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

• **Grace Fuller & Jessica Boyle**
  - International Services and Engagement Office (ISEO)

• **Jill Battikha**
  - Billing & Insurance Manager
  - Student Health Services

• **Annie Horton**
  - Director of Nursing
  - Student Health Services
Agenda

- International Services and Engagement Office (ISEO)
- First Steps Checklist Reminders
- Student Health Services (SHS)
- Immunization Requirements
- Upcoming Webinars
- 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
CONTROL PANEL
First Steps Checklist

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office
Accept Your Offer of Admission

• Log into your applicant portal and complete your Enrollment Checklist, including:
  • Accepting your offer of admission
  • Completing the California Residency for Tuition Purposes Questionnaire (if required)
• 2-3 days later, you will receive an email asking you to create your TritonLink Active Directory and Duo accounts. Creation of your Active Directory will provide you with your UC San Diego PID and email.
Information for Newly Admitted International Undergraduate Students

Welcome! This page provides a comprehensive guide for newly admitted international undergraduate students (First-Year New Freshmen and Third-Year Transfer 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.

STEP 1: Request Your Immigration Documents

Requesting your Form I-20/D5-2019 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.
Agenda

• Health Insurance Requirements for UC
• Student Health & Well-Being Clinic on campus
• UC Student Health Insurance Plan (UC SHIP)
• Benefits of UC SHIP
• Health Fee Waivers
• Reduced Access Fee for Tritons (RAFT)
• Q&A
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 $1881 for Grads & $898 for Undergrads
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.
Benefits
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 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

[Download buttons for Google Play and App Store]

---

Sydney Health
Centered around you

Personalized
Build your own plan for good health.

Simple
Quickly find what you need.

Sync Devices
Track and sync your fitness activities.

Find Care
Explore care options and choose providers with confidence.

Chat
Ask Sydney for help in real time.
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%
Mental Health Options

UC SHIP Mental Health Options

• Contact CAPS 858-534-3755 or Student Health 858-534-3300 to request an appointment or request a referral for an external provider.
• Students may schedule through MyStudentChart.
• UCSD College Mental Health is a $5 copay per visit. Referrals are valid for one year or 52 visits and may be used by different providers.
• Referrals for Anthem Blue Cross providers are a $10 copay per visit and referrals are valid for one year or 52 visits and may be used by different providers.
• Live Health Online for mental health, students access the website and follow the instructions: https://livehealthonline.com/
Urgent Care and Emergency Care

- If Student Health is closed, please contact our mainline at 858-534-3300, a registered nurse will provide health advice.

- If you have an urgent situation that is not really an emergency, please visit UCSD Health System Urgent Care on Villa La Jolla Drive. On UCSHIP, the copay is $25.

- If you are having an *emergent event and need to be seen right away, please visit UCSD Health System Thornton Hospital or UCSD Hillcrest Hospital. The UCSHIP copay is $150. If you are admitted to the hospital, UCSHIP will cover 90% of the charges at a UC facility.

*An emergent event definition:
A sudden, urgent, usually unexpected incident or occurrence that requires an immediate reaction or assistance for emergency situations faced by the recipients of public assistance.
Referrals may be requested of any primary care provider at 858-534-2918 or 858-822-5926. We cannot provide retroactive referrals.
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.
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.
RAFT (Reduced Access Fee for Tritons)

If you waive, please consider the RAFT offering. RAFT is prepaid access to Student Health Services. RAFT provides convenient and inexpensive medical care for students who waive SHIP.

- **What does RAFT cost?**
  - $70 per quarter

- **What does it include?**
  - Scheduled office appointments
  - Lab services (CBC, basic blood panels)
  - Skeletal X-rays at Student Health

**RAFT is not INSURANCE.** It is a membership to come into our UCSD Student Health clinic for care, it does not replace your insurance or pay for services outside of Student Health & Well-Being.

**RAFT provides peace of mind for parents and students.**

- **RAFT does NOT include:**
  - pharmacy, dental, optometry, vaccines, or services obtained outside of UCSD Student Health...
We don't accept international health plans for the health fee waiver...but we will accept:

Accepted International Plans:
• ISO Care Plan
  o https://www.isoa.org
• PSI Platinum Plan
  o https://www.psiservice.com
• Student Medicover
  o https://www.smcovered.com
**IMPORTANT DEADLINES & REMINDERS**

**NOW**

Look at your health plan and our resource information to make the right health insurance coverage decision for you!

---

**MAY 6**

Health Fee Waiver Opens on Triton Link
Visit: https://students.ucsd.edu/my-tritonlink/tools/
YOU MUST BE REGISTERED!

---

**SEPT 14**

Deadline to apply for a health fee waiver for Fall Quarter
Visit: https://students.ucsd.edu/my-tritonlink/tools/

---

**SEPT 20**

HARD Deadline for the health fee waiver, with a $50 late fee! Waivers will not be accepted after this date!

