

MyShockerHealth Newsletter

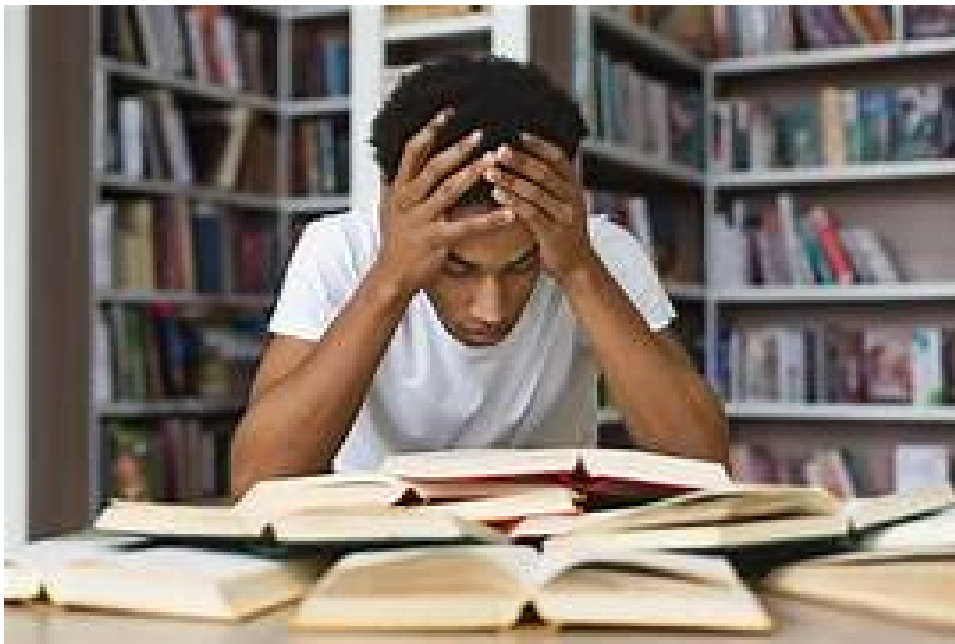
May 2, 2025

Issue 5



Student Health Services

For all your healthcare needs



Finals are here...and you are going to do GREAT! You've made it to the end of the semester and while your stress is at its highest, there is light at the end of the tunnel. Not only do you have finals, but you might also be experiencing graduation ceremonies, relocation, finding a new job and home, or maybe even a wedding! This is a lot for one plate.

For more academic support, check out **Office of Student Success** - Student Health is here to support you and hopefully at least one of the newsletter items will have something to help alleviate your stress!

- In this Issue:

- Time Management and Exam Studying Tips
- Breathing Techniques for Stress Management
- Off-campus Housing options
- Job Hunting at Shocker Central
- SHS end-of-year reminders
- Employee Corner: Retirement Planning
- Weight Loss Medication injections: Is It Worth it?

