Welcome to UC San Diego: 
Student Health – Immunizations & Insurance Requirements
WELCOME
to UC San Diego!
Presenters

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- Shana Slebioda
  - Division of Graduate Education and Postdoctoral Affairs (GEPA)
- Jill Battikha
  - Billing & Insurance Manager
  - Student Health Services
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  - Director of Nursing
  - Student Health Services
Agenda

- Graduate Admissions Reminders
- Student Health Services
- UC Student Health Insurance Plan (UC SHIP)
- Immunization Requirements
- Upcoming Webinars & Additional Resources
- Q&A
You are in listen-only mode. You can hear us, but we can’t hear you.

Ask questions – Use the Q&A feature to submit questions. You can also contact us at iContact.ucsd.edu

We’re recording. You’ll be able to view this webinar recording at iNewStudentWebinars.ucsd.edu

Before We Begin
CONTROL PANEL →

You asked: What happens when I raise my hand?

Please input your question

Send Anonymously  Send
First Steps Checklist
Reminders from Graduate Admissions

- Log into your application account at https://connect.grad.ucsd.edu/apply/ and view your application portal. Be sure to fill out the Statement of Legal Residence form if it is listed as a "to-do" item. This form is not required for all programs – if it is not listed, there is no action for you to take on this.

- Most students are “provisionally admitted” at this time. Please submit the items listed under your “Pending Admissions Documents” section in your portal to finalize your admission.

- Please contact gradadmissions@ucsd.edu if you have questions regarding your pending admissions documents.
Welcome to your applicant portal,

Your UCSD PID is:

Status Update
An update to your application was last posted March 5, 2020.

View Update >>

Forms
Please complete the following forms
- 03/05/2020 Decision Reply Form
- 03/06/2020 Statement of Legal Residence

Pending Admission Documents
Please have your documents sent to Graduate Admissions at the address listed below. Documents must be received in an envelope sealed by the issuing institution. Documents will not be accepted if opened or sealed by the student.

University of California San Diego
Graduate Division - Graduate Admissions
9500 Gilman Drive #0003
La Jolla, CA 92093-0003

For test scores and CGD/CHESSIC documents: Please refer to the instructions provided in the Explanation of Pending Documents.

For e-transcripts: Please have them sent to gradadmissions@ucsd.edu.

If you have any questions, please email us at gradadmissions@ucsd.edu.

If you need to contact us regarding your application, provide your name and this reference number:

Verify Address
We have your addresses listed as follows:

Mailing Address

United States
Permanent Address: * Note: international applicants should have a permanent address outside of the United States.

Admitted Students
- What to Do Immediately
  - Before You Arrive on Campus
  - When You Arrive on Campus
  - International Students
NEWLY ADMITTED INTERNATIONAL STUDENTS

Welcome newly admitted international students! Follow the links below for advising guides based on your educational level or type.

STEP 1: Apply for F-1 or J-1 Status
Requesting your Form I-20/DS-2019 and applying for your F-1 or J-1 visa stamp or transferring your SEVIS record.

STEP 2: Prepare for Your Arrival to UC San Diego
Travel arrangements, housing, and completing UCSD health and enrollment requirements.

STEP 3: Arrival to the U.S. and UC San Diego
What to expect at Customs, activating your F-1 or J-1 status upon arrival to UC San Diego, and International Student Orientation.

Welcome! This page provides a comprehensive guide for newly admitted international graduate students (Master's and PhD students) on obtaining their U.S. visa (F-1 or J-1) and preparing for their arrival to the United States. The information under the steps below will help you get ready to start your unforgettable student experience at UC San Diego.
Student Health Services

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services
What is UC SHIP?

**SHIP** – Student Health Insurance Plan  
UC and Anthem Blue Cross est. 2011  
To protect our students and our campus

- UC SHIP offers medical, pharmacy, dental, vision, mental health and substance use disorder.
- You can visit any of the other UC’s in CA and receive the same benefits.
- SHIP covers you globally, so take that trip!

For AY2024-25, the cost per quarter is approximately $2,000.00
AY 2024-25 Waiver Timeframes for Submission

- The waiver may only be applied for during open timeframes and may only be submitted through the student’s Triton Link account.
- Students must be registered in order to access the application. Parents or authorized users are not allowed to access the application.

Open Time-Frames

Fall 2024
5/6/24 through 9/14/24

- Late waivers nor retroactive waivers are accepted.
- The waiver must be renewed each school year prior to Fall.
We don't accept international health plans for the health fee waiver...but we will accept:

**Accepted International Plans:**
- **ISO Care Plan**
  - [https://www.isoa.org](https://www.isoa.org)
- **PSI Platinum Plan**
  - [https://www.psiservice.com](https://www.psiservice.com)
- **Student Medicover**
  - [https://www.smcovered.com](https://www.smcovered.com)
What does Student Health on campus offer?

