

Welcome to the Center for Well-Being

myHealthPortal

University of St. Thomas students can use the myHealthPortal to schedule appointments, communicate with a healthcare provider, and upload insurance and immunization records.

Log in with your University of St. Thomas email and password.

How to Upload Insurance Card

All students must provide a copy of their health insurance card:

- Log in to **myHealthPortal**
- Select **Insurance Card**
- Select **Add New Card**
- **Upload** card images
- Select **Save**

How to Upload Immunization Records

If you graduated from a **Minnesota high school** you are **not required** to enter immunization dates or exemption forms.

If you graduated from an **out-of-state** or **home school**, you need to:

- Log in to myHealthPortal
- Select **Forms and Requirements**
- Add dates for Measles, Mumps, Rubella & Tetanus-Diphtheria
- You are not required to upload a copy of your records
- Exemption request forms are available in myHealthPortal (Other Form Uploads).

Log in to **myHealthPortal** for uploading instructions, information, or to make an appointment.

Questions:
(651) 962-6750 or centerforwellbeing@stthomas.edu



Center for Well-Being Service Costs

Counseling & Psychological Services:

No cost - services covered by the health fee, except ADHD testing.

Health Promotion, Resilience & Violence Prevention:

No cost - services covered by the health fee

Health Services:

Cost submitted to insurance



Well-Being New Student Checklist

<p>INSURANCE</p> <ul style="list-style-type: none"> • Insurance Card Upload front and back of card to myHealthPortal. • Verify that the Center for Well-Being (University of St. Thomas Health Services) is in-network for your insurance provider. • Determine the In-Network providers for: <ul style="list-style-type: none"> • Urgent Care • Emergency Room • Pharmacy 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>IMMUNIZATIONS RECORDS</p> <ul style="list-style-type: none"> • Vaccination Dates Upload vaccination dates (if out-of-state or home school) • Vaccination Records Ensure you are up-to-date or submit exemption form. (found in myHealthPortal) <ul style="list-style-type: none"> • 2 MMR (Measles, Mumps, Rubella) • TD (Tetanus Diphtheria) - in past 10 years 	<input type="checkbox"/> <input type="checkbox"/>
<p>ADDITIONAL</p> <ul style="list-style-type: none"> • Ongoing Care Create a plan with your current medical or mental health care provider to either continue care or transfer care to the Center for Well-Being. • Transferring Care Have your current healthcare provider or counselor send your records to the Center for Well-Being. Fax: 651-962-6751 • Prescriptions Transfer prescriptions to a local pharmacy or arrange for delivery with Capsule.com. 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Is the Center for Well-Being an In-Network Provider?

We encourage students to contact their health insurance before arriving on campus to ensure the Center for Well-Being (University of St. Thomas Health Services) is an in-network provider.

- Tax ID number (41-0693970)
- National Provider Identification Number (1881819886)

Any services not covered by insurance will be billed to your student account.

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