

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 mission of education of mind, body and soul 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

Dr. George R. Webb, Chief Information Officer
McMurrin Hall, Room 119
(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 may obtain 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 a 155 megabit full-duplex connection 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: a Sunfire V1280 and Sunfire v480s. These systems can be accessed from all networked machines on campus as well as through the internet to gain access to the MyCNU portal, email, calendaring, online registration, the WebCT online course support system, and other services.

Open PC Labs/Classrooms

Personal computer labs are maintained at a variety of locations on campus including McMurrin Hall, Ratcliff 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, and the new David Student Union and the new Tribble Library now have wireless access points.