Student Health and Wellness
4825 Troost Avenue, Suite 115
(816) 235-6133
studenthealth@umkc.edu
http://www.umkc.edu/chtc/health

Administrator/Nurse Practitioner: Scott Thompson, R.N., B.S.N., M.S.N., F.N.P Contact Information

Student Health and Wellness is one of the areas in the Counseling, Health, Testing and Disability Services. The mission of Student Health and Wellness is to provide quality health care and health promotion that maximizes student learning potential.

Student Health provides assessment of acute and chronic health problems and treatment and/or referral as appropriate. Student Health personnel includes nurse practitioners, registered nurses, and administrative personnel. There is no visit charge for currently enrolled UMKC students; additional services or laboratory testing may involve a charge. These additional charges can be paid for with cash, check, or charged to the student’s UMKC account.

Student Health and Wellness services include: well-woman exams, blood pressure measurement, contraceptive counseling, first aid (non-emergency), immunizations (including Hepatitis A and B, Meningitis, MMR, tetanus [TDaP], Gardisil, and seasonal flu shots), physical examinations, STD testing, travel consultation, allergy injections with student-furnished serum, and tuberculosis screening.

Health promotion services include informational brochures, updated web information, and classroom/campus presentations. Student Health reaches out to students with programming related to healthy sexual behaviors, alcohol and drug awareness, safe driving, nutrition, and promotion of a well-rounded integration of mental and physical health. A student desiring specific health information may contact Student Health and Wellness by phone (816-235-6133) or e-mail studenthealth@umkc.edu.

Student Health is open Monday - Friday and offers late afternoon appointments two days per week. Students can make an appointment by calling 816-235-6133 or an appointment can be made from the website. More information about services and health information is available at http://www.umkc.edu/studenthealth.

MindBody Connection
Student Health and Wellness partners with the UMKC Counseling Services to provide the MindBody Connection.

The MindBody Connection supports students’ life balance and holistic health and wellness through a variety of experiential activities and resources. The college experience can be stressful and challenging even for the strongest of students; the MindBody Connection strives to help students with stress reduction and strengthening of coping and life skills that foster college success. The MindBody Connection’s motto is “Take Care of Yourself,” focusing on physical, mental, and emotional wellness as integral to supporting students in attaining their educational goals.

Interactive services and programs include:

- Relaxation Station with massage chair, soothing musical background, and aromatherapy
- Catch the emWave by HeartMath (stress management/heart coherence biofeedback software)
- Staff on site to help with questions and guidance

Students can use the quiet space in the central room for a resting stop in a busy day or as a space to study or use the computer stations for personal use. A reading library is available for exploring ideas and sharing of creative expressions. Educational materials related to holistic health & wellness are available at the MindBody Connection as well as an opportunity to take a quick assessment of how one is doing in various life domains, identifying strengths and challenges or growth edges. Staff at the MindBody Connection can help with recommendations and connections to campus, community, or web resources that can further assist students in identified areas. For more information about the MindBody Connection, visit us at the Atterbury Student Success Center, suite 112 or visit http://www.umkc.edu/mindbody or email mindbody@umkc.edu.