

## Health & Wellness



Hub Page View:



---

## [Health Care Coverage](#)

[Depending on your Yale affiliation, you will have different options for coverage for health insurance. Make sure you are informed to what is available to you.](#)

[1]

---



—  
—

## **[Yale Health](#)**

[Depending on your Yale affiliation, you may qualify for the Yale Health plan. Learn more about the facility, doctors, and care that you can receive.](#)

—  
[2]



—  
—

## **Wellness & Self-Care**

[There are many offerings at Yale to help you stay well and take care of yourself. You can relax with yoga and meditation classes, or take part in mindfulness and de-stressing activities.](#)

—  
[3]



-  
-

### Dental & Vision Care

Unlike other countries, in the U.S., dental and vision insurance are not included in your overall medical insurance, so you want to make sure to purchase additional plans to support all of your needs.

-  
[4]



—  
—

## **Women's Health**

[Navigating health care presents a unique set of questions and concerns for women, all of which can vary depending on your native country or culture. We have resources to help!](#)

—  
[5]  
—



—  
—

## **Global Travel Assistance**

[At Yale, all students and employees are covered by UHC Global Travel Assistance for both business and pleasure travel. Learn more about what is covered.](#)

—  
[6]

---

**Source URL:** <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness>

### **Links**

- [\[1\] https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/health-care-coverage](https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/health-care-coverage) [2]
- <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/yale-health> [3]
- <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/wellness-self-care> [4]
- <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/dental-vision-care> [5]
- <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/womens-health> [6]
- <https://oiss.yale.edu/campus-community-life/for-scholars/health-wellness/global-travel-assistance>