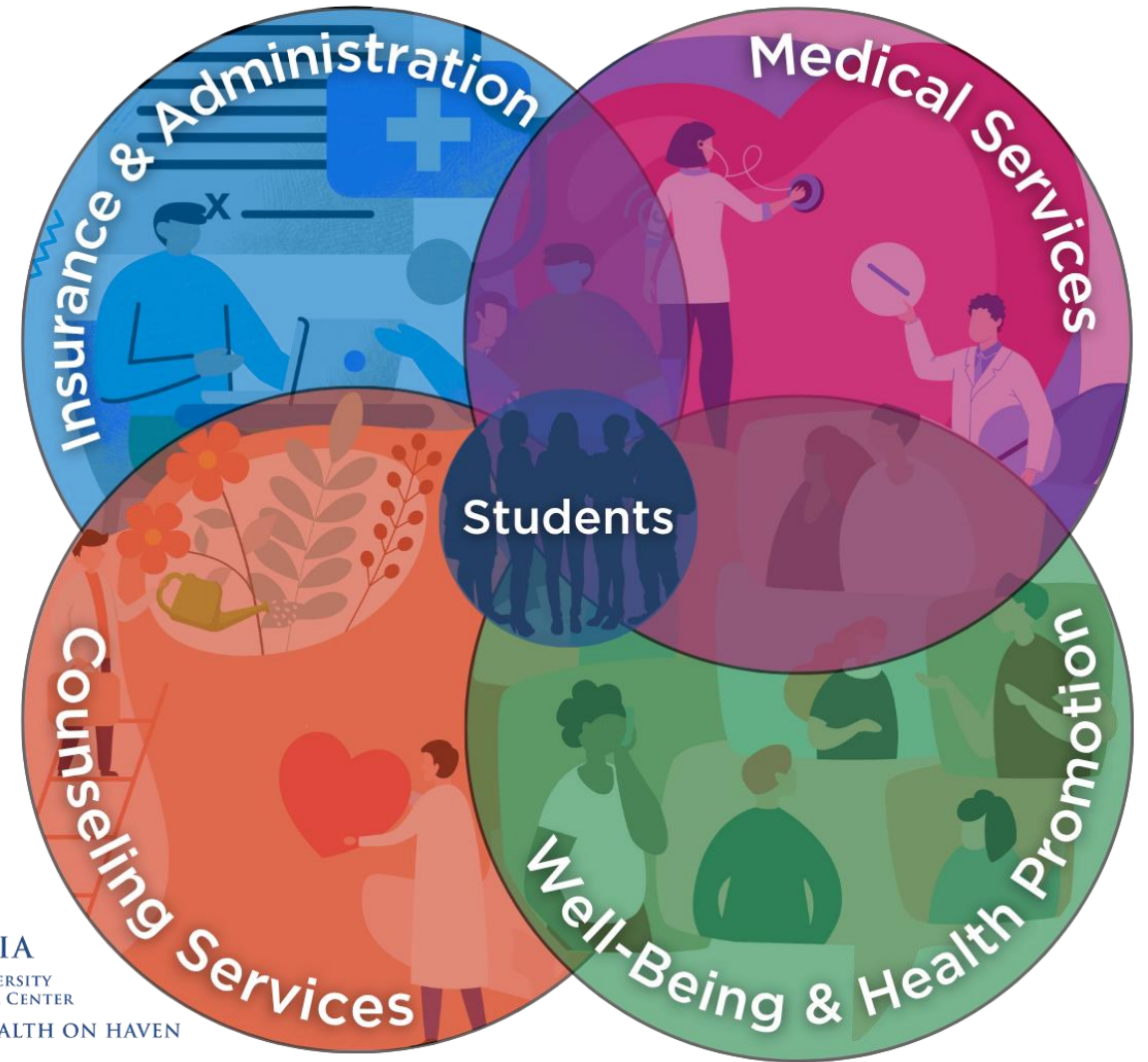
Referrals to medical specialists must be renewed by August 14 each year. Behavioral health referrals do not expire.

Stay Connected

We are here for you.



