



Wellness After Wes

Presented by
Davison Health Center
Counseling & Psychological Services
WesWell, Office of Health Education

Agenda

Welcome and Introductions

Quick Hello from Alumni

Setting up Menti.Com

Navigating Post-Grad Wellness (WesWell)

Navigating Mental Health Care (CAPS)

Establishing a Network of Care (Davison)

Q&A

Quick Hello from Senior Class Officers

Instructions



When you think of wellness, what comes to mind?

35 responses

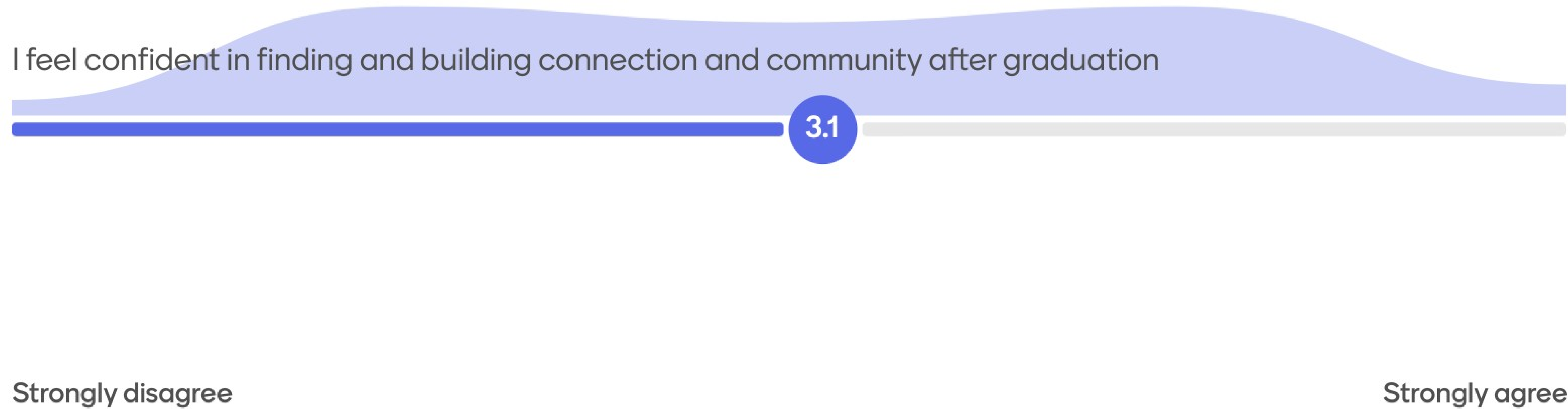


Wellness Post Grad

Post Grad Blues

- These feelings are common. You are not alone. Feeling some degree of 'stuckness' and discomfort after graduating is normal. It's a change, and change can be very challenging.
- Give yourself time to adjust. Leaving college is a huge readjustment, so it's important to give yourself time to adjust. There are so many things which are changing in your life right, so don't rush and put pressure on yourself to have everything figured out straight away, it will take time.
- Find a routine and take time for self-care. Adding this structure to your day can be helpful to many. Remember to make time for yourself and don't put too much pressure if you don't get everything done in a day – there's always tomorrow!

How confident do you feel in finding and building connection and community after graduation?