---

**SEPT 23**

Fall 2024 Officially Begins UC SHIP becomes effective!
Resources
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

UC San Diego
STUDENT HEALTH AND WELL-BEING
Student Health Services
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 Health Requirements?

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

Deadline: July 10th
Starting the Process

• Log into the Student Health Services student health portal -> MyStudentChart
  - https://mystudentchart.ucsd.edu/shs/
• You will need your UCSD Student AD login (email and password)
• All new students loaded May 1st, 2024
• You will be issued a campus username and email account shortly after accepting an offer of admission.
• Information and links on the Triton Checklist
Admission Enrollment Checklist

**JULY 10**

**COMPLETE THE UC IMMUNIZATION REQUIREMENTS**
All incoming students are required to enter proof of specific vaccinations/immunizations.
- Tdap Vaccine
- MMR Vaccine or titers
- Varicella Vaccine or titers
- Meningococcal Vaccine

Log into MyStudentChart using your AD login, go to MENU > IMMUNIZATION & SCREENING > IMMUNIZATION REQUIREMENTS to self-enter your required and highly recommended vaccine dates.

For more information, copies of all forms, how to apply for an exemption and deadlines please visit Student Health Website - Health Requirements page.

You will need your AD login set-up to complete this process (UCSD email & password).

To complete your Health Requirements and to communicate with Student Health, you will need to activate your online health portal in the electronic medical record referred to as MyStudentChart.

For all questions regarding this process, please log into MyStudentChart and go to MESSAGES > ASK A NURSE.

**JULY 10**

**COMPLETE THE TB RISK ASSESSMENT QUESTIONNAIRE**
All incoming students are required to complete a TB Risk Screening Questionnaire. For those at higher risk TB testing will also be required, please ensure you begin this process early to avoid delays.

Log into MyStudentChart using your AD login, go to MENU > IMMUNIZATION & SCREENING > TB REQUIREMENT to complete your questionnaire and to determine if TB testing is required.

For all questions regarding this process, please log into MyStudentChart and go to MESSAGES > ASK A NURSE.

For technical related questions only, please email shtb@health.ucsd.edu.

(STRICTLY NO HEALTH INFORMATION should be sent to this email address).
JULY 10

COMPLETE THE COVID-19 VACCINES

An approved Primary Series is required. Current boosters are highly recommended.

- **FDA Approved Vaccines** include: Pfizer-BioNTech, Moderna, Janssen & Novavax.
- **WHO Approved Vaccines** include: Novavax (COVOVAX, Nuvaxovid), Moderna (Spikevax), Pfizer/BioNTech (Comirnaty), CanSino (Convidecia), Janssen (Jcovden), Oxford/AstraZeneca (Vaxzevria), Covishield (Oxford/AstraZeneca formulation), Bharat Biotech (Covaxin), Sinopharm (Beijing) Covilo, Sinovac (CoronaVac).

Log into MyStudentChart using your AD login, go to MENU > COVID-19 to self-enter your required and highly recommended vaccine dates.

For all questions regarding this process, please log into MyStudentChart and go to MESSAGES > ASK A NURSE.

For technical related questions only, please email shstb@health.ucsd.edu.

(STRICTLY NO HEALTH INFORMATION should be sent to this email address).
**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.
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**
- Date received
- MM/DD/YYYY

**Measles; SQ/jet**
- Date received

Hover over the info bubble for additional information. Enter your vaccine dates.
• 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

• Current updated vaccine dose of Pfizer, Moderna or Novavax (new vaccine in the US September 2023), updated vaccine likely to be available during the Fall Quarter

• FDA & WHO-Approved Vaccines accepted (Pfizer, Moderna, AstraZeneca, Covishield, Covaxin, Sinopharm, Sinovac-CoronaVac, Janssen, Novavax, CanSino)

• Exemptions available for Medical reasons

• Can decline vaccine for strongly held personal beliefs

• Temporary postponement available for pregnancy/disability

• Vaccines available at Student Health and at any retail pharmacy in the US

• Influenza Vaccine will be required during the Fall Quarter
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/ (Updated forms and content May 1st, 2024)
• 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
Redefining the world we know with one experience at a time.
Global Ambassador Program (GAP)

- Summer-long peer-mentorship program
- Matches incoming international undergraduate students with current UC San Diego undergraduate students

GAP.ucsd.edu
Additional Resources
IMPORTANT DEADLINES & REMINDERS

NOW
Request your Form I-20 or DS-2019 via the iPortal
Visit: iPortal.ucsd.edu
See instructions at: iNewStudent.ucsd.edu

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

Mid-May
On-Campus Housing Contracts due
Visit: hdh.ucsd.edu

July 10
Deadline to submit health immunization requirements
Visit: studenthealth.ucsd.edu

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

- **May 02**: Finances & Student Accounts
- **May 03**: SEVIS Transfer Process
- **May 07**: Student Life and Getting Involved
- **May 09**: Campus Safety

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