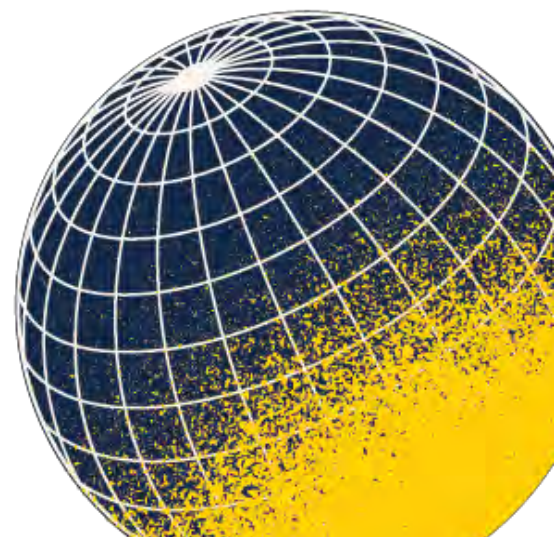


UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

Welcome to UC San Diego:
Student Health: Incoming
Health & Insurance
Requirements





WELCOME to UC San Diego!

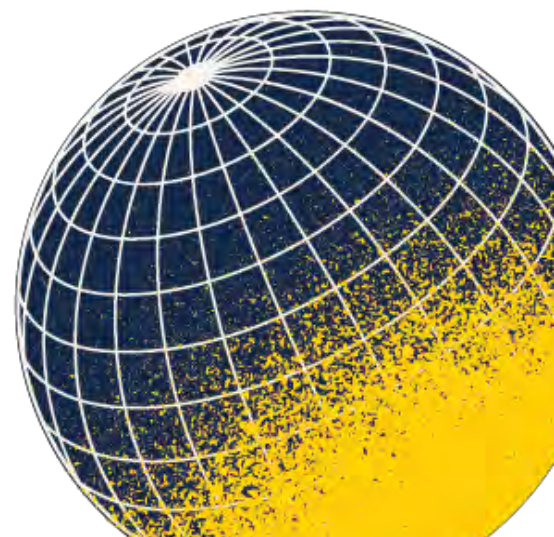


UC San Diego

GLOBAL INITIATIVES
International Services and Engagement Office

UC San Diego

**DIVISION OF GRADUATE EDUCATION
AND POSTDOCTORAL AFFAIRS**



Presenters



- **Karina Ivanyan**
 - International Services and Engagement Office (ISEO)
- **Jill Battikha**
 - Billing & Insurance Manager
 - Student Health Services
- **Annie Horton**
 - Director of Nursing
 - Student Health Services
- **Luman (Bella) Yang & Mengchun (Mandy) Cai**
 - Student Medicovert

Agenda

- **First Steps Checklist Reminders**
- **Student Health Services (SHS)**
- **Incoming Health Requirements**
- **Upcoming Webinars**
- **Q&A**

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



Before We Begin



You are in listen-only mode. You can hear us, but we can't hear you.

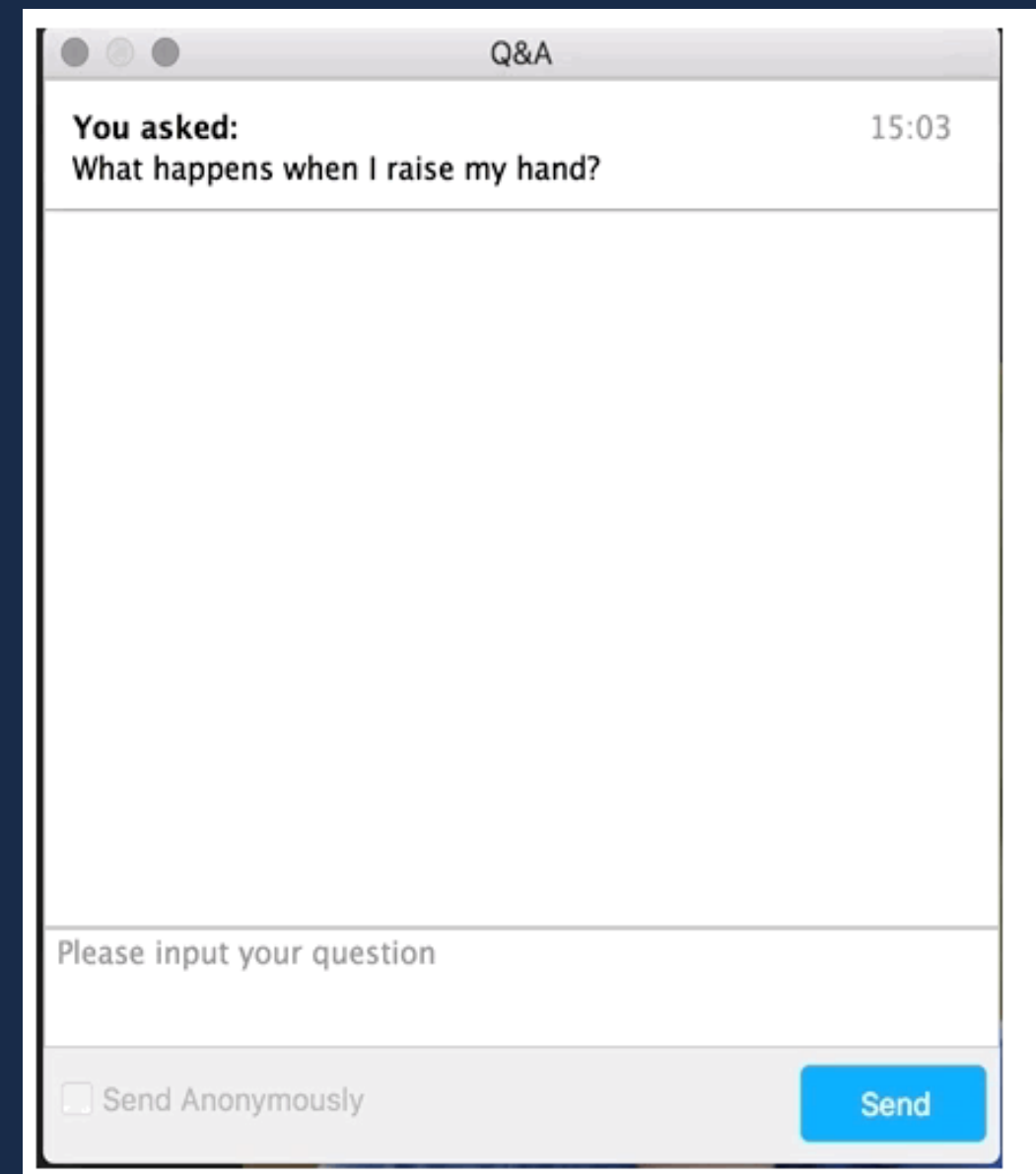
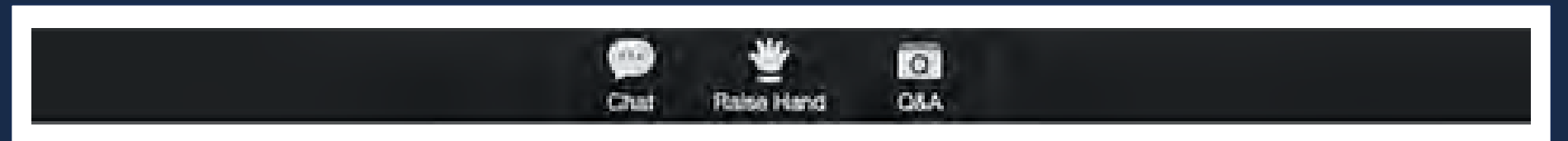


Ask questions – Use the Q&A feature to submit questions. You can also contact us at iContact.ucsd.edu



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

CONTROL PANEL



WELCOME!