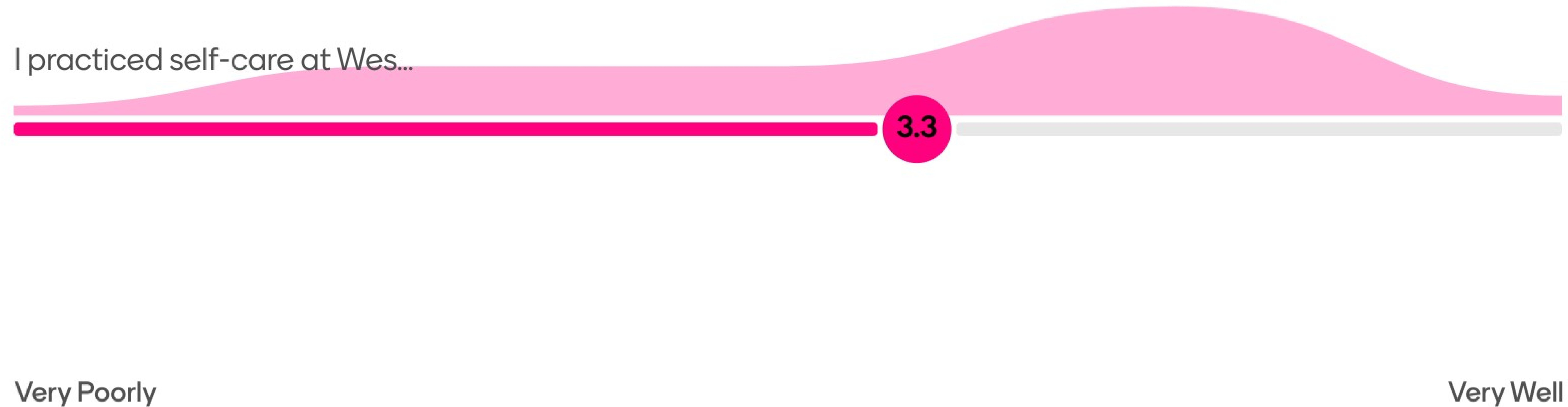




Finding Connection

- If you are invited to a function you don't necessarily feel like attending, just go - expand your comfort zone
- Eventbrite and Meetup are great resources to find and network with others in your who share similar interests and goals
- You will need to be more intentional in finding friends and community outside of school

How well do you feel you balanced self-care while at Wes?



Self-Care Categories



It is absolutely okay
to take time for self care.



you can't do things well
if you don't feel well.

chibird.com

Self-Care Doesn't Go Away!

- Prevent burnout
- Create a new routine for yourself
- Explore new interests or re-discover old ones

Sleep is a necessity, not a luxury.

- Sleep reduces stress.
- Aim for 7-9 hours
- Adjust your sleep schedule slowly
- Make your bed a sanctuary
- Don't get frustrated when you can't sleep
- Limit screens



Re-route comparison

Comparison is a thief of joy.

When engaging in comparison, check in with yourself.

Do you feel like a failure because you actually want to move towards what that person has? Or is it just because you're feeling restless and wanting some resolve that you're comparing yourself? If you do actually want it, how can you move closer to that goal? Can you acknowledge the ways that you're already working towards it? And if you don't actually want it, can you remember what it is that truly moves you and excites you?

From there, consider how you can get closer to a reality that aligns with your own passions, not someone else's.

What are you most excited about pos-Wes?

moving somewhere
warm

No classes

new apartment!

reading more books!

Making money!

More free time

NO MORE
HOMEWORK!!!!

Being with my partner

What are you most excited about pos-Wes?

Hmm

no final exams

Meeting new people!

Having savings

Graduation school

eating meet (weshop
doesn't have any)

