Wellness Card

Brought to you by Cal Poly Pomona's Student Wellness Services

Directions

Students will complete a total of 3 assessments on the Wellness Card. The assessments can be chosen by the student based on their interests. Or, students may choose to have a one-on-one appointment with a Peer Health Educator to learn about nutrition, physical activity, or stress management.

Complete this card to:

1. Increase knowledge about your health and health behaviors
2. Learn about Student Health & Wellness Services

Complete 3 assessments:

in-person assessment: visit the Wellness Center, no appointment needed

online assessment: take a screenshot or print out completed assessment and bring to Wellness Center

written assessment: complete online or at the Wellness Center, bring complete assessment to the Wellness Center

Complete a one-on-one appointment:

Call the Wellness Center (909.869.5272) or walk-in to make an appointment for your one-on-one session with a Peer Health Educator.

Online and written assessments can be accessed at:

bit.ly/cppwellnesscard

Completion Stamp

How did you hear about us?

STUDENT HEALTH & WELLNESS SERVICES
BLDG. 46, West Entrance
(909) 869-5272
wellnessctr@cpp.edu
M-F 8AM-5PM

Follow us on social media for health tips and information about our latest events:

Instagram: @CPPhealth Twitter: @CalPolyHealth
# In-Person Assessments

- Demonstrate Condom Proficiency
- Create a Healthy Plate
- Food Safety
- Aerobic Capacity
- Blood Pressure
- Strength
- Pour Me A Drink

# Online Assessments

- Sexual Health Screening
- Eating Disorders Screening
- Depression Screening
  (click "California", scroll to bottom, then take a "general screening" now)
- Generalized Anxiety Disorder
  (click "California", scroll to bottom, then take a "general screening" now)
- Sleep Disorders Assessment
- Oral Health Assessment
- Alcohol Use Screening
- Caffeine Use Quiz

# Written Assessments

- Sexual Assault
- Eating Attitudes
- Suicide Prevention
- Assess Your Stress
- Sleep Awareness
- Stress Inventory
- Stress Reduction Skills
- Marijuana
- What's Your BAC
- Myths & Facts About Sexual Health
- Consent

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**Key**

- 🌹 Sexual Health
- 🍗 Alcohol & Other Drugs
- 🍋 Nutrition
- 🏃️ Physical Health
- 🧠 Mental Health
- 🛌 Sleep & Stress