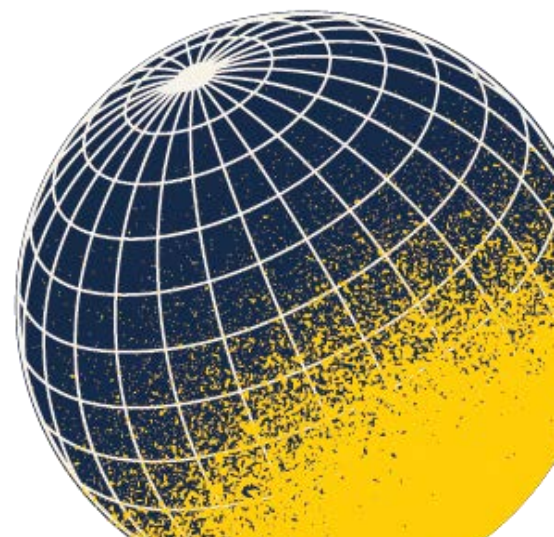


UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

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



WELCOME to UC San Diego!

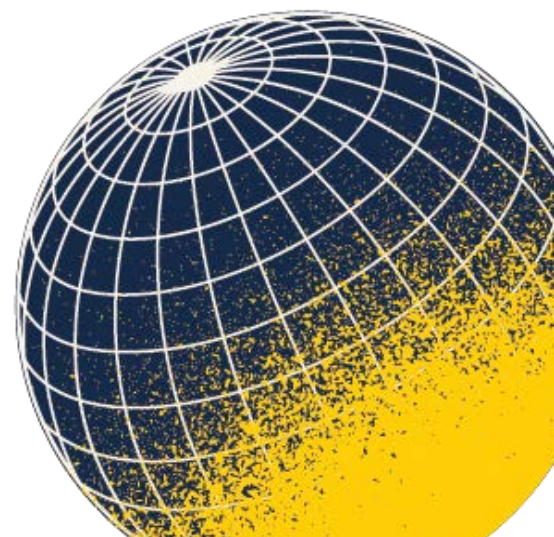
UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

UC San Diego

**DIVISION OF GRADUATE EDUCATION
AND POSTDOCTORAL AFFAIRS**



Presenters



- **Grace Fuller & Marie Manlapaz Rivera**
 - International Services and Engagement Office (ISEO)
- **Shana Slebioda**
 - Division of Graduate Education and Postdoctoral Affairs (GEPA)
- **Ashley Valdez**
 - Clinical Nurse 2
 - Student Health Services
- **Jill Battikha**
 - Billing & Insurance Manager
 - Student Health Services
- **Jerry Hu**
 - CEO
 - Student Medcover

Agenda

- Graduate Admissions Reminders
- Student Health Services
 - Immunization & TB Requirements
- Health Insurance Requirements & Waivers
 - UC Student Health Insurance Plan (UC SHIP)
- Upcoming Webinars & Additional Resources
- 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.