figuring out what life
without school looks like

not having to move
every 4 months

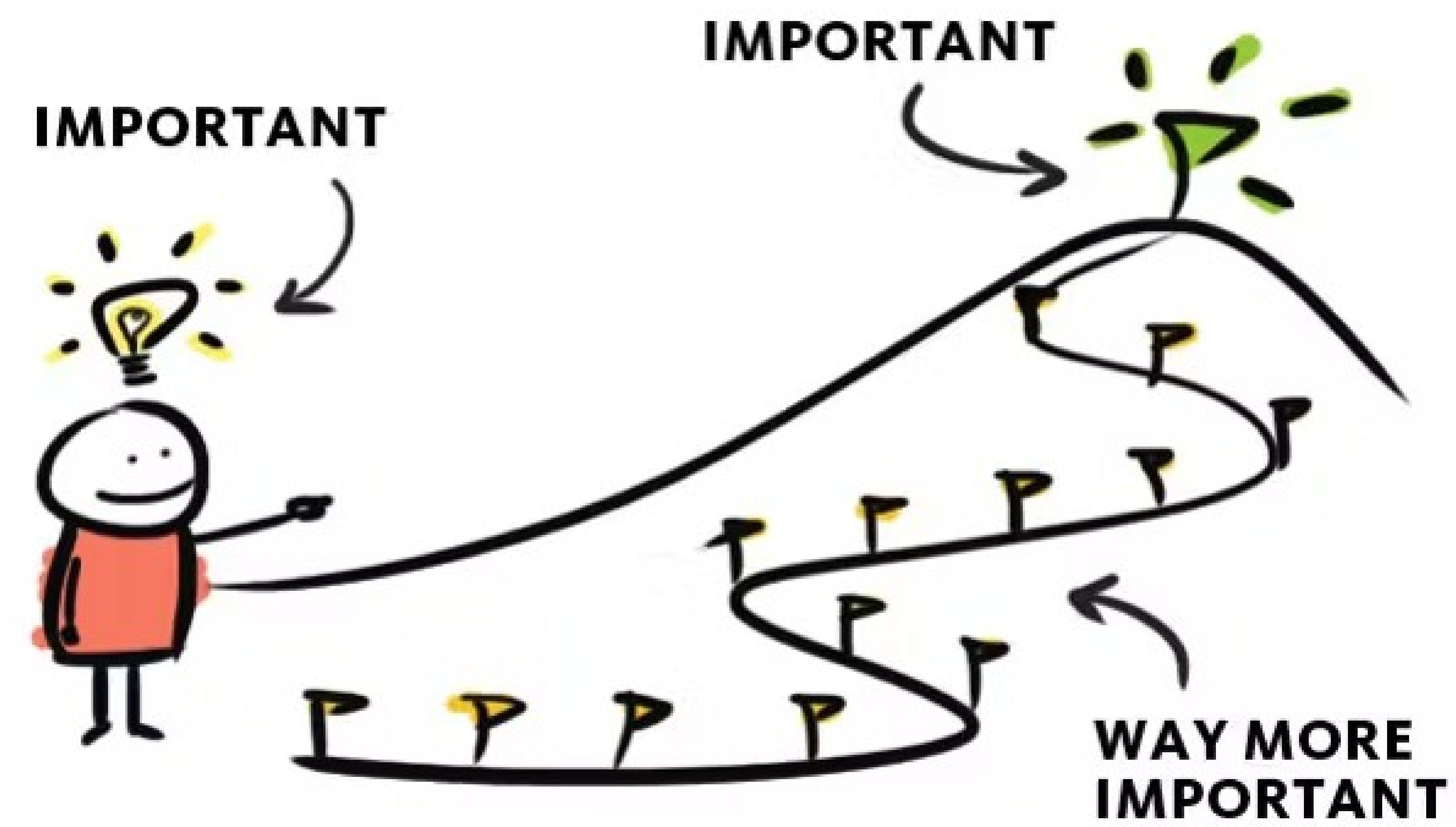
What are you most excited about pos-Wes?

New place

Being an adult

Getting to read more.

no homework and doing
what I want with my time



Celebrate the small victories!

WesWell Resources

- Virtual Resource Room
- Wellness Coaching
- @wes.well



Mental Health Community Providers

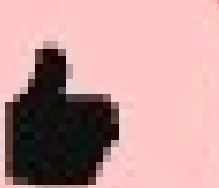
Have you ever used or heard of Psychology Today?

22 responses

yes
no
nah
yuh
yeah
nope

Types of Providers

- Psychiatrist (PhD, MD)
- Psychologist (PsyD)
- Licensed Professional Counselor (LPC)
- Licensed Marriage and Family Therapist (LMFT)
- Licensed Clinical Social Worker (LCSW)



What are you looking for when searching for a provider?