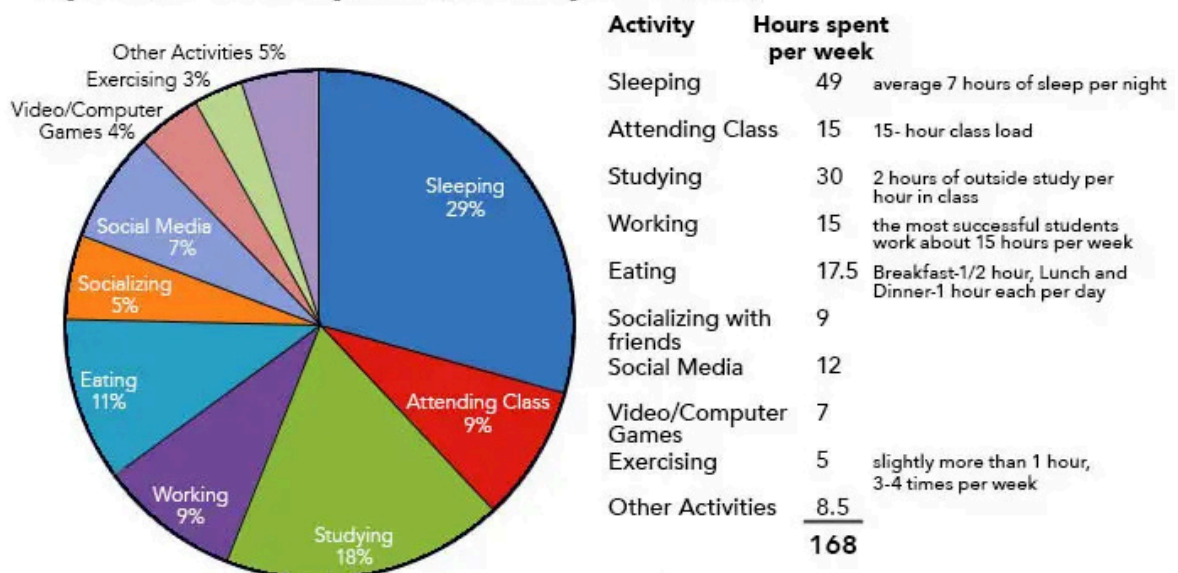
Links to the most current newsletter will be posted through WSU newsletters, social media. and our website, **www.wichita.edu/shs**

For content requests: **student.health@wichita.edu**

Time Management and Exam Studying Tips

- Time management and studying tips vary and might mean different things to different people. Here are some helpful **studying and time management tips** during finals weeks (Best Colleges).

Optimal Time Spent (hours per week)



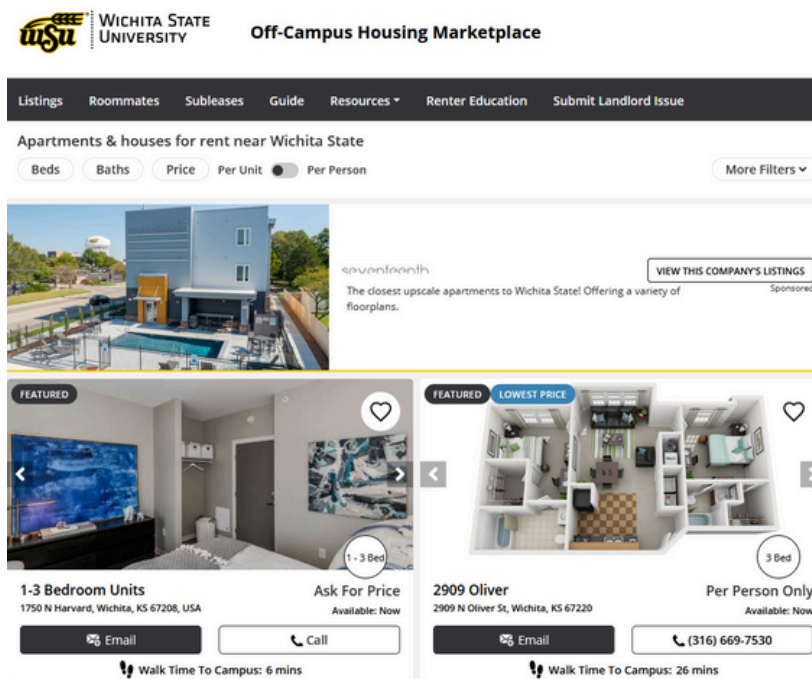
Breathing through your Stress

One tip to relieve your stress is through practicing breathing exercises. There are lots of free videos out there to walk you through your **breathing technique** (JED Foundation). Or, check out this great Mindful Breathing video by **WSU Counseling and Psychological Services**.



Looking for Off-Campus Housing?

Students look for housing options off-campus after spring semester ends or after graduation. This is the perfect time of year to find a roommate and available apartment units. Try this fantastic site that WSU has for **off-campus housing options**.



Shocker Central
Have you been on the **Shocker Central site**? This is a great place to find jobs, not just on-campus employment, but local organizations and employers looking for quality applicants or interns related to your field of study!