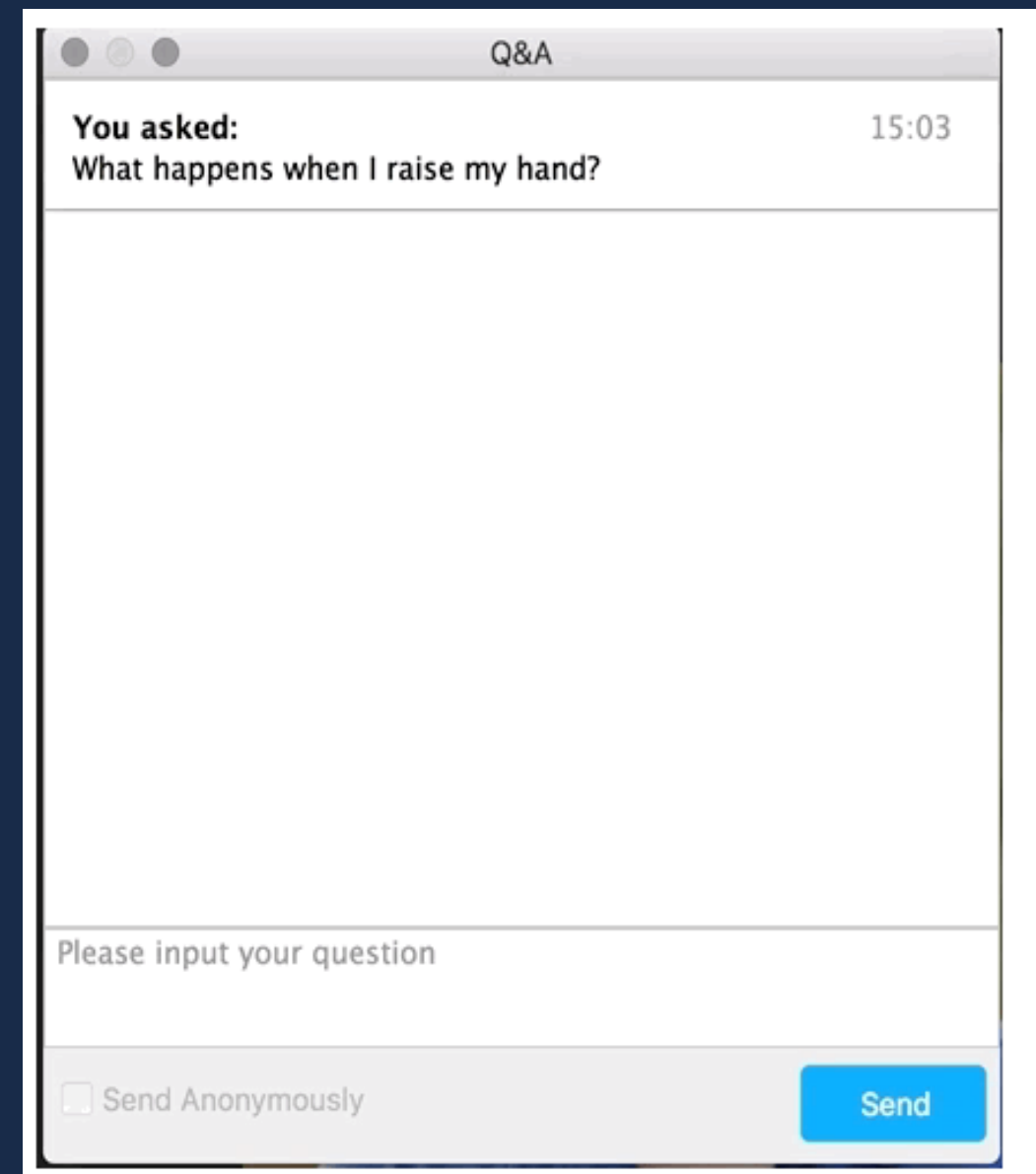


Ask questions – Use the Q&A feature to submit questions. You can also contact us at iContact.ucsd.edu



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

CONTROL PANEL



MEET **ISEO**

International Services and Engagement Office (ISEO)



**Pre-Arrival &
Orientation**

**Advising
Services**



UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

**Visa and Status
Support Services**

**Programs
& Events**



POPULATIONS WE SERVE

- ✓ **International Students** (10,545 Students, currently enrolled and working after graduation)
- ✓ **International Faculty & Scholars** (2,347 Scholars)
- ✓ International Families (642 Spouses/Partners, 464 Children)
- ✓ **Campus Partners** (Entire Campus!)

