



Complete Your Health and Wellness Checklist

Wellness is a key component of student life at RIT. Our professional staff are dedicated to providing safe and inclusive access to health and wellness services, while supporting you in the development of skills and habits towards your personal well-being.

To ensure you are prepared for a successful semester start, complete the health and wellness checklist below:

- Fill out the five required health history and immunization forms online at wellnessportal.rit.edu by Aug. 1
- Determine how you will fill prescription medications away from home
- Consider purchasing the RIT Student Health Insurance Plan, particularly if your plan only includes emergency services in the Rochester area. Learn more at rit.edu/studenthealth/insurance
- Develop a plan to continue long-term or specialized physical health care or mental health counseling off-campus by working with our Case Management team, as our counseling center specializes in short-term, goal-directed therapy
- Connect with the Disability Services Office to request accommodations if you have any type of disability
- Review RIT COVID-19 and safety guidelines at rit.edu/ready

For more information on completing your health and wellness checklist, visit:
rit.edu/orientation/new-student-checklist

Visit us at rit.edu/wellness