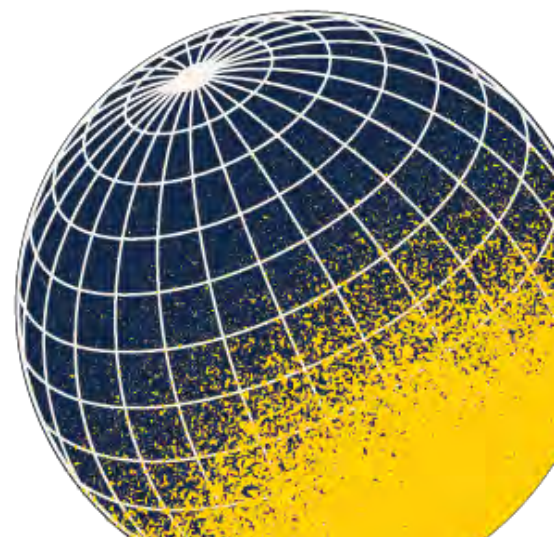


First Steps Checklist

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)

Accept Your Offer of Admission



- 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.

A new checklist item has been added to your Applicant Portal. Please proceed to your [Applicant Portal](#) and follow the instructions for creating your TritonLink Active Directory account. This account is what you will use to conduct all student related activity such as applying for Housing and registering for classes.

Thank you,

Office of Admissions
UC San Diego



Starting a New Program at UC San Diego

(This page has a friendly link that's easy to remember: iNewStudent.ucsd.edu)

New International Students

Information for new and transfer-in international students who have been accepted to a degree, exchange, or visitor program at UC San Diego.

SEE MORE+

New Bachelor's, Master's, and PhD Students

New Exchange Students

Visiting Summer Session Students

Sponsored Students



New Undergraduate and Graduate Degree Students

CONGRATULATIONS! Newly Admitted Bachelor's, Master's, and PhD International Students: The International Services and Engagement Office (ISEO) congratulates you on your admission to the University of California, San Diego!

This page provides a comprehensive guide for newly admitted international undergraduate and graduate students on obtaining their U.S. visa (F-1 or J-1) and preparing for their arrival to the United States.

Step 1: Apply for F-1 or J-1 Status

To apply for an F-1 or J-1 visa stamp at a U.S. consulate/embassy, OR to transfer your SEVIS record to UC San Diego (if applicable), you must request that ISEO issue you the appropriate visa status eligibility document, called the Form I-20 (for F-1 students) or the Form DS-2019 (for J-1 students).

Required Accounts

Set up your PID and Active Directory Accounts:

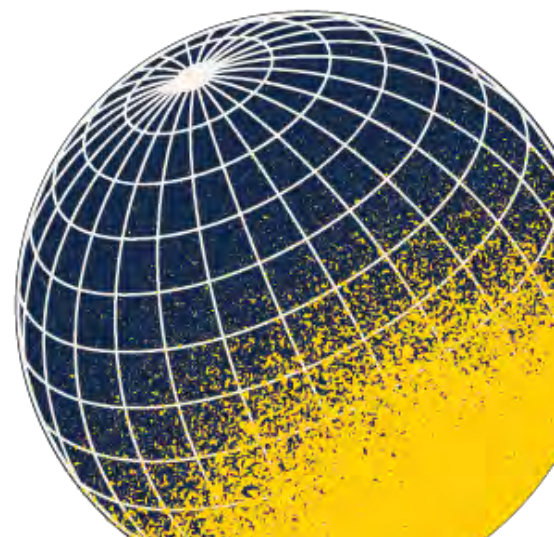
1. UCSD Password for Personal Identification number (PID)
2. UCSD E-Mail (Active Directory)
3. Statement of Legal Residence

NOTE: Once you decide you are coming to UC San Diego, you'll need to set up these required accounts in order to access most UC San Diego portals

Incoming Health Requirements

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services



Why?

- Prevention and protection from vaccine preventable 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 "Core 4" vaccines
 - Tdap, MMR, Varicella, Meningococcal Vaccines

Deadline: July 14th

- COVID vaccine – annual Fall/Winter
- Influenza vaccine – annual Fall/Winter

Student Health

STUDENT HEALTH SERVICES

UC San Diego

About ▾ Appointments ▾ Services ▾ Resources ▾ Feedback ▾ MyStudentChart Login SHW Sites ▾ 

HOME / Resources / Health Requirements

Resources

Urgent Care & After-Hours Care

Emergency Care

Health Topics

Self Assessment Tools

Health Requirements

COVID-19

Patient Rights

Chaperone Policy

Parents & Families

Videos

FAQ

Health Requirements for Students

The health of the individual can affect the health of the campus community, and UC San Diego is committed to protecting the well-being of all our students. All incoming and re-admitted graduate and undergraduate students are required to meet the UC Immunization and Tuberculosis (TB) Screening Requirements.

To complete your Health Requirements, you will first need to activate your online health portal (using your Student AD) in [MyStudentChart](#). Please see the [MyStudentChart Instructions \(PDF\)](#) for further explanation on the setup process. You can communicate with the Nursing team here also by going to Ask-A-Nurse in messages.

Please complete these requirements early to avoid delays. Clearance can take 7-10 days after receipt, so please start this process early! FAILURE TO COMPLETE REQUIREMENTS WILL RESULT IN AN INABILITY TO ENROLL IN CLASSES.

TB Risk Screening Questionnaire

- **Deadline for Fall 2024: July 10, 2024, academic hold placed on July 31, 2024**
- All incoming students* are required to complete a TB Risk Screening Questionnaire.
- For those at higher risk, TB testing will also be required. Risk is determined by the questionnaire. Take the TB Testing form to your Healthcare provider if you are directed to do so after completing the questionnaire.
- **includes transfer, re-admission, and those transitioning from undergraduate to graduate*

[TB TESTING FORM \(PDF\)](#)

- Log into [MyStudentChart](#) to submit TB Testing Form: Menu > Immunization & Screening

Immunization Requirements



<https://studenthealth.ucsd.edu/>

Starting the Process

- Log into the Student Health Services student health portal -> MyStudentChart (REMINDERS sent)
 - <https://mystudentchart.ucsd.edu/shs/>
- You will need your UCSD Student AD login (email and password)
- **New students loaded into Epic starting May 1st**
- 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 14

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 ACWY Vaccine

Log into [MyStudentChart](#) using your active directory (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 exemptions 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 **MENU > Student Health Ask A Nurse**.

JULY 14

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 **MENU > Student Health 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).

Admission Enrollment Checklist

JANUARY 1

COVID-19 AND INFLUENZA VACCINES

Please enter your most current vaccine date, and any past vaccines you would like included in your chart. These vaccines are given annually in the US Fall, if you have not had a recent dose of one or both of these vaccines you can wait until the Fall to receive these.

Log into [MyStudentChart](#) using your AD login, go to **MENU > COVID-19** to self-enter your covid vaccine date(s) and **MENU > Preventative Care** to self-enter your influenza vaccine.

For more information, copies of all forms, how to apply for an exemptions and deadlines please visit [Student Health Website - Health Requirements page](#).


[Health Website - Health Requirements page](#).