#8

Leading Institution for
Hosting **International
Faculty & Scholars**



#15

Leading Institution for
Hosting **International
Students**

13,988

Total Service Population

Source: Open Doors 2025



4,418 UNDERGRADUATE STUDENTS

TOP 5 MAJORS



POPULATION BY COLLEGE



3,988 GRADUATE STUDENTS

TOP 5 ACADEMIC DEPARTMENTS

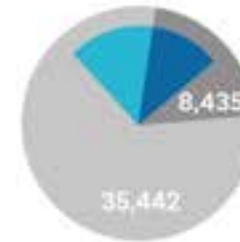


8,407

TOTAL INTERNATIONAL STUDENTS

19.16% of campus population

- Total international Undergraduate
- Total International Graduate Students
- Total Undergraduate Students
- Total Graduate Students



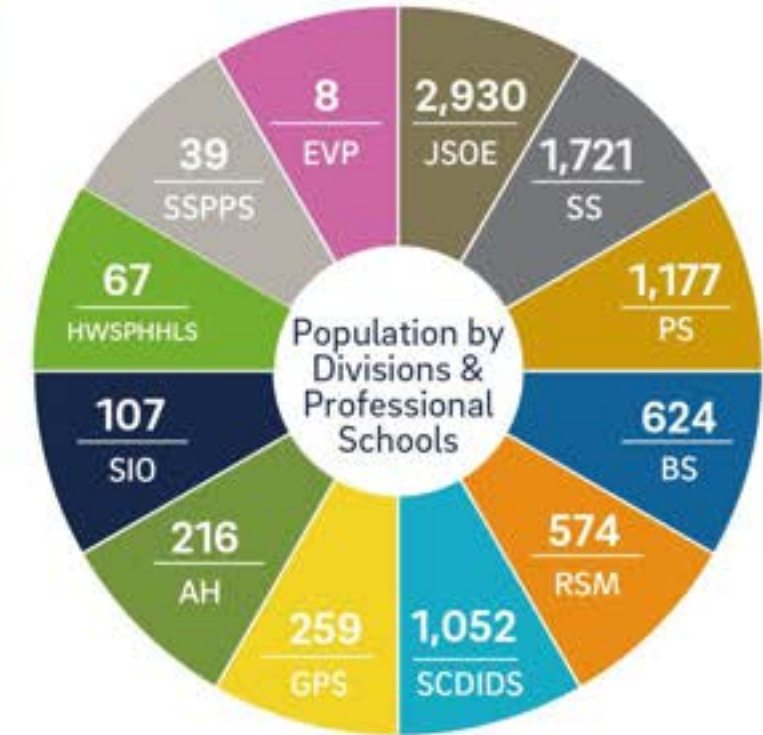
2,167

WORKING AFTER GRADUATION on OPT, STEM OPT or Academic Training

10,897 total of international students served

43,877 TOTAL UCSD STUDENTS

Excludes Studies and State-Supported M.D. & Pharm.D. and Clinical Residents



- Jacobs School of Engineering (JSOE)
- Social Sciences (SS)
- Physical Sciences (PS)
- Biological Sciences (BS)
- Rady School of Management (RSM)
- Computing, Information and Data Sciences (SCDIDS)
- Global Policy and Strategy (GPS)
- Arts and Humanities (AH)
- Scripps Institution of Oceanography (SIO)
- Herbert Wertheim School of Public Health and Human Longevity Science (HWSPHLS)
- Skaggs School of Pharmacy and Pharmaceutical Sciences (SSPPS)
- Exchange and Visitor Programs (EVP)

TOP 10 PLACES OF ORIGIN

*Based on country of citizenship listed on passport



WELCOME!





Starting a New Program at UC San Diego

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



Degree Students: Bachelors	Degree Students: Masters and PhD	Exchange Students
Summer Session Visiting Students	Sponsored Students	Prospective International 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. student visa (F-1 or J-1) and preparing for their arrival to the United States.

Summer Session Visiting Student: If you will only be enrolling with UC San Diego for Summer Session and will not matriculate into a UC San Diego degree program, please visit [ISEO's New Summer Session Visiting Page](#).

Step 1: Apply for F-1 or J-1 Certificate of Eligibility

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 certificate of eligibility document, called the Form I-20 (for F-1 students) or the Form DS-2019 (for J-1 students).

Services.ucsd.edu will open on **MONDAY, MARCH 3, 2025 (9:00 AM Pacific Standard Time)** for newly admitted Summer 2025 and Fall 2025 international students to begin requesting their immigration documents.