20 responses



A word cloud visualization of 20 responses to the question 'What are you looking for when searching for a provider?'. The words are arranged in a circular pattern, with their size and color indicating their frequency or importance. The words are: non judgmental (red), gives good advice (blue), affordable (blue), understanding (red), woman (blue), kind (blue), helpful (blue), wise (red), nice (red), trans (blue), sense of humor (red), culturally sensitive (red), bilingual (red), not mean (blue), funny (blue), and supportive (blue). The word 'woman' is the largest and most central, followed by 'understanding' and 'helpful'.

non judgmental gives good advice
affordable
understanding woman
kind helpful nice trans
wise sense of humor
culturally sensitive bilingual
not mean funny supportive

When looking for a provider you may want to consider:

- Type of therapy offered
- Insurance
- Training
- Specializations
- Personal connection in their bio
- Referral from others
- Location offerings

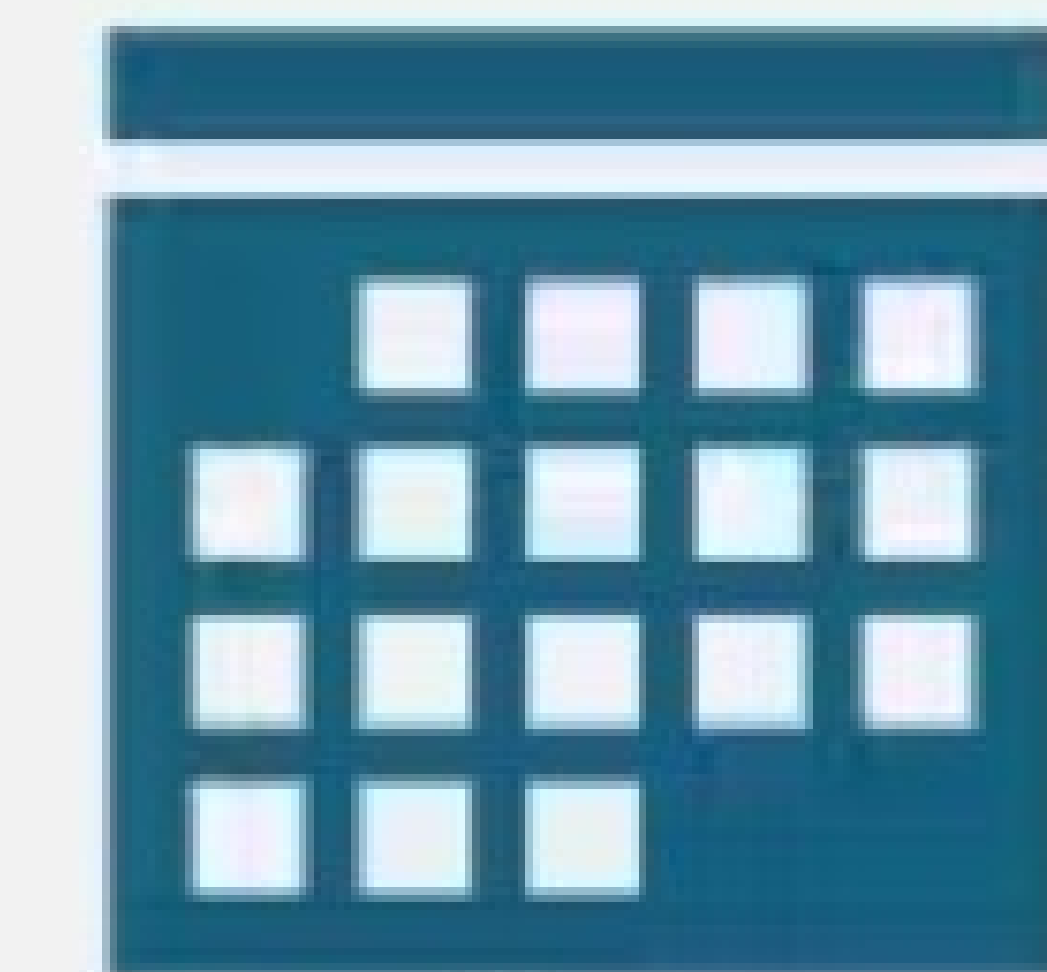
Creating A Network of Care



FIND AN INSURANCE PLAN
THAT WORKS BEST FOR YOU



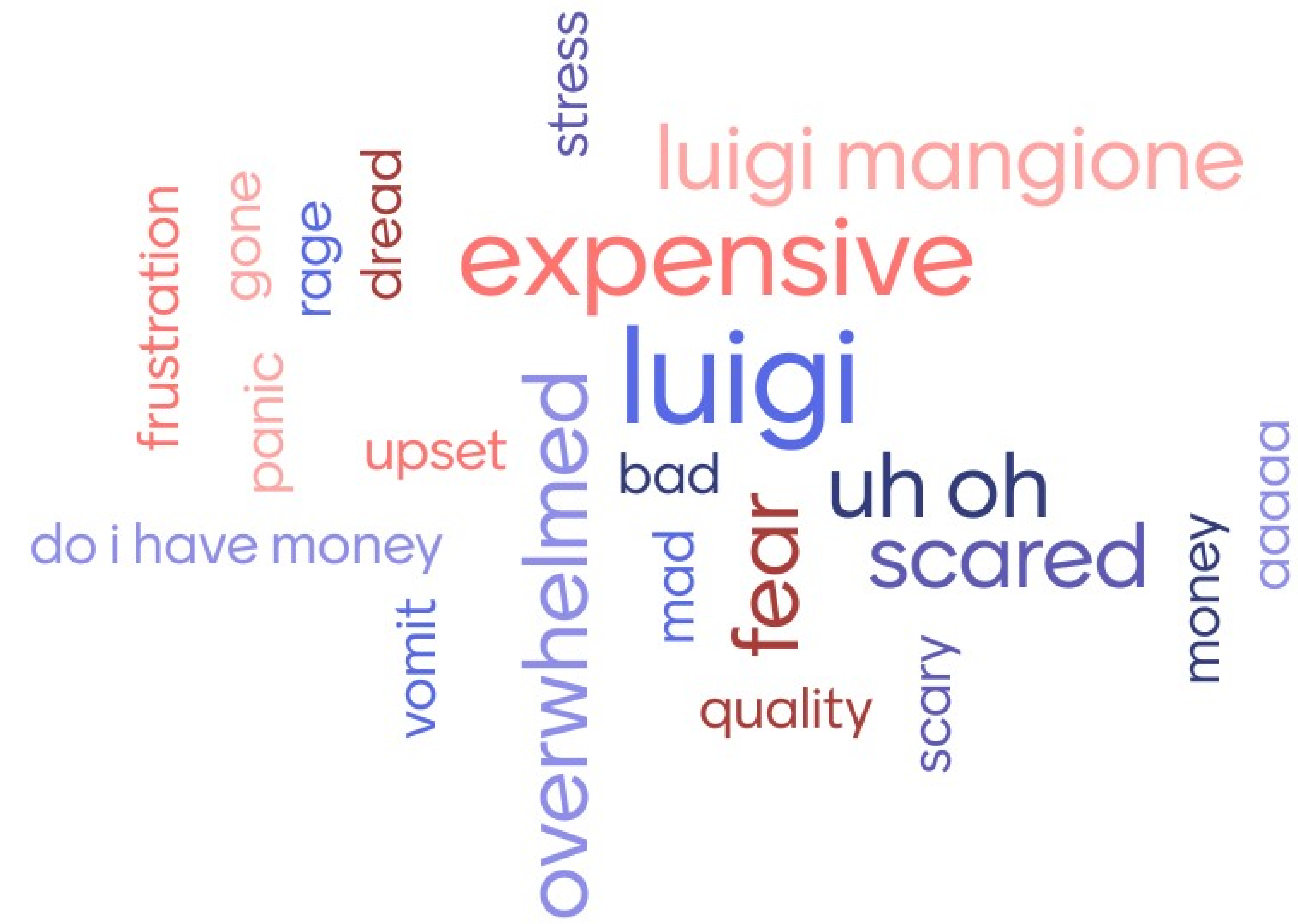
ESTABLISH A PRIMARY CARE
PROVIDER



STAY UP TO DATE ON ROUTINE,
PREVENTATIVE CARE

When You Hear The Words 'Health Insurance', What Do You Feel?