Full primary care physician services
MD’s, NP’s, RN’s, X-ray, Lab, Pharmacy, Urgent Care, Optometry, Immunizations, Dietician, Social Worker, CAPS, and more...

Payer Classification accepted:
• SHIP (Student Health Insurance Plan)
• Fee For Service (Credit Card Payment)
• RAFT (Reduced Access Fee for Tritons Membership)
What does Student Health on campus offer?

**Student Health Services (SHS) Hours:**
- Mondays: 8am-6pm
- Tuesday, Wednesday, & Friday: 8am-4pm
- Thursdays: 9am-4pm
- Fall, Winter, Spring, and Summer

Appointments & after-hours nurse: (858) 534-3300 all year
Login in to "MyStudentChart" to send messages to providers or schedule an appointment.
Urgent Care is a walk-in service during open hours.

For anyone covered under SHIP, this is your primary care physician office.
Sydney App

Please download the Sydney app to receive your digital insurance card

Your digital ID card is available right away

To access your ID card:
1. Register on anthem.com/ca or the Sydney Health mobile app with your student ID.
2. Once you’re logged in, check to make sure your ID card preference is set to digital.

Download your card to your mobile device:
If there’s a weak internet connection you’ll be prepared. You can:
- Print a copy of your card anytime.
- Email or fax it from your computer or mobile device.
- Show it to your doctor from your smartphone. Your digital ID card is always there and works just like a printed ID card.

Keeping health care information handy is a good idea.
You can also use the Sydney Health app and anthem.com/ca to check benefits and claims or chat with a Student Support Specialist to find answers quickly.

If you have questions, call the number on your member ID card

Download the Sydney Health app today
Three Tiers of Medical Coverage

**UC Providers $**
- UC Providers and Facilities
- No deductible
- 3 acute UC hospitals in the surrounding neighborhood.

**Anthem Network $$**
- Seeking care at an Anthem Blue Cross, PPO contracted provider.
- Find providers by calling Anthem at 1-866-940-8306 or using Find a Provider on the Anthem.com website.
- This requires a $500 deductible.

**Out of Network $$$**
- Using a provider that doesn’t work for UC and doesn’t hold contracts with Anthem Blue Cross, PPO.
- Highest out of pocket experience under any insurance.
- This requires a $1000 deductible
  - After the deductible is met, you will need to pay an additional 40%
Delta Dental PPO

- UCSHIP members have $1,000 USD worth of coverage for
  - Teeth evaluation and cleaning
  - Fillings
  - X-Rays
  - Root canals and tooth extraction
- To find a dentist, please
  - Call 1-800-765-6003
  - Visit www.deltadentalins.com/ucship

Referrals are unnecessary for dental care.
Anthem Blue View Vision

- One routine eye exam per benefit year (8/1 thru 7/31)
- $120 to apply towards frames and lenses or contact lens once per benefit year

UCSD Student Health Optometry – Call 858-534-2602 to schedule an appointment.
Anthem EyeMed - Call 1-866-940-8306 to locate a contracted provider.

No Referral Required.
Referrals may be requested of any primary care provider at 858-534-2918 or 858-822-5926. We cannot provide retroactive referrals.
Contacts

- UCSD Student Health and Well-Being
  - [https://studenthealth.ucsd.edu/](https://studenthealth.ucsd.edu/)
  - Phone 858-534-3300
- UCSD Counseling & Psychological Services (CAPS)
  - [https://caps.ucsd.edu/](https://caps.ucsd.edu/)
  - Phone 858-534-3755
- UCSD Student Health Insurance
  - [https://shwadmin.ucsd.edu/uc-ship/index.html](https://shwadmin.ucsd.edu/uc-ship/index.html)
  - Phone 858-534-2124
  - Email SHIP3@ucsd.edu
- UCSD Insurance offers ZOOM meetings every week on M, W, & F 11am-12pm.
  - Dial in 1-699-900-6833
  - or log on with your computer
    - Monday access code: 85143178680
    - Wednesday access code: 87385801858
    - Friday access code: 86367721797
- Anthem Blue Cross
  - [https://www.anthem.com/](https://www.anthem.com/)
  - Phone 866-940-8306
- Delta Dental
  - [https://www1.deltadentalins.com/individuals/welcome.html](https://www1.deltadentalins.com/individuals/welcome.html)
  - PPO phone 800-765-6003
- Optum Rx phone
  - Phone 844-265-1879
- UCSD Health Billing
  - [https://health.ucsd.edu/patients/billing/Pages/default.aspx](https://health.ucsd.edu/patients/billing/Pages/default.aspx)
  - Phone 855-827-3633
- Academic Health Plans (AHP)
  - [https://www.ahpcare.com/](https://www.ahpcare.com/)
  - Phone 855-428-0730
- UCSD Financial Clearance
  - Phone 858-657-8380
- San Diego Medical Office Kearny Mesa
  - Phone 858-694-3900
Thank You

- Website: https://shwadmin.ucsd.edu/uc-ship/index.html
- Email: ship3@ucsd.edu
- Phone: 858-534-2124
Incoming Health Requirements
Why?