For all questions regarding this process, please log into [MyStudentChart](#) and go to **MENU > Student Health 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).

MyStudentChart Login

 **Communicate with your doctor**
Get answers to your medical questions from the comfort of your own home

 **Access your test results**
No more waiting for a phone call or letter – view your results and your doctor's comments within days

 **Request prescription refills**
Send a refill request for any of your refillable medications

 **Manage your appointments**
Schedule your next appointment, or view details of your past and upcoming appointments

[Ver en español](#)

[Home](#) | [Need Help?](#)
Click to sign in with UCSD Student AD Login

[Click here to troubleshoot your AD login](#)
Use the signup and login below only if you cannot log in with the AD LOGIN button above.

MyChart Username
Password

Sign in

[Forgot username?](#) [Forgot password?](#)

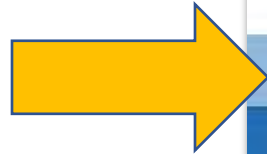
New User?

Sign up now

For health related emergencies, call 911.
For immediate attention from your physician, call the clinic directly.



MyStudentChart



MyChart by Epic UC San Diego Health

Menu Visits Messages Billing Summary Customer Support

Welcome!

Appointment scheduled from MyChart
MyChart Messaging User Mar 11
Appointment For: Ann W Horton (30710760) Visit Type: COV19... [View Message](#)

Share Everywhere
Give one-time access to your health information to any clinician with internet access. [Learn More](#) [Dismiss](#)

Save time while you save paper! Sign up for paperless billing. [Sign Up](#)

Breast Cancer Screen (Mammogram) is overdue. [View Details](#)

[View All \(4\)](#)

You have an upcoming CT Head w/o Contrast from your visit with Michele Kowalski-Mcgraw, MD. [View Details](#)

You have an upcoming COVID-19 DETECTION ASSAY ASYM HEALTH EMP. [View Details](#)

UC San Diego Health

Messages Billing Summary Customer Support

Menu

Search the menu

- Medications
- Health Summary
- Plan of Care
- Preventive Care
- Questionnaires
- Upcoming Tests and Procedures
- Medical and Family History
- Health Reports
- Growth Charts
- Document Center
- Advance Care Planning
- Immunizations and Screening
- Medical Records
- Billing**
 - Billing Summary
 - Estimates
- Insurance**
 - Insurance Summary
 - Referrals
- Sharing**
 - Share My Record
 - Share Everywhere

Appointment scheduled from MyChart
MyChart Messaging User Mar 11
Appointment For: Ann W Horton (30710760) Visit Type: COV19...

Share Everywhere
Give one-time access to your health information to any clinician with internet access.

Save time while you save paper! Sign up for paperless billing.

Breast Cancer Screen (Mammogram) is overdue. [View All \(4\)](#)

You have an upcoming CT Head w/o Contrast from your visit with Michele Kowalski-Mcgraw, MD.

You have an upcoming COVID-19 DETECTION ASSAY ASYM HEALTH EMP.

Promised Patients and Additional COVID-19 Vaccine Dose
...ately to severely immunocompromised (have a weakened immune
...you are up-to-date on your COVID-19 booster vaccine according to the
...elines.



MyStudentChart



Health



Visits



Messaging



Billing



Resources



Profile

Immunizations



TB Screening

Please answer a short questionnaire to assess your risk of tuberculosis.

START



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.

START

Immunization Requirements

- Obtain your vaccine records for Tdap, MMR, Varicella and Meningococcal ACWY
- 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
- Enter your dates into MyStudentChart
- Immunization Requirements - Deadline July 14th
- **COMPLETE AS SOON AS YOU ARE ABLE TO AVOID AN ENROLLMENT HOLD**



MyStudentChart



Shstest



Health



Visits



Messaging



Billing



Resources



Profile

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

Date received
MM/DD/YYYY

Date received

Date received

Measles; SQ/jet ⓘ

Enter your vaccine dates

Date received

Date received

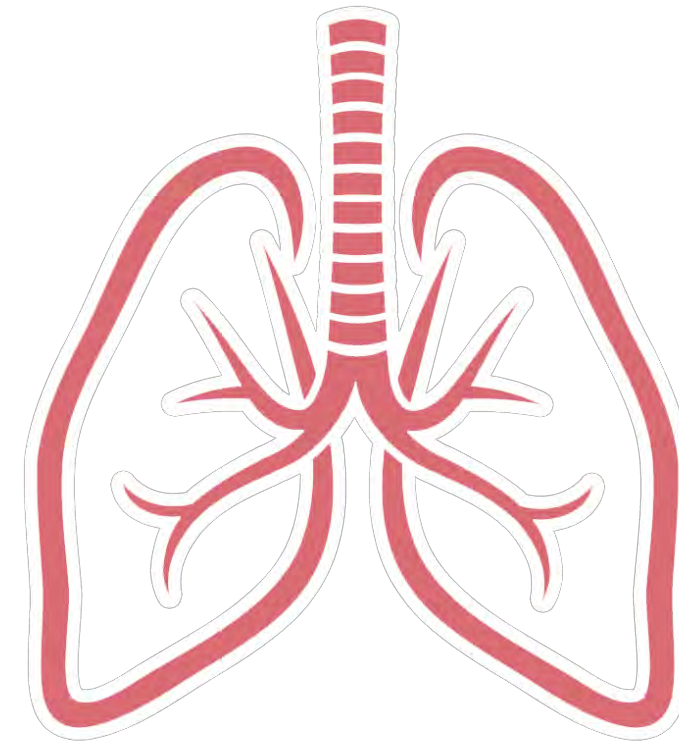
COVID & Influenza

- Current updated vaccine dose of COVID-19 and Influenza vaccine in the Fall or Winter annually
- Vaccines available at Student Health and at any retail pharmacy in the US
- Safe to administer together!



Tuberculosis

- TB Risk Screening Assessment
- TB Testing with your Health Care Provider
 - TB Skin Test (PPD) or
 - IGRA Blood Test (Quantiferon or T-Spot)
 - Chest X-ray
- Upload the testing form (plus any blood test results/Chest X-ray report) in MyStudentChart and a Registered Nurse will review the results
- Communication with the Nursing staff



Deadline July 14th

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

How to get help

- Send us a message at "Ask-a-Nurse" in MyStudentChart, check for messages from us!
- 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/>

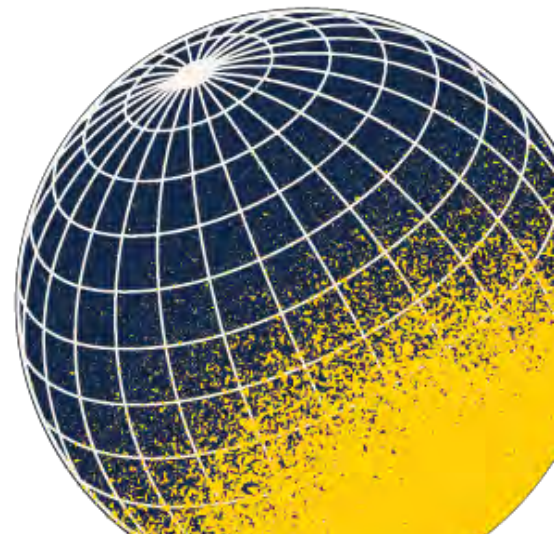
PLEASE COMPLETE REQUIREMENTS AS SOON AS YOU CAN TO AVOID ENROLLMENT HOLDS!