[Expand All](#)

Accept Admission and Complete Required Account Set Up



Preparing for Submission



Submitting a Request for an Immigration Document: Form I-20 (F-1) or DS-2019 (J-1)



Apply for your F-1 or J-1 visa stamp



[Expand All](#)

Step 2: Prepare for Your Arrival to UC San Diego

[Expand All](#)

Tuition/Fees and Pending Admissions Documents



Health Screenings and Immunization Requirements



Webinars and Orientation Sessions



Enrollment Requirements



Gather Documents and Plan your Transportation from the Airport



[Expand All](#)

Step 3: Arrival to the U.S. and UC San Diego

[Expand All](#)

What to Expect at U.S. Customs



REQUIRED: Check-in with ISEO within 10 days of US arrival



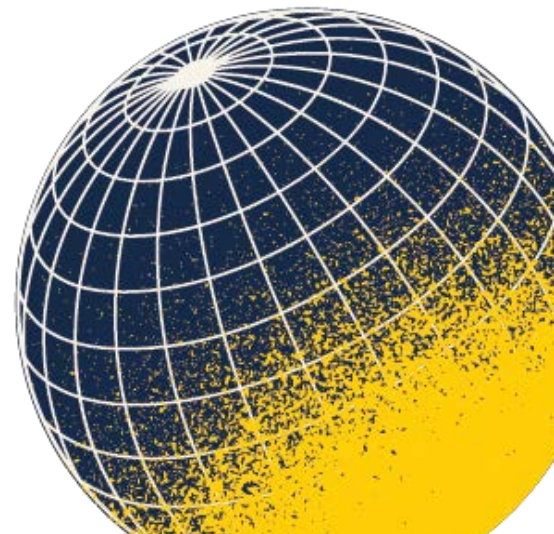
Campus Directory and Map



Getting Started at UC San Diego



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.

GEPA Announcements

Welcome to your UC San Diego Applicant Portal

[Home](#)[Your Checklist Items](#)[Program Information](#)[Financial Support](#)[FAQ](#)

Thank you for your interest in UC San Diego. This applicant portal will be an important source of information for you throughout the application process. Please bookmark this page and check back for updates regularly!

Your application reference number is [REDACTED]

Visit the tab [Your Checklist Items](#) above to ensure that all of your required application documents have been submitted.

Status Update

An update to your application was last posted June 5, 2024.

[View Update >>](#)

Your Status: Accepted

We have received your decision to accept your admission to UC San Diego! You may access your official admissions letters at any time using the "View Update" link above.

At this time, your admission status is Provisional. This means that there are documents you need to submit to the Graduate Admissions Office in order to finalize your admission. Please visit [Your Checklist Items](#) to see what documents are still pending. Provisional status does not affect your ability to begin other admissions procedures. You are officially admitted and will be able to register for courses, sign up for housing, and begin financial aid or visa paperwork.

In addition to Your Checklist Items, please read over the following pages for more important next steps!

- [What to Do Immediately](#)
- [Before You Arrive on Campus](#)
- [When You Arrive on Campus](#)
- [International Students](#)

Forms

Please complete the following forms:

- ✓ 06/05/2024 Decision Reply Form [Display](#)
- ✓ 06/16/2024 Statement of Legal Residence [Display](#)

Welcome to your UC San Diego Applicant Portal

[Home](#)[Your Checklist Items](#)[Program Information](#)[Financial Support](#)[FAQ](#)

Required Documents

You are required to submit the following official documents in order to finalize your admission:

- Final official transcript with conferral - University of Pittsburgh (Bachelor of Science). **Document has been received and is in queue for processing.**

The Graduate Admissions Office begins reviewing official documents in **June** for incoming Summer and Fall students. Please be sure to check this portal often in case there are updates regarding your pending admission documents. If you have any questions about your required documents, please email us at gradadmissions@ucsd.edu with your application reference number or PID.

