



Sisy Chen, *Director of Health and Wellbeing*

**A RESOLUTION CALLING FOR AN EXTENSION OF THE UNIVERSITY'S
SUBSCRIPTIONS TO THE CALM APP AND TIMELY CARE**

Whereas, the Calm app is a meditation, sleep, and relaxation app, available for students and faculty to download free of charge on their smartphone devices. The science-based, award-winning mindfulness app features a wide variety of calming exercises, helpful breathing techniques, and mood trackers that aim to promote mental fitness through an accessible, easy-to-use interface;

Whereas, TimelyCare is a free virtual care service for students to address common concerns that can be safely diagnosed and treated remotely, 24 hours a day and 7 hours a week. The university partnership allows students to receive top-quality medical and mental health care with no-cost visits, and meet virtually with doctors, counselors, and health coaches;

Whereas, these two third-party services were introduced to the University in 2021 after Student Government helped petition for their implementation;

Whereas, the university believes student utilization is not where it should be and is planning on ending their subscription. **Currently, Calm will be renewed until January 2023 and TimelyCare until June 2022;**

Whereas, by ending the subscriptions to TimelyCare and Calm, the University will be taking away an invaluable health service and resource for students. As of November 8th, 2021, 1 in 10 students engage with the Calm app regularly, and the cancellation of the subscription will be affecting a significant portion of the student body;

Whereas, the TimelyCare app dramatically reduces wait times to less than five minutes for students who are seeking mental health counseling and virtual doctor's appointments. By providing 24/7, no-cost visits, TimelyCare creates a more equitable platform for all students, regardless of background, to access care in a way that is much more approachable and convenient, especially given the busy schedules of college students.

Whereas, Student Government will work to increase student utilization and awareness of these virtual services amongst the student body through social media, inter-hall competition, and poster campaigns.

***Resolved*, by the Student Senate of the University of Notre Dame du Lac, that the undergraduate student body calls for the University of Notre Dame (specifically the UHS and Division of Student Affairs) to extend and/or renew the University's subscription and**

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partnership with Calm and TimelyCare by one year (until January 2024 and June 2023, respectively).



Patrick Lee
Student Body President