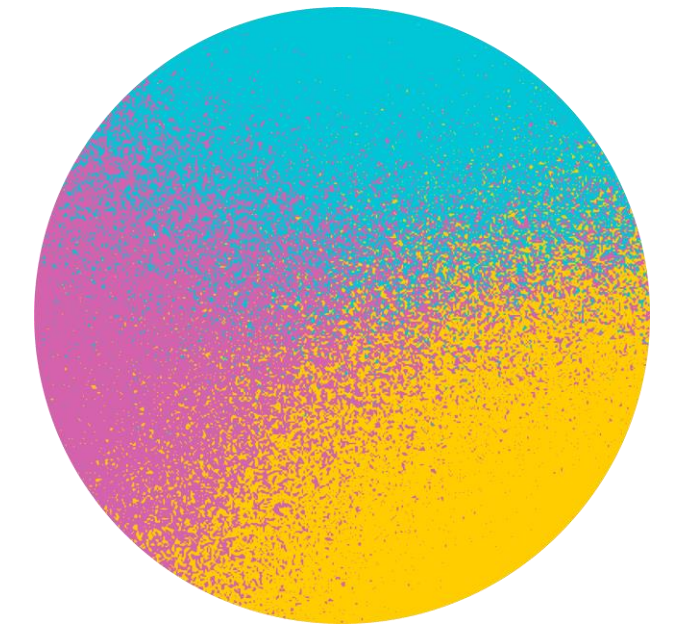
Student Health Services

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services



Health Insurance Requirements Academic Year 2025/2026



Presented by: Jill Battikha
UCSD Student Health
Insurance & Billing

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

Please join us in upholding and promoting UC San Diego's **Principles of Community** and keeping our community free from any and all forms of discrimination and harassment.



Learn more at ucsd.edu/about/principles

UCSHIP



PLEASE SCAN QR CODE


 www.MyUCSHIP.org

UC San Diego
HEALTH SYSTEM

STUDENT HEALTH




PLEASE SCAN QR CODE

 www.MyUCSHIP.org

WAIVER




PLEASE SCAN QR CODE ABOVE

 <https://shwadmin.ucsd.edu/uc-ship/waive/index.html>

RAFT



 <https://shwadmin.ucsd.edu/insurance-other/raft/index.html>



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 AY2025-26, the estimated cost per quarter is \$987 USD for Undergrads



Students cannot use their home insurance or government coverage at Student Health as we do not hold contracts with other insurance companies!



Student Health Services

Full primary care physician services

ALL REGISTERED UC STUDENTS CAN ACCESS THIS CLINIC

MD's, NP's, RN's, X-ray, Lab, Pharmacy, Urgent Care, Optometry, Immunizations, Dietician, Social Worker, CAPS, and more...

Student Health Services (SHS) Hours Open all year long

Mondays, Tuesday, Wednesday & Friday: 8am-4pm

Thursdays: 9am-4pm *Urgent Care is a walk-in service during open hours

Appointments & after-hours nurse: (858) 534-3300 all year

Or Login in to "MyStudentChart"


Payer Classification accepted at SHS:

- SHIP (Student Health Insurance Plan)
- RAFT (Reduced Access Fee for Tritons Membership)
- Fee For Service (Waived students)

FFS: *We don't bill insurance so you will need to work with your insurance to be reimbursed for services.*



PLEASE SCAN QR CODE

 www.MyUCSHIP.org

Payers Accepted at UCSD Student Health & Well-Being



UCSHIP

- UCSHIP is underwritten by Anthem Blue Cross, PPO and is the health plan sold at all UC's. This is a student division, self-funded comprehensive health insurance that includes supplemental dental and vision coverage.
- SHIP will be billed for services rendered at Student Health. Students taking SHIP do not have any out of pocket expenses, other than prescriptions co-pays when visiting Student Health on campus.
- Student Health is the Primary Care Physician Home for all students on SHIP!

RAFT

- RAFT is a bridge membership offered to those students that successfully waive the UCSHIP offering.
- RAFT is not an insurance.
- A RAFT membership is \$70 per academic quarter.
- RAFT pays for unlimited scheduled appointments at Student Health, the membership includes lab services, and x-rays at UCSD Student Health.
- RAFT only works at UCSD Student Health.
- RAFT members have outside insurance, they would use that to access specialty care or prescriptions benefits outside of UCSD Student Health.

Fee For Service

- UCSD Student Health does not hold contracts with outside insurance companies, so we cannot bill for services.
- If a student successfully waives the health fee and doesn't opt in for the RAFT membership, they are categorized as fee for service. This means the student is welcome to use Student Health for care, but the student will be expected to pay for the services out of pocket and seek reimbursement from their home insurance company.
- Students may pay by credit card in our clinic or the charges will be transferred to their bursar student account.
- Our insurance team will provide itemized statements of receipt that can be used to seek reimbursement from the student's home insurance company.

<https://studenthealth.ucsd.edu/services/cost/index.html>

Current Costs: Fall 2024 through Summer 2025

Note: Costs are approximate and are subject to change.

Out of Pocket Expenses for Students	Students with UC5HIP	Students with RAET	International Program Enrollees	Fee For Service
Primary Care & Telemedicine Appointments	\$0	\$0	\$0	\$49.00-\$159.00
Urgent Care Fee	\$0	\$20.00	\$20	\$20.00 + visit fee as above
Live Health Online (Medical)	\$25.00 with coupon code***	\$24.00 with coupon (\$49.00 full price)	N/A	\$24.00 with coupon (\$49.00 full price)
Nurse Visit Fee	\$0	\$0	\$0	\$25.00
X-Ray Fee	\$0	\$0	\$20.00	\$35.00-\$124.00
Lab Fees (in House)	\$0	\$0	All In-House labs have a fee	All In-House labs have a fee
Lab Fees (Send-Out)	\$0	All Send-Out labs have a fee	All Send-Out labs have a fee	All Send-Out labs have a fee
Electrocardiogram (ECG or EKG)	\$0	\$69.00	\$69.00	\$69.00
Prescriptions	\$5.00/\$25.00/\$40.00 (gen./brand/off-formulary)	\$7.00-\$500.00 (may fill at outside pharmacy)	\$7.00-\$500.00 (may fill at outside pharmacy)	\$7.00-\$500.00 (may fill at outside pharmacy)
Medical Equipment	10% of the cost	Full Cost	Full Cost	Full Cost