 **COLUMBIA**
COLUMBIA UNIVERSITY
IRVING MEDICAL CENTER
STUDENT HEALTH ON HAVEN



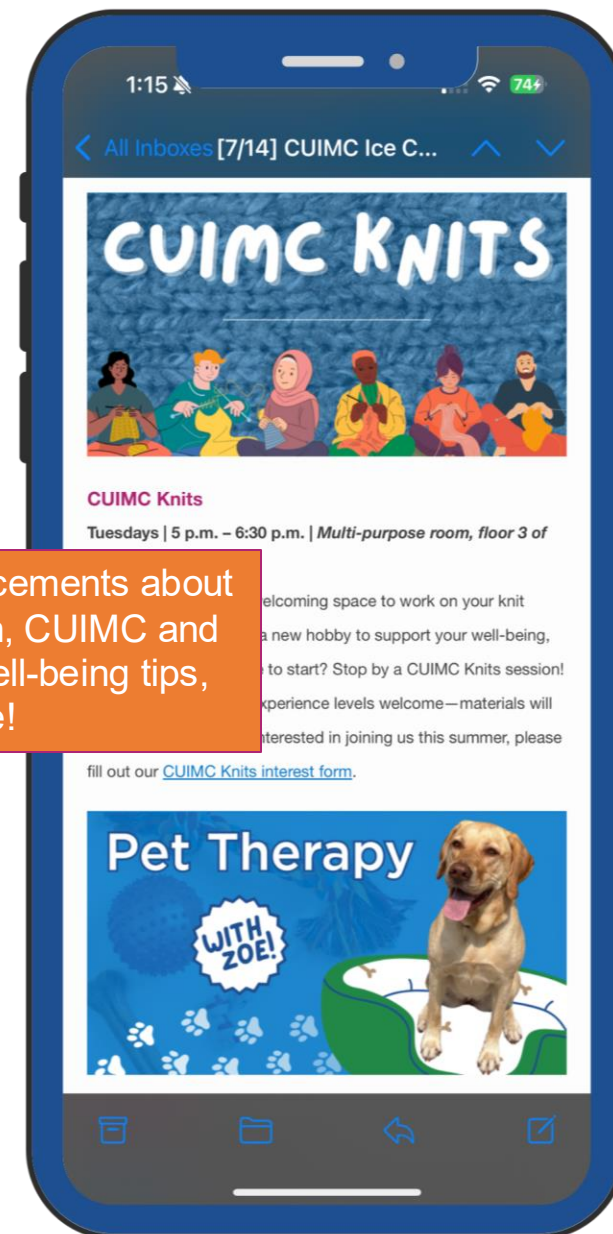
Connect with Us



Subscribe to the Well-Being and Health Promotion weekly newsletter!

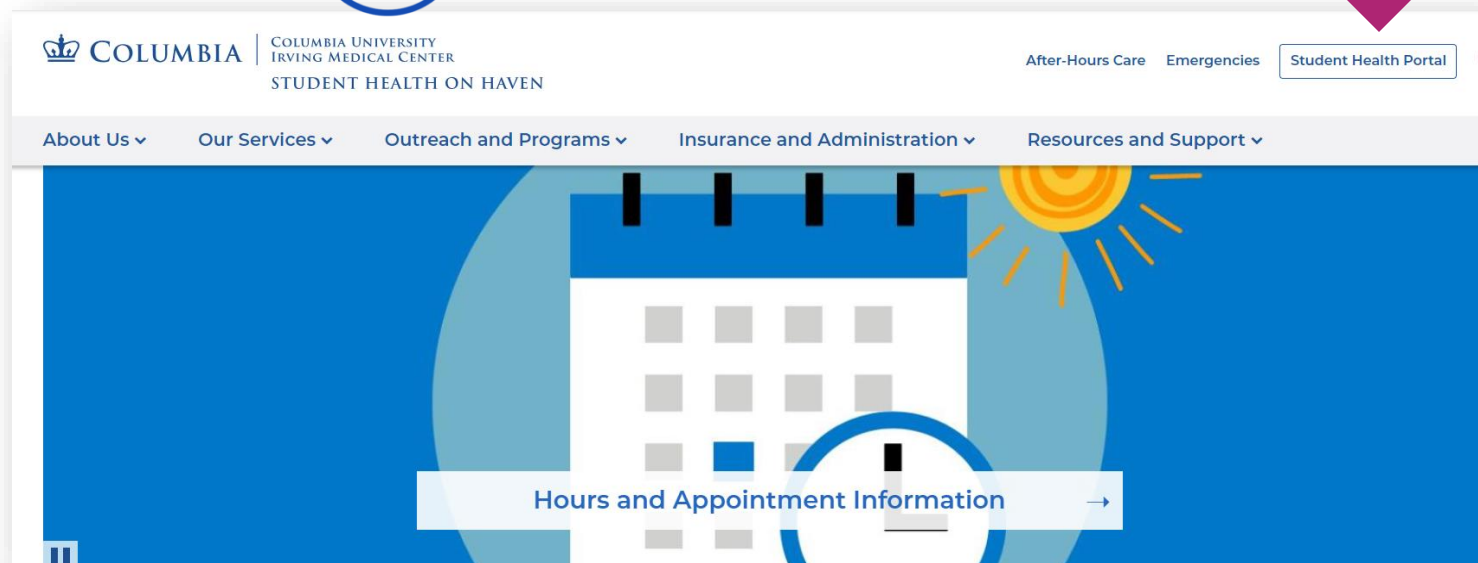
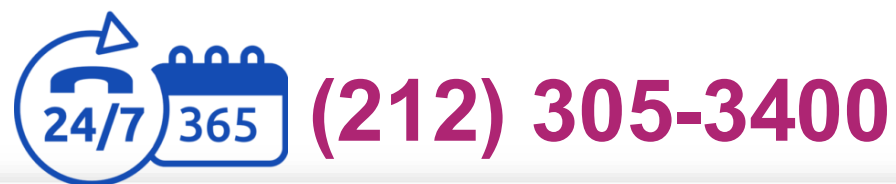