32 responses



What is health insurance?

Health insurance is a contract between an individual and an insurance company.

Basic contract: Individual pays a monthly fee and in return, the insurance company will help cover the cost of that individual's medical care.

Health insurance helps protect you from paying full price for healthcare.

Why is it important to have health insurance?

Insurance can protect you from high, unexpected medical costs.

People with health insurance tend to seek more preventative care services.

In some states, having health insurance is a mandate, and not having health insurance can result in penalties/fines when filing taxes. (CA, D.C., MA, NJ, RI, VT)

Find An Insurance Plan That Works Best For You

- **Coverage & Benefits**

- Does this plan cover doctors visits, hospital stays, prescription drugs, etc?
- Are there any specialty services included such as mental health care, maternity care, physical therapy, etc.?

- **Costs (Premiums, Deductibles, etc.)**

- Premium: The amount you pay monthly for coverage
- Deductible: The amount you must pay out of pocket before your insurance starts to cover costs
- Copays & Coinsurance: The fixed amount (copay) or percentage (co insurance) you pay for doctor's visits, prescriptions, etc.
- Out of Pocket Maximum: The most you'll have to pay in a year before your insurance covers 100% of expenses

- **Provider Network**

- Does the plan include your preferred doctors, hospitals, specialists?
- Does the plan require you to stay in a network?

Find An Insurance Plan that Works Best For You

- **Prescription Drug Coverage**

- Are your current medications on the drug formulary?
- Does the plan provide discounts for using generic medications?
- What are the co-pays and co-insurance rates for prescription drugs?

- **Plan Type**

- Different plans offer different levels of flexibility when choosing a healthcare provider.
- Health Maintenance Organization (HMO): Requires you to have referrals for all care, and providers must be in your HMO network
- Preferred Provider Organization (PPO): Does not require referrals and has a wider network of providers

- **Additional Perks & Benefits**

- Telehealth, mental health coverage, wellness programs and sometimes dental & vision coverage