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

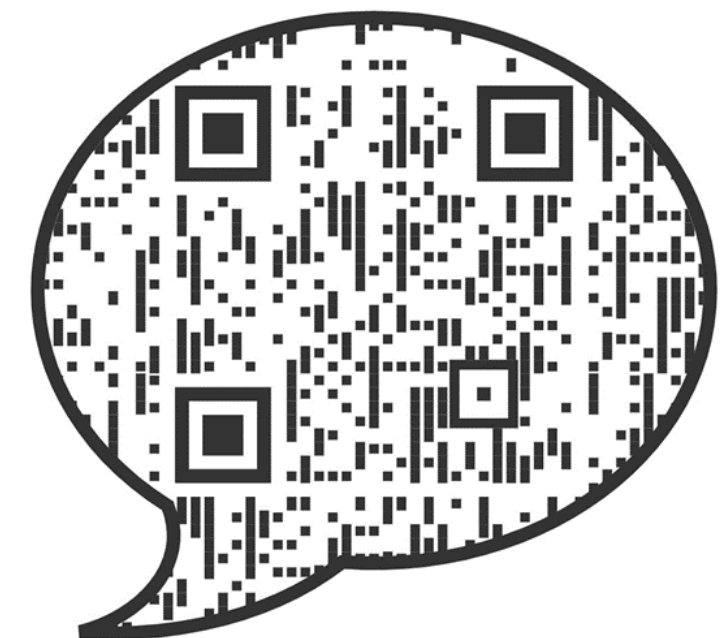



Mental Health Options



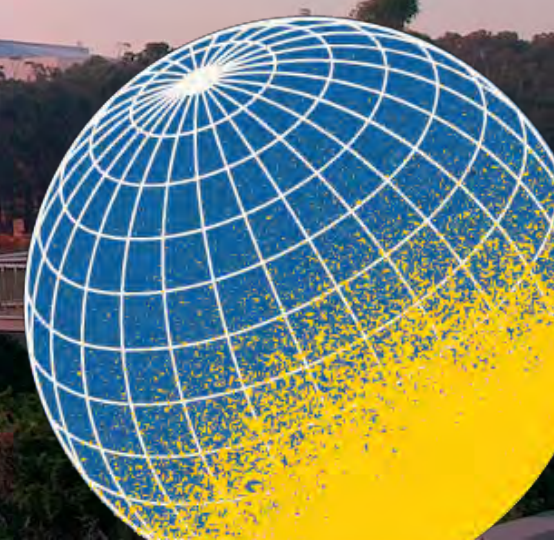
ALL UCSD STUDENTS MAY ACCESS MENTAL AND BEHAVIORAL HEALTH ON CAMPUS

- Contact Counseling and Psychological Services (CAPS) at 858-534-3755 to request an appointment or request a referral for an external provider.
- Students may also schedule through MyStudentChart.
- Visit their website at: www.caps.ucsd.edu



The background image shows the UCSF Library building at dusk. The building is a prominent example of Brutalist architecture, featuring a series of cantilevered concrete balconies that create a stepped, tiered appearance. The sky is a mix of blue and orange, suggesting the time is either dawn or dusk. In the foreground, there is a low concrete wall and some greenery. The overall scene is illuminated by the warm light of the setting or rising sun, with some interior lights of the building visible through the windows.

Benefits of UCSHIP



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:

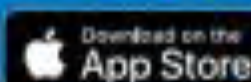
- Print a copy of your card anytime.
- Email or fax it from your computer or mobile device.
- Show it to your doctor from your smartphone. Your digital ID card is always there and works just like a printed ID card.

Keeping health care information handy is a good idea.

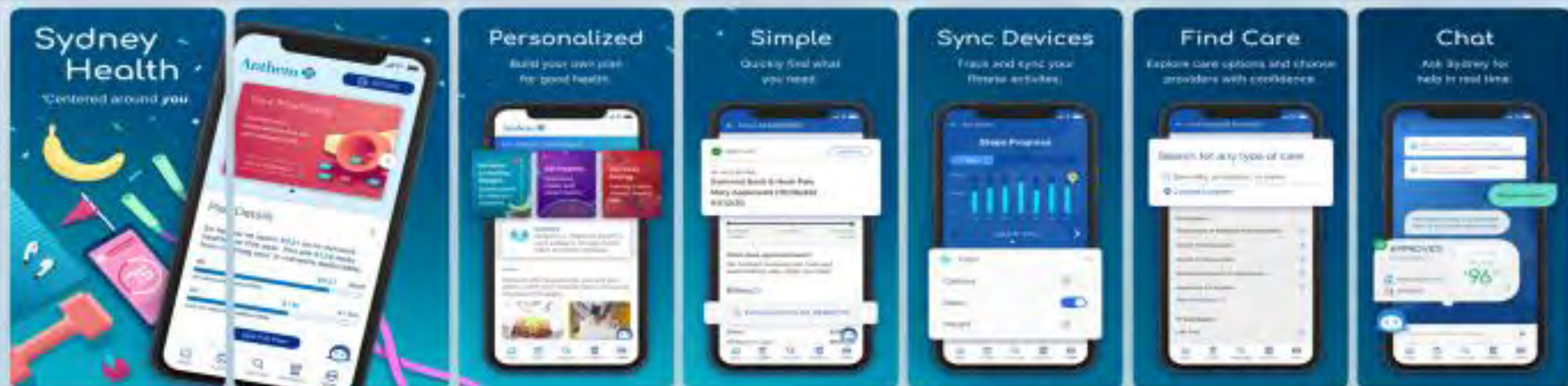
You can also use the Sydney Health app and anthem.com/ca to check benefits and claims or chat with a Student Support Specialist to find answers quickly.