The deadline to submit the above documents is the fourth Friday of your first quarter of enrollment at UC San Diego. Failure to submit documents by this date will result in a hold on future registration until the documents are received. View the current [Academic Calendar](#) to see when your first quarter of enrollment begins.

How to Submit a Final Transcript

A **final transcript** is required for any degree(s) earned at institutions within the United States, and in some cases is required for coursework completed at institutions where you did not earn a degree (either domestic or international).

Please have your transcript sent directly to Graduate Admissions using one of the three options below. Transcripts must be the final version, which includes all grades and coursework completed, any degree(s) received, and the date(s) of degree conferral (if applicable).

Option 1: Parchment. Select "University of California San Diego Graduate Admissions" as the recipient in the menu provided by Parchment. This is the best way to ensure your academic materials reach our office and your applicant file in a timely manner.

Option 2: Other e-transcript service/electronic submission of materials. Have your institution send the documents to gradadmissions@ucsd.edu. Please note that you may not email your materials yourself. Documents must be sent by officials from the issuing institution or through a secure, third-party service such as National Student Clearinghouse.

Option 3: Mail. Have your institution send the documents to Graduate Admissions at the address listed below. Please note that we cannot accept documents that were opened or sealed by the student. Documents must be received in an envelope sealed by the issuing institution.

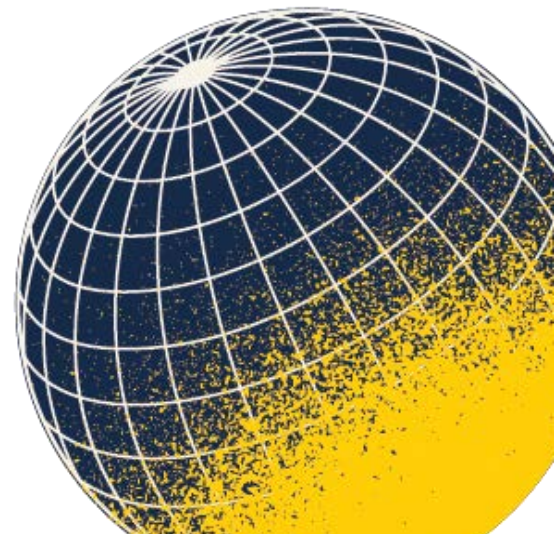
University of California San Diego
Graduate Admissions
9500 Gilman Drive #0003
La Jolla, CA 92093-0003

Your transcript must state the degree conferred to you and the date of degree conferral (if applicable). We do not accept transcripts that have pending grades or in-progress coursework.

Incoming Health Requirements

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services



Why?

- For prevention and protection from vaccine preventable disease
- **Outbreaks** occur in University settings causing significant personal and academic disruption
- Emergence of some vaccine preventable illnesses in the US and abroad e.g. measles, mumps and pertussis

What are the requirements?

- **Tuberculosis Risk Screening +/- TB testing**
 - The need for testing is determined by risk
 - **Regular "core 4" vaccines**
 - Tdap, MMR, Varicella, Meningococcal Vaccines
- Deadline: July 14th**
- **COVID vaccine** (annual in the Fall/Winter)
 - **Influenza vaccine** (annual in the 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 \(PDF\)](#)

