

# 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](http://bit.ly/cppwellnesscard)

## Completion Stamp



How did you hear about us?

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STUDENT HEALTH &  
WELLNESS SERVICES

BLDG. 46, West Entrance  
(909) 869-5272  
[wellnessctr@cpp.edu](mailto:wellnessctr@cpp.edu)  
M-F 8AM-5PM

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








@CPPhealth @CalPolyHealth

Name: \_\_\_\_\_









Semester/Year: \_\_\_\_\_

Class/Professor: \_\_\_\_\_

### 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** \_\_\_\_\_


### Key

-  **Sexual Health**
-  **Alcohol & Other Drugs**
-  **Nutrition**
-  **Physical Health**
-  **Mental Health**
-  **Sleep & Stress**