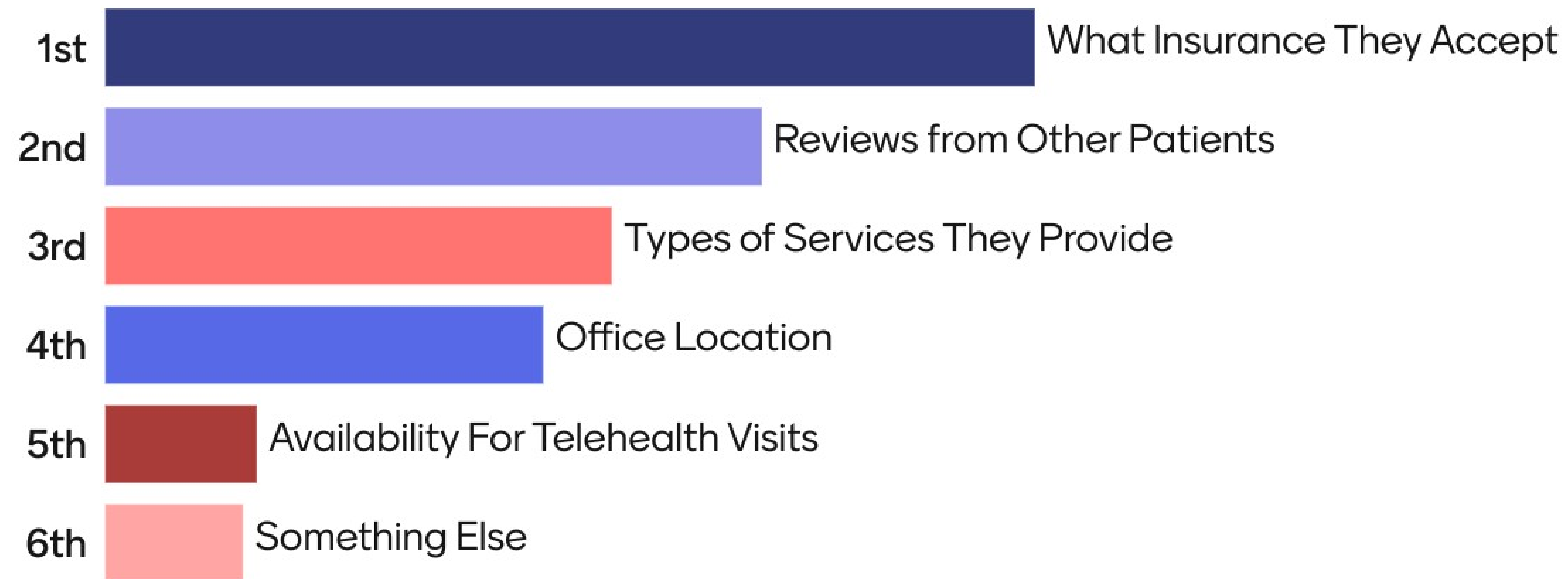
- **Life Circumstances & Future Needs**

- Any major medical needs coming up?
- Any plans to travel out of state?

Type of Plan?	Monthly Premium?	Cost Sharing?	Network Requirements?	Prescription Drug Cost
Preferred Provider Organization (PPO)	\$500	\$40 copays for office visits	Can seek care in and out of network	\$15/\$30/\$45
High Deductible-Health Savings Account	\$200	\$2000 deductible, no cost sharing after deductible is met	Can seek care in and out of network	100% covered once deductible is met
Health Maintenance Organization (HMO)	\$300	\$40 copays for office visits, \$2000 deductible, 80/20 cost sharing after deductible is met	<u>Can</u> only seek care in network, referrals required	\$5/\$10/\$15

Think About What Factors Are Important For You!

When looking for a primary care provider, what is the most important thing to you?



Things to consider.....

Location, Accessibility & Availability

Insurance Coverage

Credentials & Experience

Patient Reviews & Reputation

Communication & Personal Fit

Office Environment & Staff

Approach To Healthcare

Hospital Affiliations

Service Offerings & Telehealth



Stay Up To Date On Routine Preventative Care

Preventative Healthcare Typically Includes....

Routine Physical and Gynecological Exams

Screenings & Tests

Immunizations

Counseling & Health Education

Risk Assessments

Dental Checkups

Preventative care is about keeping you well and catching issues before they become serious!

Q&A

Ask your questions here!

Does the student insurance plan go through August 2025 or does it end once we graduate?

What jobs have the best health insurance?

Do I need a primary care provider? I have an OBGYN that I meet with kinda as a primary?

Does health insurance always include dental and eye care?

If we're currently on student insurance at Wes, when should we start looking for another insurance network?

How do you find a consistent healthcare provider if you're moving around often?

How do we go about health in a different country? I would need meds in London

Can you keep your primary care doc from home even if you live in a different city post grad?

Ask your questions here!

If you do different jobs each year do you just keep switching insurance plans?



Thank You!

Kelly Dunn, Dean for the Class of 2025 (kmdunn@wesleyan.edu)

Jose Pagan, Assistant Director of Alumni Engagement (japagan@wesleyan.edu)

September Dibble, Director of WesWell (sfjohnson@wesleyan.edu)

Tenika Johnson, CAPS Case Manager (tcampbell01@wesleyan.edu)

Sarah Powers, Psychotherapist (spowers@wesleyan.edu)

Caitlin Murphy, Director of Davison Health Center (cmurphy01@wesleyan.edu)