Download the Sydney Health app today



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



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%

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services



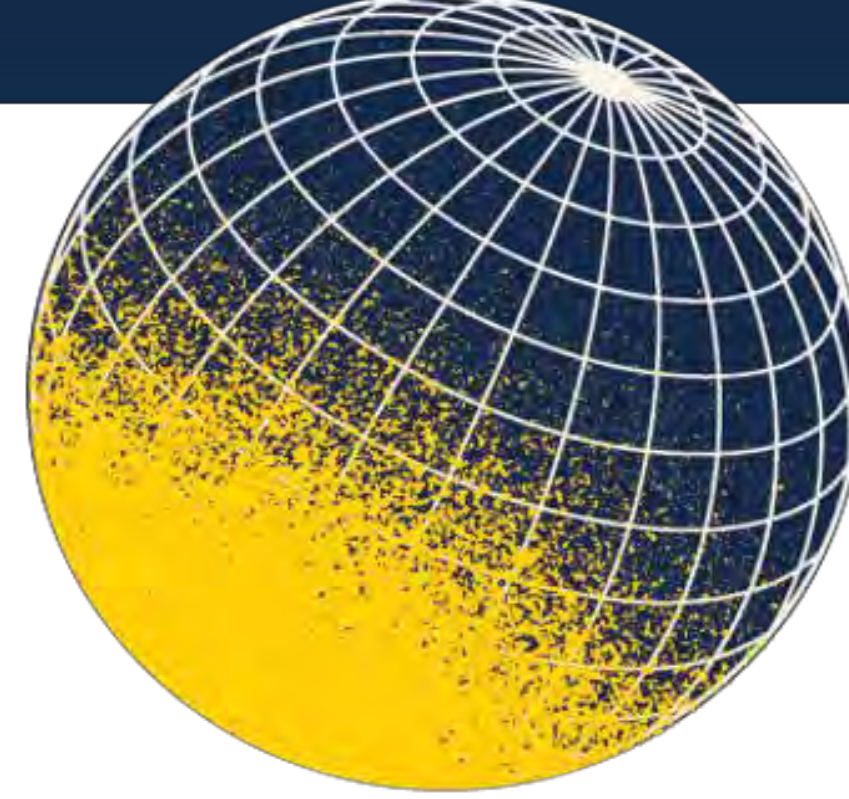
Urgent Care and Emergency Care

- **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

Supplemental Dental Coverage



Delta Dental PPO

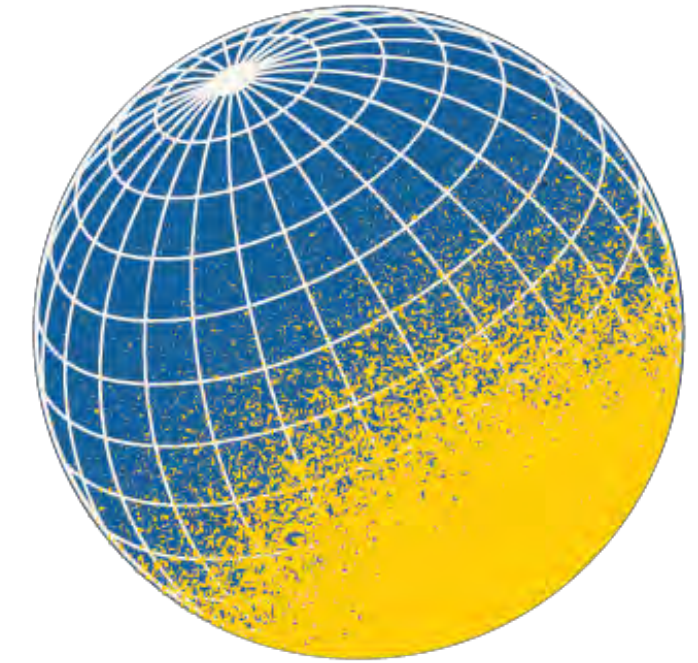
- UCSHIP members have \$1,000 USD worth of coverage for
 - Teeth evaluation and cleaning
 - Fillings
 - X-Rays
 - Root canals and tooth extraction
- To find a dentist, please
 - Call 1-800-765-6003
 - Visit www.deltadentalins.com/ucship

Referrals are unnecessary for dental care.

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

Supplemental Vision Coverage



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.

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

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 2025
5/12/25 through 9/14/25
- ❖ Late waivers nor retroactive waivers are accepted.
- ❖ The waiver must be renewed each school year prior to Fall.

My TritonLink Tools

students.ucsd.edu/my-tritonlink/tools/#

AHP wvr Student Waiver Up... AHP WAIVER AHP Waiver login Academic HealthPla... File Info Center RL... Confirm and pay

UC San Diego TRITONLINK

Search Tritonlink Search Faculty/Staff

System

TRITONLINK TOPICS	ADVISING & GRADES	CLASSES & ENROLLMENT	FINANCIAL TOOLS	PERSONAL FORMS
Academics	Academic History	Canvas	Billing & Payment	Addresses
Finances & Jobs	Co-Curricular Record	Enrollment Auth (EASy)	Direct Deposit	Public Info
Student Life	Degree Audit	Holds	Financial Aid	Restrictions
Well-Being	Degree Planner	Schedule of Classes	Health Fee Waiver/RAFT	Social ID/M
Campus Services	General Catalog	WebReg	Parking Permits	Handshake
	GPA Calculator		Triton Cash	All Student
	Major & Minor		Tuition Information	

https://students.ucsd.edu/my-tritonlink/tools/#

Required Waiver Information

Summary of Health and Coverage (SOC) document will help you determine a health fee. The SOC shows you how you will be covered and what steps the school has taken to ensure health and safety. Information about the cost of the fee is located in the [SOC](#) under the [Waiver](#) tab. The waiver is available for students who are not currently covered by a health plan. For more information about coverage, visit [http://www.ucsd.edu/health/coverage](#). For more information about the waiver, visit [http://www.ucsd.edu/health/waiver](#). For more information about the waiver, visit [http://www.ucsd.edu/health/waiver](#).

UC San Diego Health and Safety Services

UC San Diego Health and Safety Services

Question	Answer	Why This Matters
What is the cost of the waiver?	There is no charge for the waiver. The fee is waived for students who are not currently covered by a health plan. For more information about coverage, visit http://www.ucsd.edu/health/coverage .	Students who are not currently covered by a health plan will be required to pay the fee. If you have other health coverage, you will not be required to pay the fee. The amount of the fee is based on the type of health coverage you have.
Are there any special requirements for the waiver?	The waiver is available for students who are not currently covered by a health plan. For more information about coverage, visit http://www.ucsd.edu/health/coverage .	The waiver is available for students who are not currently covered by a health plan. For more information about coverage, visit http://www.ucsd.edu/health/coverage .
Are there any other options for health coverage?	Yes, there are other options for health coverage. For more information about coverage, visit http://www.ucsd.edu/health/coverage .	For more information about coverage, visit http://www.ucsd.edu/health/coverage .
What is the cost of the waiver for the year?	There is no charge for the waiver. The fee is waived for students who are not currently covered by a health plan. For more information about coverage, visit http://www.ucsd.edu/health/coverage .	The waiver is available for students who are not currently covered by a health plan. For more information about coverage, visit http://www.ucsd.edu/health/coverage .

UC San Diego Health and Safety Services

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 Details


- **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**
 - <https://www.isoa.org>
 - **PSI Platinum Plan**
 - <https://www.psiservice.com>
 - **Student Medcover**
 - <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 12

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 22

Fall 2025 Officially Begins UC SHIP becomes effective! Start your medical care at SHS



Resources

Contacts

- UCSD Student Health and Well-Being
 - <https://studenthealth.ucsd.edu/>
 - Phone 858-534-3300
- UCSD Counseling & Psychological Services (CAPS)
 - <https://caps.ucsd.edu/>
 - Phone 858-534-3755
- UCSD Student Health Insurance
 - <https://shwadmin.ucsd.edu/uc-ship/index.html>
 - Phone 858-534-2124
 - Email SHIP3@ucsd.edu



zoom

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/>
 - Phone 866-940-8306
- Delta Dental
 - <https://www1.deltadentalins.com/individuals/welcome.html>
 - PPO phone 800-765-6003
- Optum Rx phone
 - <https://www.optumrx.com/public/landing>
 - Phone 844-265-1879
- UCSD Health Billing
 - <https://health.ucsd.edu/patients/billing/Pages/default.aspx>
 - Phone 855-827-3633
- Academic Health Plans (AHP)
 - <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

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

Thank You

- Website: <https://shwadmin.ucsd.edu/uc-ship/index.html>
- Email: ship3@ucsd.edu
- Phone: 858-534-2124

[Studenthealth.ucsd.edu](https://studenthealth.ucsd.edu)

Connect With Us



Follow us on [Social Media](#)!

International Student HealthPlan: Student Medcover

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

Presented by:

Bella Yang [Triton Alumni 2020]

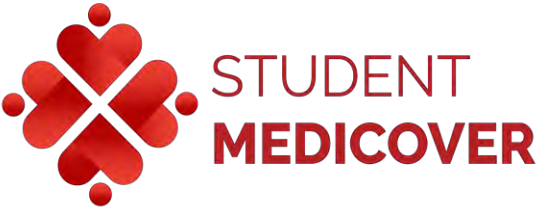
Student Medcover Sr. Account Manager

Screenshot next page!

With UCSD email to redeem free Carepack. We will mail a Carepack to your door at \$0 cost. (before 6/1/2025)



Student Medcover



Exclusive Partnership with UHCSR

With 1.3 million+ providers, 6,000+ hospitals, and 67,000 pharmacies, our plan use **UHC choice plus PPO** network guarantees nationwide healthcare access. **(UCSD health facility is in network!)**



We Help 900+ Tritons

Supporting **900+** Tritons with certified specialists, and **10+ years of experience** in healthcare insurance, offering personalized support and streamlined claim management tailored to UC San Diego.



Tailored Needs

We offer customized plans designed to fit your unique needs, with rates starting as low as **\$361 per quarter**. We also offer **0\$ deductible** plan for individuals who require more frequent medical care.