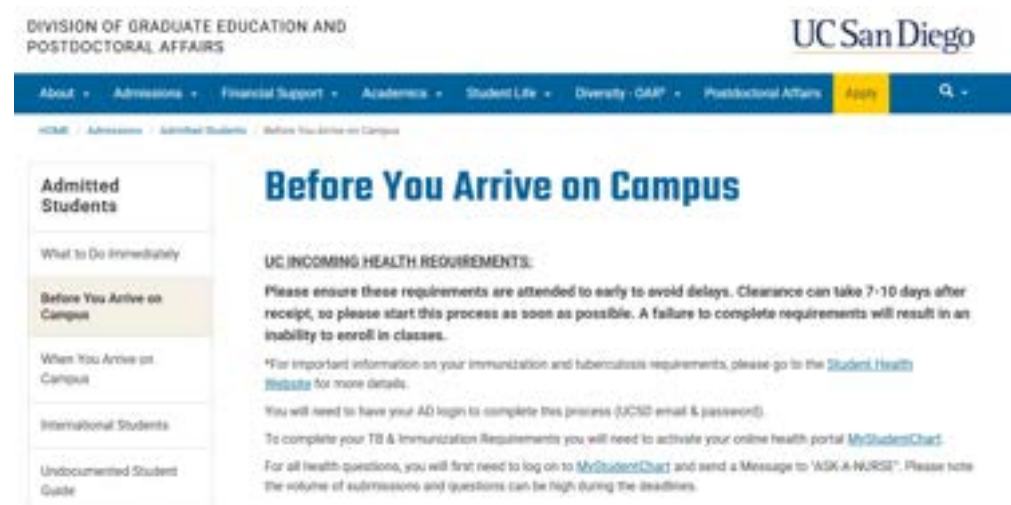
- Log into [MyStudentChart](#) to submit TB Testing Form: Menu > Immunization & Screening

Immunization Requirements



Starting the Process

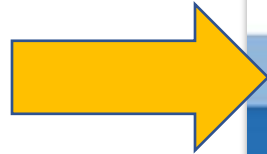
- Log into the Student Health Services student health portal -> MyStudentChart (REMINDERS sent)
 - <https://mystudentchart.ucsd.edu/shs/>
- You will need your UCSD Student AD login (email and password)
- Information and links on the Graduate Division website



The screenshot shows the UC San Diego website for the Division of Graduate Education and Postdoctoral Affairs. The page is titled "Before You Arrive on Campus" and features a section for "Admitted Students" with a sub-section "What to Do Immediately" containing a link to "Before You Arrive on Campus". The main content area is titled "UC INCOMING HEALTH REQUIREMENTS" and includes the following text: "Please ensure these requirements are attended to early to avoid delays. Clearance can take 7-10 days after receipt, so please start this process as soon as possible. A failure to complete requirements will result in an inability to enroll in classes." It also provides links to the "Student Health Website" for more details and mentions that users will need their AD login to complete the process. A note at the bottom states: "For all health questions, you will first need to log on to MyStudentChart and send a Message to 'ASK A NURSE'. Please note the volume of submissions and questions can be high during the deadlines."



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: COVID-19... [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: COVID-19...

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
Immediately to severely immunocompromised (have a weakened immune system) you are up-to-date on your COVID-19 booster vaccine according to the guidelines.



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
- Use the Immunization Form to guide you (found 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 14th

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



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 ⓘ

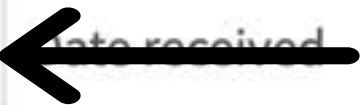
Hover over the info bubble for additional information



Date received
MM/DD/YYYY

Date received

Date received



Enter your vaccine dates

Measles; SQ/jet ⓘ

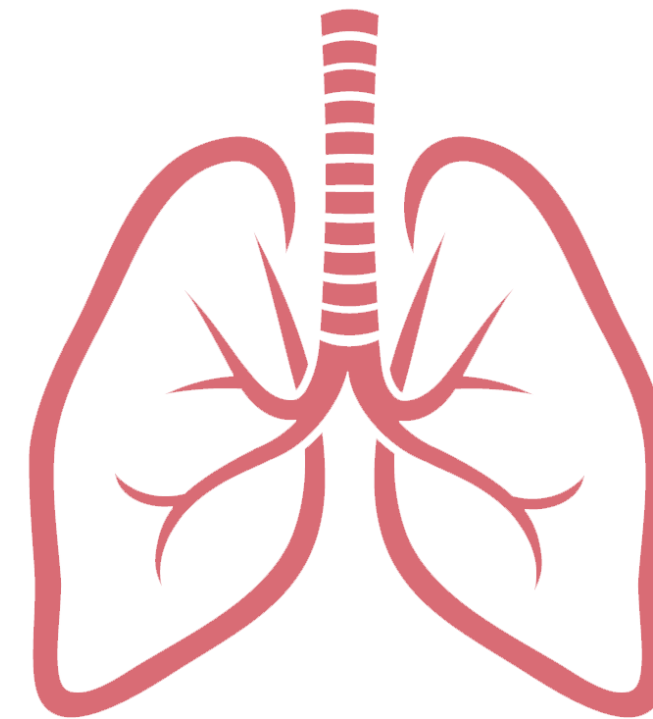
Date received

Date received



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
 - 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

