

## UNIVERSITY HEALTH AND WELLNESS SERVICES

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University Health and Wellness Services (UHWS) is a health-care partnership between CNU and Riverside Business Health Services. UHWS, through a contractual arrangement with Riverside, offers many services to support healthy living as well as helping students learn to take responsibility for their own wellness. Its main objective supports the CNU liberal learning mission through teaching a diverse student population how to assess their own health status, access medical resources, know their rights and responsibilities as patients, and become informed medical consumers. Professional support services are available to assist all graduate and undergraduate students when they become sick or injured.

### **Free Clinic Services:**

On site Registered Nurse for nursing triage  
First aid  
Blood pressure monitoring  
Assistance in finding local physicians, dentists, psychologists, psychiatrists and other medical resources  
UHWS Website: <http://studentclinic.cnu.edu/>

### **Clinic Services Requiring a Fee:**

All physicals and visits with the Nurse Practitioner-  
(by appointment only)  
Lab Tests  
Immunizations and injections  
Tuberculosis Screens and TB testing  
Flu shots  
Stitch and staple removal

### **Free Health and Wellness Education Opportunities:**

Health and Wellness Fair  
Educational materials and resources  
Nutrition and fitness counseling  
CNU Quit – a smoking cessation program  
Quit Kits – for people who want to stop their tobacco use  
Health screenings  
Campus outreach programs on various health and wellness topics

## INFORMATION TECHNOLOGY SERVICES

TBA, Chief Information Officer  
Ratcliffe Hall, Room 121  
(757) 594-7180

Christopher Newport University has made a commitment to provide a strong information technology infrastructure to enhance the teaching and learning environment of the university. A gigabit Ethernet network electronically links all parts of the campus to the worldwide network of educational and research institutions. All students receive accounts on the university academic server. With these accounts, students can obtain access to the Internet, electronic mail, web hosting services and many other services to support the education process.

### **Internet Services**

The University maintains 45 and 155 megabit full-duplex connections to the Internet, allowing for high-speed access to the Internet from all campus facilities including residence halls.

### **Central Computing Systems**

CNU operates from several primary servers. These systems can be accessed from all networked machines on campus as well as through the Internet to gain access to email, calendaring, online registration, the online course support system, and other services.

### **Open PC Labs/Classrooms**

Personal computer labs are maintained at a variety of locations on campus including the Tribble Library, McMurrin Hall, Ratcliffe Hall, and Gosnold Hall. These PCs run Microsoft Windows operating systems and provide a variety of application software including web browsers and Microsoft Office products.

### **Wireless**

Information Technology Services is in the midst of a significant expansion in wireless capabilities for the CNU campus. Common areas in campus residences, the academic and residential quads, McMurrin Hall, the David Student Union and the Tribble Library now have wireless access points.