How to make a CARES Appointment through your Student Health Patient Portal

1. Log in with your Sacramento State SSO Credentials
2. Head to the CARES Homepage https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support/
3. Click “Make an Appointment”

4. Confirm your date of birth

5. Click “Schedule an Appointment”

6. Select the type of appointment that you would like to schedule
7. Select whether you would like your CARES appointment, in person at The WELL, or virtually through Zoom.

8. Select which CARES programming you want to discuss with your CARES case manager.

9. After selecting the appointment type, confirm that your contact information is correct. If everything is correct, click “Continue”

10. If prompted, read through the “Informed Consent” document and give your electronic signature.

11. Now it’s time to schedule your appointment! Select with time works best for you.

12. Once you pick your appointment time, select “Continue”

13. Confirm your location, for a telehealth visit, your provider must know the current US State you are physically in.

14. If everything looks correct, you can confirm your appointment!
15. And that’s it! You will also get a confirmation email in your CSUS inbox.