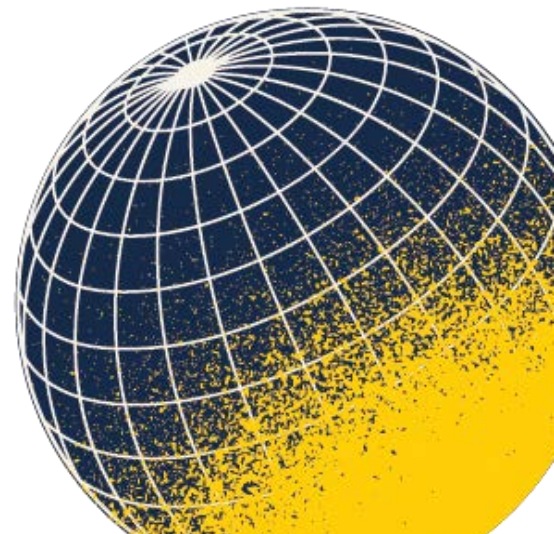
PLEASE COMPLETE REQUIREMENTS AS SOON AS YOU CAN TO AVOID ENROLLMENT HOLDS!



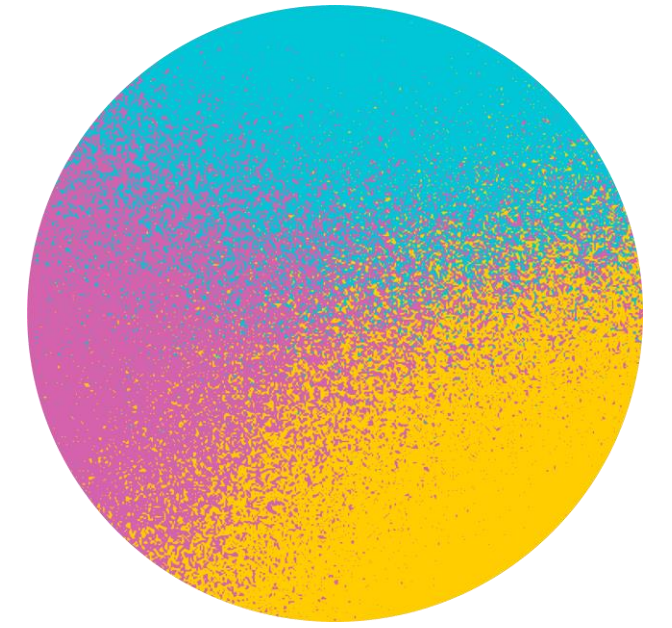
Student Health Services

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services



Health Insurance Requirements Academic Year 2026/2027



Presented by: Jill Battikha
UCSD Student Health
Insurance & Billing

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 AY2026-27, the cost per quarter will be approximately \$2,100.00 USD



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



AY 2026-27 Waiver Timeframes for Submission

- The waiver may only be applied for during open time frames 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 2026

8/3/26 through 9/11/26

- ❖ 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>

PSI Platinum Plan

<https://www.psiservice.com>

Student Medcover

<https://www.smcovered.com>



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 does Student Health on campus offer?

