The Bulldog Thrive Plan is FREE to Fresno State students, as part of your fees pay for the medical, counseling, and wellness services offered right here on campus at the SHCC.

To make an appointment via MyBulldogHealth, follow us on social media, or learn more about the SHCC, scan the QR Code!

The Student Health and Counseling Center (SHCC) is here to help you be the best version of yourself.

That’s why when you are enrolled at Fresno State, your healthcare needs are taken care of!

Our center is open Monday through Friday from 8 a.m. to 4:45 p.m., with limited services from 12 to 1 p.m.

Your success at Fresno State matters to us.

For additional questions about all of the services listed here, please call 559.278.2734.
**Medical Magic**

Your Student Health Fee pays for the following medical services:

- Primary Care Services
- Pharmacy
- Sexual Health
  - Birth Control, etc.
- STI Testing (at a cost)
- Immunizations
- Gender Affirming Care
  - (Hormone Replacement Therapy)
- Labs/X-Rays
- Reproduction Justice Services and Contraceptives*

Additional Referral Services:
- Physical Therapy
- Dermatology

*Emergency contraceptives do have a fee.

**Cool and Calming Counseling**

Your Student Health Fee pays for the following counseling and psychological services:

Counseling offers a safe place to express your thoughts, feelings and concerns. Counseling appointments are typically 50 minutes, and students can participate in counseling sessions via Zoom or in person.

- Individual Counseling
- Group Counseling
- Referral Counseling,
  - ("Let's Talk")
- OUTspoke (LGBTQ+ "Let's Talk")

**Wellness Wonderland**

Your Student Health Fee pays for the following wellness services:

- Nutrition Consultations
- Confidential Survivor
  - Advocacy Support and Advice
  - (Sexual Assault, Domestic Violence and Stalking)
- Flu Shot Clinics
- Mental Health Screening Day
- Immunization Clinics
- Wellness Wednesday
- Watchdog Safety Summit (CPR)
- Wellness Retreat
- Keeping it Sexually Safer (K.I.S.S) program
- Bulldogs 4 Recovery

- e-Check up to Go
  - (Alcohol and Cannabis Online Educational Modules)
- Wellness On Demand Presentations
  - (Classroom and Health Education Programs)
- Outdoor Fitness Court (Outside of North Gym)
- Student REC Center