- To **protect** you, your friends, your classmates and the entire University community from preventable communicable diseases
- **Outbreaks** occur in University settings causing significant personal and academic disruption.
What are the Requirements?

• Tuberculosis Risk Screening +/- TB testing
  o Testing is determined by risk
• Regular Immunizations
  o Tdap, MMR, Varicella, Meningococcal Vaccines
• COVID Vaccine

Deadline: July 10th
Starting the Process

• Log into the Student Health Services student health portal -> MyStudentChart
  o https://mystudentchart.ucsd.edu/shs/

• You will need your UCSD Student AD login (email and password)

• You will be issued a campus username and email account shortly after accepting an offer of admission.

• Information and links on the Triton Checklist
MyStudentChart
Immunizations

- **TB Screening**
  Please answer a short questionnaire to assess your risk of tuberculosis.

- **Immunization History Screening**
  Immunization Requirements: Enter the dates of all immunizations and/or titers (include lab results of titers) and upload a copy of your immunization form and/or outside vaccine records. Then click Submit.
• Complete the TB Risk Screening Assessment Questions
• If prompted to do so, complete TB Testing with your Health Care Provider
• TB Testing can include TB Skin Test (PPD) or IGRA Blood Test (Quantiferon or T-Spot)
• A Chest X-ray is an acceptable test if you cannot obtain a skin or blood test. If either of those is positive a Chest X-ray may be required
• Upload the testing form (plus any blood test results/Chest X-ray report) in MyStudentChart and a Registered Nurse will review the results
• We will contact you if there are any concerns with your testing

Tuberculosis Risk Screening - Deadline July 10th

COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD
Immunization Requirements

- Obtain your vaccine records
- Use the Immunization Form to guide you (found in MyStudentChart or on the SHS website)
- Go to your Health Care Provider to have the form filled out if you have no records and/or to receive missing vaccines/blood titers

Immunization Requirements - Deadline July 10th

COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD
COVID Vaccine

- Enter your previous doses, and obtain a current booster
- FDA & WHO-Approved Vaccines accepted (Pfizer, Moderna, AstraZeneca, Covishield, Covaxin, Sinopharm, Sinovac-CoronaVac, Janssen, Novavax, CanSino)
- Exemptions available for Medical and Religious reasons
- Temporary postponement available for pregnancy/disability
- Vaccines readily available at Student Health and at any retail pharmacy in the US
Immunization Requirements: Enter the dates of all immunizations and/or titers (include lab results of titers) and upload a copy of your immunization form and/or outside vaccine records. Then click Submit.

* Indicates a required field.

**Tdap**

- Complete
- Dates on file: 01/01/2020

**MMR**

Hover over the info bubble for additional information

**Measles; SQ/jet**
How to get help

• Send us a message at "Ask-a-Nurse" in MyStudentChart
  ○ Email shstb@health.ucsd.edu if you are having technical difficulties

• Go to the Student Health website to access additional information and all forms
  ○ https://studenthealth.ucsd.edu/

• Go to the Graduate Division Website
  ○ https://grad.ucsd.edu/admissions/admitted-students/before-you-arrive.html

• Check your MyStudentChart messages from the Nursing team on a regular basis

PLEASE COMPLETE REQUIREMENTS AS SOON AS YOU CAN TO AVOID ENROLLMENT HOLDS!
Get Engaged

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office
Grad Pals Peer Mentorship Program
Additional Resources
IMPORTANT DEADLINES & REMINDERS

**NOW**
- Apply for on-campus housing
  - Visit: hdh.ucsd.edu

**NOW**
- Begin requesting your visa documents via the iPortal
  - Visit: iportal.ucsd.edu
  - iNewStudent.ucsd.edu
  - for instructions

**May 1**
- Deadline to request your visa documents via the iPortal if your graduate Program begins prior to August 1
  - Visit: iportal.ucsd.edu
  - iNewStudent.ucsd.edu
  - for instructions

**July 10**
- Deadline to submit health immunization requirements
  - StudentHealth.ucsd.edu

**Sept**
- Fall 2024 start students:
  - Tuition due
  - Move-In
  - Check-In
  - New International Student Orientation
  - Visit: iOrientation.ucsd.edu
Upcoming Pre-Arrival Webinars

- **March 28**: Graduate Student Funding
- **April 02**: TAships & TOEFL Requirements
- **April 04**: Student Life & Getting Involved on Campus
- **May 02**: Finances & Student Accounts Webinar
- **May 03**: SEVIS Transfers
- **May 09**: Campus Safety

*All webinars will be recorded and posted at* [iNewStudentWebinars.ucsd.edu](http://iNewStudentWebinars.ucsd.edu)