



# VWU Student Health Services

## Not feeling well?

Depending on the time of day, follow these easy steps to get the care you need.

### During Clinic Hours

Monday – Friday  
10:00 AM – 2:00 PM

**Step 1:** Call **757-455-3343**

**Step 2:** Based on your needs, a Sentara Medical Group team member will determine whether an in-person appointment or video visit is appropriate.

*\*FREE for students and included in your University Student Health fee.*

### After Clinic Hours

**Step 1:** Text **APP** to **26320** to download the Sentara app

**Step 2:** Click **'Virtual Care'** to schedule a video visit with a provider

*\*Not included in your University Student Health fee. Your insurance information will be collected and billed.*