



A Healthy U

starts with

a Healthy *You*

Find the right wellness services to meet your needs!

For Students

For Faculty/Staff



Weight Management

- S.H.A.C. Healthy Weight Program
- Nutrition Counseling

- Lifesteps® Weight Management Program
- Nutrition Counseling



Preventive Programs

- After-Hours Crisis Counselor
- Immunizations
- Mental Health Screenings
- STI Testing Tuesdays
- Travel Health

- Preventive Health Days (offered each fall)
- Blood testing (offered first Thursday of each month)
- Department Programs
- Wellness Competitions



Additional Information

Student Health and Counseling (SHAC)

505-277-3136
shac.unm.edu

Employee Health Promotion (EHP)

505-272-4460
hr.unm.edu