Email: sm@smcovered.com



Phone: 812-360-2313



Student Medcover
415-651-7238
WhatsApp



Student Medcover
Wechat



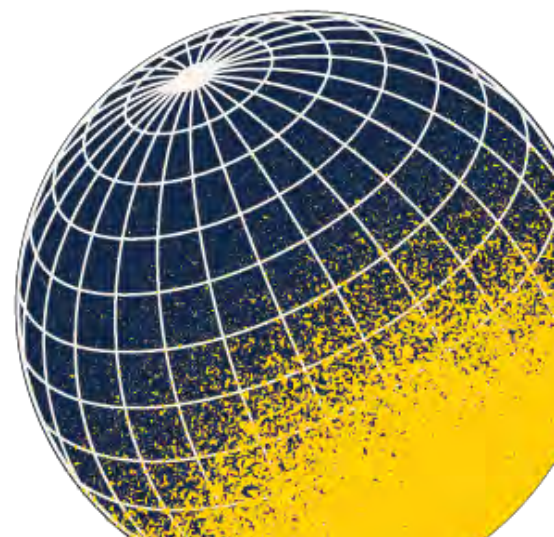
Student Medcover
812-360-2313
Line

Get Engaged

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



iPrograms

Redefining the world we know with **one experience at a time.**



GLOBAL
COFFEE
HOURS



ENGLISH
IN-ACTION
CONVERSATION PROGRAM



TRITON TREKKERS



ISAC
INTERNATIONAL
STUDENT
ADVISORY COUNCIL



GAME
NIGHT



CRAFT
EVENT

iPrograms.ucsd.edu

iEvents Calendar

iEvents.ucsd.edu

ISEO IS HIRING!
For the 2024-2025 Academic Year

Job #8702193 on Handshake

Communications & Marketing Student Assistant (STDT 4)
Estimated salary: \$18 per hour
Application Deadline: March 17, 2024 11:59pm PST

Tue Feb 27th - Sun Mar 17th

ISEO Is Hiring: Marketing & Communications Student Assistant

Communications & Marketing Student Assistant (STDT 4) For the 2024-2025 Academic Year Estimated salary: \$18 per hour Application Deadline: ...

[Employment](#) [Students](#)
[Professional-Development](#)

ISEO IS HIRING!
For the 2024-2025 Academic Year

Job #8716847 on Handshake

Undergraduate Programs Student Assistant (STDT 3)
Estimated salary: \$17 per hour
Application Deadline: March 17, 2024 11:59pm PST

Wed Feb 28th - Sun Mar 17th

ISEO Is Hiring: Undergraduate Programs Student Assistant

Undergraduate Programs Student Assistant (STDT 3) For the 2024-2025 Academic Year Estimated salary: \$17 per hour Application Deadline: ...

[Students](#) [Employment](#)
[Professional-Development](#)

FRIDAY CHAT
FRIDAY ENGLISH CONVERSATION GROUP

Every Friday
10:00AM - 12:00PM

LA JOLLA COMMUNITY ROOM AT LA JOLLA VILLAGE SQUARE

Fri Mar 1st 10:00am - 12:00pm

Friday Chat

Participation in our English conversation tables are a wonderful way for you to practice your English and make friends. The conversation ...

[Volunteer-Led](#) [Off-Campus](#)
[In-Person](#) [Global-Community](#)
[Scholars](#) [Families](#)

UC SAN DIEGO STUDENT AFFAIRS STRATEGIC PLAN: STUDENT FOCUS GROUPS

THE OFFICE OF THE VICE CHANCELLOR OF STUDENT AFFAIRS INVITES STUDENTS TO A 1-HOUR FOCUS GROUP TO SEEK FEEDBACK ON THE DIVISION'S STRATEGIC PLAN! WE ARE CALLING ALL STUDENTS WHO WANT TO CREATE AN IMPACT AND SHARE YOUR THOUGHTS ON THE STUDENT EXPERIENCE AT UC SAN DIEGO! FOOD WILL BE PROVIDED AT EACH SESSION. THERE ARE TWO DAYS FOR STUDENTS TO PARTICIPATE:

FRIDAY, MARCH 1ST, 2024
1:00PM TO 4:00PM PST (1-HOUR SESSIONS)
EPSTEIN FAMILY AMPHITHEATRE GREEN ROOM

MONDAY, MARCH 4TH, 2024
8:00AM TO 3:00PM PST (1-HOUR SESSIONS)
RED SHOE ROOM - PRICE CENTER

RSVP AT [TINYURL.COM/UCSDSAFOCUS24](https://tinyurl.com/UCSDSAFOCUS24)

Fri Mar 1st 1:00pm - 4:00pm

UCSD Student Affairs Strategic Plan: Student Focus Groups

[Register Here](#)

The Office of the Vice Chancellor of Student Affairs is looking for feedback and input from students for our Strategic Plan! We will be ...

[Students](#) [In-Person](#) [On-Campus](#)
[Free-Food](#)

SUNDAY SUPPER
A Cosmic Cantina

THE GREAT HALL
MARCH 3RD
5:30PM

Sun Mar 3rd 5:30pm - 8:30pm

Sunday Supper: A Cosmic Cantina

This long-standing tradition is a quarterly dinner for residents and friends of I-House to celebrate and gather in the Great Hall. Come to ...

The Great Hall

[I-House](#) [Social](#) [In-Person](#)
[Students](#)

UC SAN DIEGO STUDENT AFFAIRS STRATEGIC PLAN: STUDENT FOCUS GROUPS

THE OFFICE OF THE VICE CHANCELLOR OF STUDENT AFFAIRS INVITES STUDENTS TO A 1-HOUR FOCUS GROUP TO SEEK FEEDBACK ON THE DIVISION'S STRATEGIC PLAN! WE ARE CALLING ALL STUDENTS WHO WANT TO CREATE AN IMPACT AND SHARE YOUR THOUGHTS ON THE STUDENT EXPERIENCE AT UC SAN DIEGO! FOOD WILL BE PROVIDED AT EACH SESSION. THERE ARE TWO DAYS FOR STUDENTS TO PARTICIPATE:

FRIDAY, MARCH 1ST, 2024
1:00PM TO 4:00PM PST (1-HOUR SESSIONS)
EPSTEIN FAMILY AMPHITHEATRE GREEN ROOM

MONDAY, MARCH 4TH, 2024
8:00AM TO 3:00PM PST (1-HOUR SESSIONS)
RED SHOE ROOM - PRICE CENTER

RSVP AT [TINYURL.COM/UCSDSAFOCUS24](https://tinyurl.com/UCSDSAFOCUS24)

Mon Mar 4th 8:00am - 3:00pm

UCSD Student Affairs Strategic Plan: Student Focus Groups

[Register Here](#)

The Office of the Vice Chancellor of Student Affairs is looking for feedback and input from students for our Strategic Plan! We will be ...

[Students](#) [In-Person](#) [On-Campus](#)
[Free-Food](#)

ISAC
International Student Advisory Council
UC San Diego

Mon Mar 4th 4:00pm - 5:00pm

International Student Advisory Council (ISAC) March Meeting

[Register Here](#)

The International Student Advisory Council (ISAC) is comprised of leadership from student leaders and stakeholders invested in the ...

[GETCCR](#) [Grad-Students](#)
[Undergrad-Students](#) [Student-Org](#)

Join us at The Great Hall for ...

Language Conversation Tables

Sign up at the link below to practice your language skills and meet new friends!

<https://tinyurl.com/icc-egroup>

Weeks 3-7, Tuesdays 5-6pm

Tue Mar 5th 5:00pm - 6:00pm

Wednesday Coffee and Crafts

Every Wednesday
10:00am - 12:00pm

LA JOLLA COMMUNITY ROOM AT LA JOLLA VILLAGE SQUARE

Wed Mar 6th 10:00am - 12:00pm

Wednesday Coffee and Crafts

Wednesday Coffee and Crafts is an

CAREER REVOLUTION
Turn your new year's resolution into career solutions!

