



WEEKLY UPDATE – Sept. 20

## Health and Wellness

This week, we are focusing on healthy living by highlighting departments, events, and services that can assist you in navigating your health. As always, if you have any immigration questions or concerns, please reach out to ISSS via **email** or **make an appointment with your ISSS adviser** online. Please know that your health and well-being is our top priority, and we are here to support you in any way we can.

### Health Promotion Services

The **Health Promotion Services Department (HPS)** is committed to fostering a vibrant and safe learning community. HPS offers a full range of services dedicated to promoting the health and wellness of the USF student body.

- **Educational Offerings** - HPS is offering a new lineup of virtual health and wellness events for you to participate in the coming weeks. **See what they're offering this semester.**
- **Appointments** - You can schedule a Zoom appointment with an HPS staff member. **Schedule your appointment online.**
- **Health Insurance** - Students on the USF-endorsed student health insurance through Aetna can phone or video chat with a doctor 24 hours a day using **Teladoc**, free of charge. Note that all USF students, regardless of insurance coverage, can use the **student health clinics.**

### COVID-19 Information and Resources

USF continues to monitor any cases of COVID-19 and comply with the requirements from the local department of public health. Note that if you have received one or both doses of the COVID-19 vaccine, you need to submit the results through **Med+Proctor**. It's important to have access to your COVID-19 vaccine records as the **San Francisco Department of Public Health** has mandated individuals show proof of full COVID-19 vaccination at indoor activities and events throughout the city (i.e. indoor dining, fitness centers, and event venues). For further information about USF's immunization requirements and health insurance information, please visit the **Health Promotion Services (HPS) website.**

Students should also review information about **COVID-19 testing and tracing** on the **USF Together** website. Students can access testing by reaching out to their healthcare provider or **a free city or county testing site.** For more information about university procedures and protocols, please visit **USF Together »**



#### Yoga as Healing

**Yoga as Healing** is an eight-week program taking place during the fall 2021 semester at USF. This series is designed to aid in the support and healing of those individuals who have experienced sexual violence, gender bias, gender discrimination, and trauma. Each class will explore a designated theme interwoven with the yoga practice. Classes will be offered via Zoom and participants will receive the links to all sessions once registered. **Learn more and register »**



#### Functional Movement Program

**Health Promotion Services** is now offering a new program called the **Functional Movement program.** Because movement has the potential to alleviate symptoms of mental disorders, such as anxiety and symptoms associated with depression, this class is designed to bring awareness to the body-mind connection. Through Pilates, participants will work to develop a deeper connection to their body, which can lead to a healthy mind. **Learn more and register »**

## ISSS OFFICE RESOURCES

### Requesting a Document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. **You can also make some document requests through online submission.**

### Adviser Appointments and Workshops

**Appointments can be made online.** Please visit the **ISSS website** to schedule an appointment. Appointments are still booked in 30-minute increments.

### Connect with ISSS through Facebook »

Join the conversation **#USFCA**



**UNIVERSITY OF SAN FRANCISCO**  
International Student and Scholar Services

(415) 422-2654  
USFCA.EDU  
DIRECTIONS  
CONTACT US

CHANGE THE WORLD FROM HERE