for updates and announcements about events at Student Health, CUIMC and around NYC, recipes, well-being tips, games, prizes, and more!

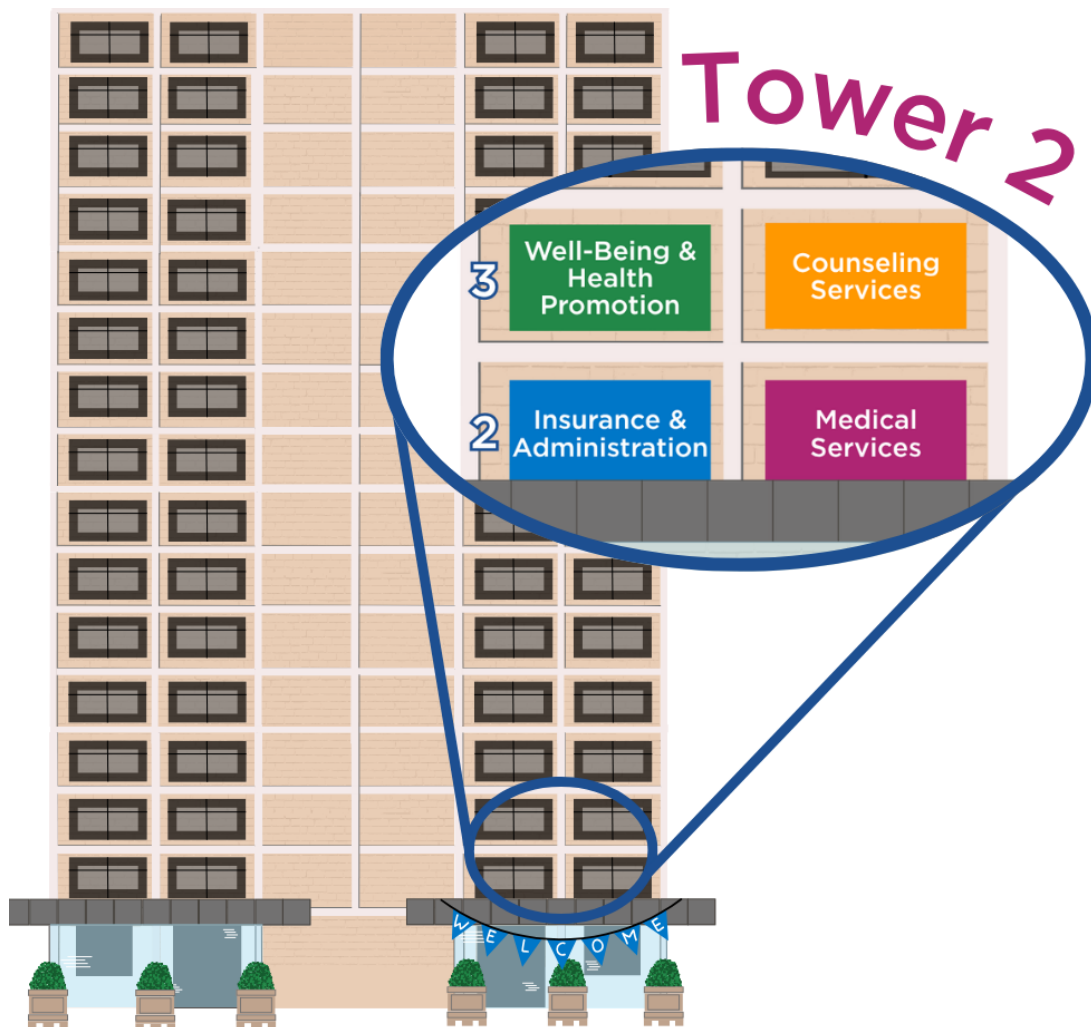


Connect with Services

Call or schedule an appointment via the **Student Health Portal**. For after-hours care related to **mental health concerns**, select **option 7**; select **option 8** for **medical concerns**.



Visit Us



Find us at **100 Haven (Tower 2)**
on the 2nd and 3rd floors

For more information check out
our website:

➔ studenthealth.cuimc.columbia.edu

Final Question

How did we do?

