



Welcome

Campus Resources for

Welcome back to Laramie and the University of Wyoming campus. The University of Wyoming is committed to our staff, faculty and student workers, and the citizens of the regions where we teach, learn, and work. In addition to the State of Wyoming, Albany County and local resources document, this guide will help you navigate the many resources provided by the University of Wyoming. This list is not meant to be all inclusive of every resource available. Please reach out directly to the resources listed to get more information about the services they provide.

Resources for Student Employees

[UW Campus Food Pantry:](#)

- UW offers an on-campus food pantry Monday, Thursday 4:00 am - 7:00 pm
- Saturday 10:00 am - 12:00 pm
- Currently located in Knight Hall

Student Health:

- (307) 766-2130
- Hours:
Monday, Tuesday, Wednesday and
Friday: 8am -5pm
Thursdays: 9am-5pm

Dining/Retail Dining:

- Washakie will only be available to students living on campus, commuter meals will not be offered
- Retail dining establishments will be open with social distancing protocols
- To limit the use of cash try to put money on your WyoOne card

Counseling Center:

- **Phone: 307-766-2187; After Hours: 307-766-8989**
- The UW Counseling Center offers counseling services for all UW students free of charge.
- Tele mental health options and crisis intervention will be available with limited in person services this fall.
- Group services will be available online
- [Resources for coping with COVID-19 stress](#)

Half Acre:

- They will be open this fall
- Protocols have not been decided
- Online fitness classes can be found on their YouTube page:
https://www.youtube.com/channel/UCdXusaiw8Uluot_CXbHRSJg

Wellness Center:

- [Stress Reduction Workshops available via Zoom:](#)
- More resources can be found here:
<https://uwyo.campuswell.com/>

 (307) 766-2683

 Covid19@uwyo.edu

 uwyo.edu/covid19



Resources for Benefited Employees



Employee Assistance Program:

- Counseling : up to six sessions of counseling for employees and their household members
- Financial: Employees and their household members can receive 30 minutes of financial consultations
- Legal: Employees and their household members can receive 30 minutes of legal consultations free and a 25% rate reduction for any additional time.
- Information for how to access these services can be found here: <http://www.uwyo.edu/hr/employee-benefits/employee-assistance-program/index.html> or by calling 1-800-873-7138

Cigna and Insurance coverage:

- Cigna will fully cover any COVID-19 tests, when ordered by a medical professional
- Wyoming Health Fair offers COVID-19 anti-body tests for \$75 that may be covered by Cigna through a reimbursement

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Wellness Center:

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Retail Dining:

- Retail dining establishments across campus will be open with social distancing protocols
- To reduce the usage of cash, it is encouraged for customers to use cards or put money on their WyoOne IDs. Employees can elect for money to be deducted from their paychecks and into their WyoOne account

