



SUPPLEMENTAL INFORMATION: PhD Student Health and Well-Being

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Health and wellness are subjects of vital importance to PhD students. This memo is intended to provide Emory PhD students with information about the University's current resources and support systems geared toward promoting students' physical, mental, emotional, and social health and well-being.

Most doctoral students are eligible for a health insurance subsidy for at least the first five years of enrollment, and possibly longer, depending on specific circumstances. This subsidy covers **100%** of the cost of the Emory University Student Health Insurance Plan (EUSHIP) premium.

The EUSHIP is a comprehensive insurance program, offering free healthcare services at Emory University Student Health Services (EUSHS), up to 90% coverage for in-network specialty care, and 100% coverage for in-network preventative care screenings. The Plan also provides dental coverage, discounted vision benefits, and 24/7 worldwide travel assistance. To learn more about the terms of EUSHIP, students should visit the EUSHIP [website](#) and review the [Plan Design and Benefits Summary](#). This is a "Platinum" plan.

In addition to EUSHIP, Emory also provides PhD students access to a number of medical, mental, and emotional health and well-being resources and programs, including:

- [Emory University Student Health Services](#), through which students can access primary care, psychiatric care, LGBTQ+ care, sexual and reproductive health services, and nutrition services. EUSHS offers several telehealth options in addition to their on-campus medical facility.
- [Counseling and Psychological Services \(CAPS\)](#) provides various confidential clinical mental health services, including initial screening appointments, crisis intervention, individual therapy, couples therapy, group therapy, community referrals, stress management/biofeedback classes, and workshops focused on teaching better anxiety management and emotion regulation skills.
- [TimelyCare](#) is a 24-hours a day, 7 days a week virtual care service available from nearly anywhere for all enrolled Emory students. After signing up using their Emory email address, students may schedule a session with a medical or mental health care provider. TalkNow, a part of TimelyCare, is a free on-demand 24/7 resource for immediate access to a mental health professional.

- The [Office of Health Promotion](#) offers educational resources on alcohol and substance-related issues, mental well-being programs and resources centered on mindfulness and sleep improvement, and sexual health services to promote safe and healthy sexual relationships.
- The [Office of Respect](#) provides help, advocacy, and support for students impacted by sexual harassment, sexual assault, or partner violence.

Another significant form of support provided by the Laney Graduate School to PhD students is childcare assistance. Under Emory's parental arrangement policy, PhD students with substantial parenting responsibilities may be relieved of full-time graduate duties for up to 8 weeks after the birth or adoption of a child. The Emory Childcare network provides Emory parents discounts and priority admissions at over 175 licensed child care centers throughout the Atlanta metro area, and the back-up care advantage program offers subsidized child care when breakdowns in routine care arrangements occur that would otherwise cause students to be unable to meet their educational responsibilities. Additional information about these and other resources for parents can be found on the Laney Graduate School [website](#).