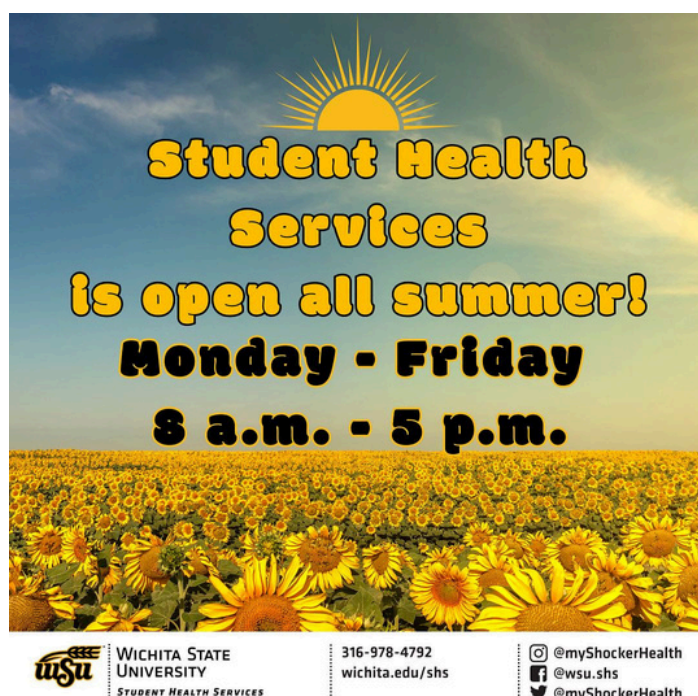


End of Year Reminders from Student Health Services:

- Don't forget to request your medication refills from SHS before you leave for the summer! Refill requests can be completed in the myShockerhealth portal (www.wichita.edu/shs).



- SHS is available all summer for your appointment needs! Even if you are not currently enrolled in Summer 2025 classes, you are qualified for services if you were enrolled in Spring 2025.
- If you graduated May 2025, you can still schedule appointments at SHS through August 18, 2025 when fall classes start!



Employee Corner:

- **Retirement Preparation:** Are you close to retirement age (DOL.gov)? Hopefully you have been preparing! If you did prepare, but the thought of paying for health insurance scares you into not retiring? Here are some options for Medicare and its open enrollment period (Oct - Dec) and private health insurance (Healthcare.gov).
- **SCHICK Organizations-** If you have more retirement questions and want to talk to somebody, try out the SCHICK organization in Wichita!

Weight Loss Medication injections: Is It Worth it?

I get asked a lot about my weight loss. Mostly, I get asked about the different weight loss medications, prices, side effects, how to get them, and more. This summer, each of our newsletters will have a post by me about weight loss medications and my journey.

There are a lot of thoughts, stigma and judgements out there about the use of weight loss medications. We will provide facts on all the options and tips and tricks and suggestions. If you are considering weight loss medication, start with the comparison chart below. - Nurse Heather

Drug List for GLP-1s for Diabetes and Weight Loss

Active Ingredient	Injectible Incretin Mimetics	Brand Name Product	Launch Date	FDA Indication	Avg. Price per Month (Before Rebates)
Semaglutide	GLP-1	Ozempic®	2017	Diabetes	\$1,000
Semaglutide	GLP-1	Wegovy®	2021	Obesity	\$1,300
Tirzepatide	GLP-1 + GIP	Mounjaro®	2022	Diabetes	\$1,000
Tirzepatide	GLP-1 + GIP	Zepbound®	2023	Obesity	\$1,000
Liraglutide	GLP-1	*Victoza®	2010	Diabetes	\$800
Liraglutide	GLP-1	*Saxenda®	2014	Obesity	\$1,300
Dulaglutide	GLP-1	Trulicity®	2014	Diabetes	\$950

GLP-1: Glucagon-like Peptide Receptor Agonists
GIP: Glucose dependent Insulinotropic Polypeptide
* Daily Dose

Source:
Drug Resource: Facts and Comparisons