

Health Newsletter for International Students

No.: 4/2023

Overview of offers:

Offer	Informations
University Sports	https://www.usv-erfurt.de/vereinssport/erfurter-hochschulsport/ Course offer viewable from October 9 Registration from October 18, 12 o'clock Start of courses from October 30
Prevention Day	November 1, 2023 Cardio Scan, Pupillography, Carotid-Screening
Blood Donation	November 2, 2023, 11 am to 3 pm, AMG
Flu Shot	November 15, 2023, 9 am to 1 pm, Library First Aid Room
Health Week „Fit for Advent“	November 27 to December 1, 2023 Offers for mental and physical health
Online Forum „Mental Well-Being on Campus“	November 29, 2023, 5 pm to 7 pm
Helpline	0361 30252964
Mindfulness & Meditation	https://www.7mind.de/studierende/

It's time! The new winter semester starts. We welcome all students on campus! We, the team of the University Health Management, with the support of the AOK PLUS and other partners of the university, have come up with a varied health offer for you!

Sports offered by the University Sports Club

Have you always wanted to try a new sport or are you new at the university and looking for an opportunity to get to know other people? How about a course at the Erfurt University Sports Club? There you will meet like-minded people and perhaps discover your new (sporting) passion.

Here are all the important facts in brief:

Publication of the course offer: 10/9/2022

Course duration: 10/30/2022 - 2/9/2023

Start enrollments: Wednesday, 10/18/2022, starting at 12:00 p.m.

Course offerings: <https://www.usv-erfurt.de/kursangebote/>

Prevention Day

The University Health Management, together with AOK PLUS and other health insurance companies, is organizing a screening day on **November 1, 2023**.

At the Cardio Scan of the AOK PLUS you can have a three-dimensional heart portrait made. Pupillography can detect concentration deficiencies and sleep disturbances and reveal their possible causes. Carotid screening is an ultrasound examination of the carotid artery.

Detailed program description:

9 am – 4 pm | AOK PLUS | KIZ 0.10

"Cardioscan"

Recording of an ECG-accurate, three-dimensional heart portrait in 120 seconds. The view of the heart rate variability shows how flexible the own body can adjust to stress situations. In addition, the individual fit level of the participants is indicated.

Registration is no longer possible.

9 am – 3 pm | Die Techniker | UB, First Aid Room

"Pupillography - Sleep Analysis."

Sleep problems and sleep disorders are on the rise in the modern professional world. According to current studies, every third person sleeps inadequately. In the long run, this leads to increased stress, reduced concentration, and decreased performance. The aim of the pupillography is to identify daytime sleepiness and concentration deficits and to uncover their causes. Afterwards, the participants receive targeted recommendations for optimizing their sleep health and ability to regenerate. The measurement and consultation take 20 minutes.

Registration is no longer possible.

8 am – 5 pm | BARMER | VG 1.37

"Carotid Screening"

Stroke or cerebral infarction is one of the most common causes of death and in many cases, it could be avoided if detected early. In an individual carotid screening, the carotid artery is examined by ultrasound. After the examination, the participants receive a written evaluation of the measurement, a short personal consultation on the results and, if necessary, a concrete recommendation for action to improve the status quo or for further

examinations by the family doctor or specialist. A total of approx. 15 minutes should be planned.

Registration is no longer possible.

Blood Donation

Preventive health care also includes regular checks of blood values. Those who donate blood also receive a general health check by a doctor in advance and support the healthcare system by being able to create valuable blood reserves that enable fellow human beings to survive. Therefore, the health management has organized an appointment of the blood donation service Suhl on campus. On November 2, 2023, from 11 am to 3 pm, there will be an opportunity to donate blood in the checkroom under the Audimax. Registration is not required. Please bring your personal ID and - if available - blood donor card.

Flu Shot

Flu shots are also available on campus again this year. The vaccination will take place on November 15, 2023, from 9:00 am. - 1:00 pm in the First Aid Room of the University Library (access via the staff entrance) and will be offered by the family practice of Dr. Winkler from Jena. Booster vaccinations against tetanus and early summer meningoencephalitis (FSME) are also available upon request. To schedule an appointment, please send an email to gesundheit@uni-erfurt.de. Protect yourself and others and strengthen health protection at the University of Erfurt!

Health Week "Fit for Advent"

Before the start of the Christmas season, we would like to present you some offers of the University Health Management. In cooperation with our health partner AOK PLUS, we are organizing the health week "Fit in Advent" in the week from November 27 to December 1, 2023. The schedule of events will be published separately and can then be viewed on our website.

Online Forum "Mental Well-Being on Campus"

On November 29 from 5 pm to 7 pm the team of the University Health Management and Irrsinnig Menschlich e.V. invites you to an exciting exchange to get to the bottom of the topic 'Mental Health in Studies'. You can expect no boring lecture because this event is interactive! In addition, you will have the opportunity to meet people who have experienced mental health crises during their studies and who may be able to give you valuable tips.

The event will take place online, and you will find the link to the Zoom meeting in the Health Week event schedule.

Helpline

It is not always easy to combine studies and private life. There are situations in which you need a sympathetic ear and simply want to get things off your chest. The telephone helpline from students for students can usually be reached daily from 8 am to 11 pm, even during the exam period, at 0361/30252964. On the

website of the University of Erfurt you can find an overview of how the telephone is staffed: www.uni-erfurt.de/go/sorgentelefon. If you have any questions or are interested in helping, simply send an e-mail to: sorgentelefon@uni-erfurt.de.

Mindfulness and Meditation

Is seven minutes a day enough to live more relaxed and aware? Yes - with the 7Mind app! Especially for students, the app contains mindfulness exercises on the topics of learning stress, exam anxiety and stress-free studying, which can be easily integrated into everyday life. With the support of BARMER health insurance, all students at the University of Erfurt receive free annual access. Register with your university e-mail address at <https://www.7mind.de/studierende/>.

Information offers of our health partner AOK PLUS

Our health partner AOK PLUS offers extensive information and health courses on the internet for students: <https://www.aok.de/pk/plus/inhalt/aok-liveonline-online-coaching-fuer-gesundheit-und-beruf-2/>. and <https://www.aok.de/pk/plus/>

All information and news about the University Health Management always



up to date at: <https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet>

With the kind support of our health partner:

AOK PLUS 

Impressum

Universität Erfurt | Dezernat 2 Personal | Universitäres Gesundheitsmanagement

Projektleiter Jens Panse | Tel.: 0361/737-5012 | E-Mail: gesundheit@uni-erfurt.de

<https://www.uni-erfurt.de/universitaet/profil/gesunde-universitaet>