Join our Career Workshop Series and gain essential insights into Career Development, Resume Building, LinkedIn, Interviewing, and Mocking Interviews. Seats Available for these workshops are limited to 100 participants. Register now!

FEB 7 10:00 AM - 12:00 PM	DRINK! SOCIAL DRINKING & NETWORKING
FEB 13 10:00 AM - 12:00 PM	CAREER BUSINESS PASSPORT
FEB 21 10:00 AM - 12:00 PM	RESUME & COVER LETTER OVERVIEW
FEB 28 7:00 PM - 8:00 PM	LINKEDIN & NETWORKING
MAR 6 9:00 AM - 10:00 AM	INTERVIEWING

OPT INFO SESSION

Thu Mar 7th 11:00am - 12:00pm

FRIDAY CHAT
FRIDAY ENGLISH CONVERSATION GROUP

Every Friday
10:00AM - 12:00PM

LA JOLLA COMMUNITY ROOM AT LA JOLLA VILLAGE SQUARE

TRITON TREKKERS
UC SAN DIEGO

Rock Climb Mission Gorge

Register now or find more information at ievents.ucsd.edu

iWORKSHOP

Tue Mar 12th 12:00pm - 2:30pm

Federal Tax Workshop

[Register Here](#)

Professor Steve Gill, San Diego State University, Fowler College of Business faculty member, and Douglas Kelley, Accounting Lecturer at San ...

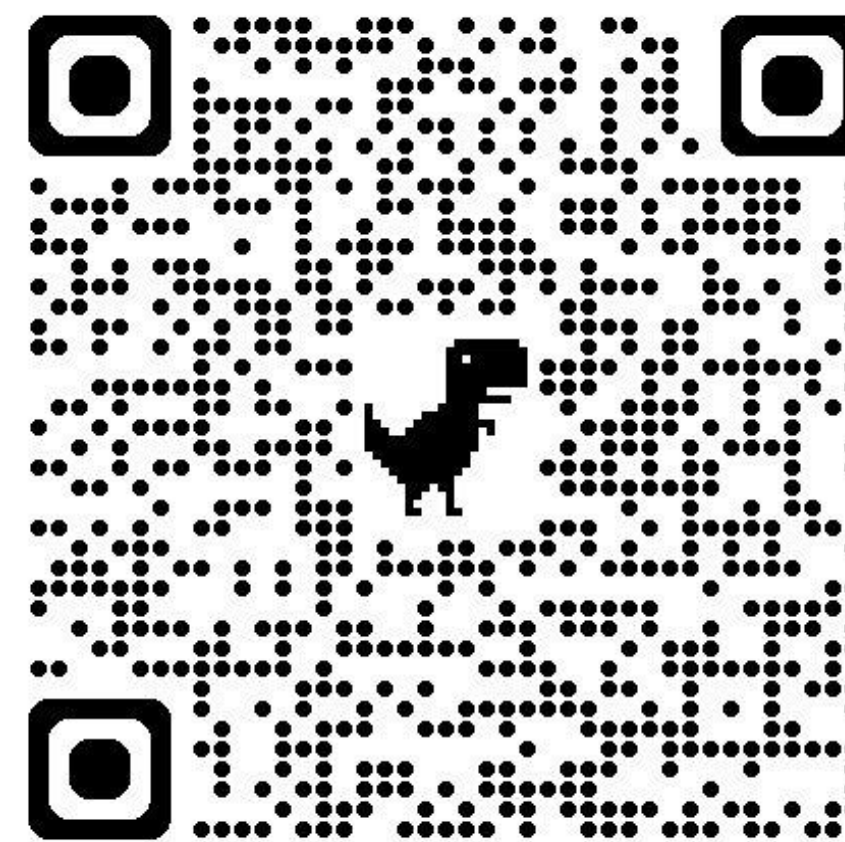
[Registration](#) [Sign Up](#) [Log In](#)

Global Ambassador Program (GAP)

GLOBAL AMBASSADORS PROGRAM

The logo features the letters 'GAP' in a bold, yellow, serif font, centered on a blue, wavy banner. The banner is decorated with yellow stars and lines, giving it a celebratory feel. The entire logo is set against a dark blue background.

A summer-long peer mentorship program,
connecting undergraduate International
students with student mentors



GAP.ucsd.edu

Welcome Guide

LET THE

JOURNEY

BEGIN

UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

ISEO has created a **Welcome Guide** filled with helpful checklists and interactive links:

- Next steps to take **before you start classes**
- Next steps to take **preparing for arrival**
- Next steps to take **upon arrival**

Learn more at

<https://iseo.ucsd.edu/programs/guides.html>

Surf Check Guide

Surf Check Guide: Coming to UC San Diego

- Created for students by students covering the most frequently asked questions international students
- Covers topics like housing, arranging transportation from airport to campus, setting up a phone account, bank account, and more!

Learn more at

<https://iseo.ucsd.edu/programs/guides.html>



Follow us on Social Media!



UC San Diego International
Services and Engagement Office



UC San Diego ISEO



@istudents.ucsd



@ISEOUCSD

UC San Diego

GLOBAL INITIATIVES

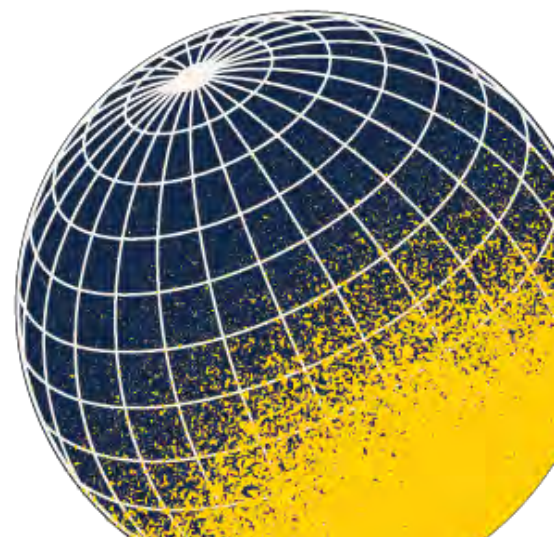
International Services and Engagement Office

Additional Resources

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



IMPORTANT DEADLINES & REMINDERS

NOW

Request your Form I-20 or DS-2019 via the iPortal

Visit: [iPortal.ucsd.edu](https://iportal.ucsd.edu)

See instructions at:

[iNewStudent.ucsd.edu](https://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](https://iorientation.ucsd.edu)

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

Upcoming Pre-Arrival Webinars

- **April 15:** Finances & Student Accounts
- **April 17:** SEVIS Transfer Process
- **April 22:** Student Life and Getting Involved
- **April 24:** Campus Safety
- **May 6:** Getting Set Up in the U.S. (Surf Check Live)

*All webinars will be recorded and posted at
iNewStudentWebinars.ucsd.edu*

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



Survey





UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

MONDAY - FRIDAY: 9am - 4pm

+1 858.534.3730

iContact.ucsd.edu

iNewStudent.ucsd.edu



UC San Diego International
Services and Engagement Office



UC San Diego ISEO



[@istudents.ucsd](https://www.instagram.com/istudents.ucsd)



[@ISEOUCSD](https://www.youtube.com/@ISEOUCSD)

Follow us on Social Media!