Full primary care physician services

Medical Doctors, Nurse Practitioners, Registered Nurses, X-ray, Phlebotomy and Laboratory, 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

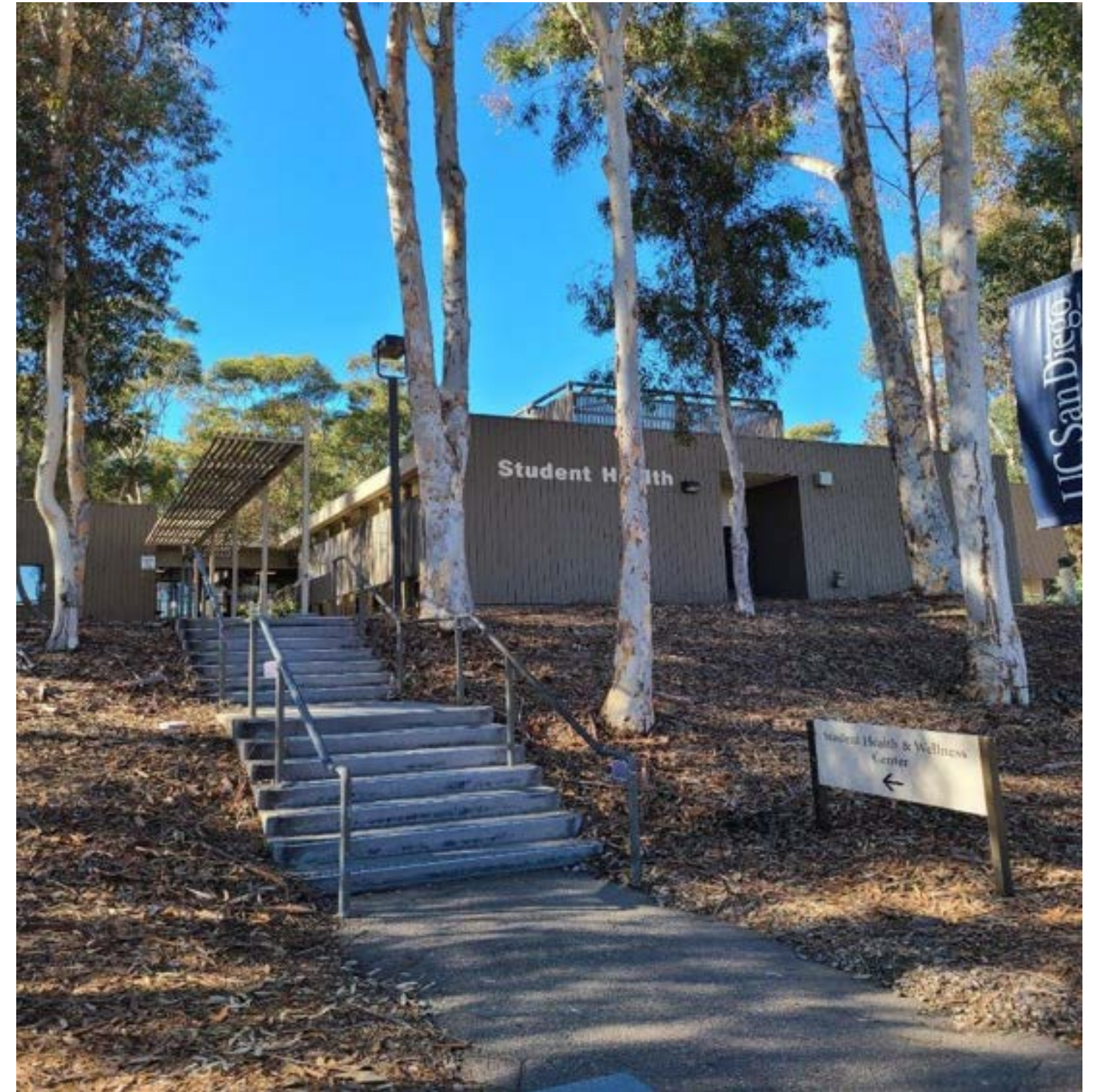
Thursdays: 9am-4pm

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 currently. We are moving into a new building July 14, 2026.

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 I.D.
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%

UC San Diego

STUDENT HEALTH AND WELL-BEING
Student Health Services

Supplemental Dental Coverage



Delta Dental PPO

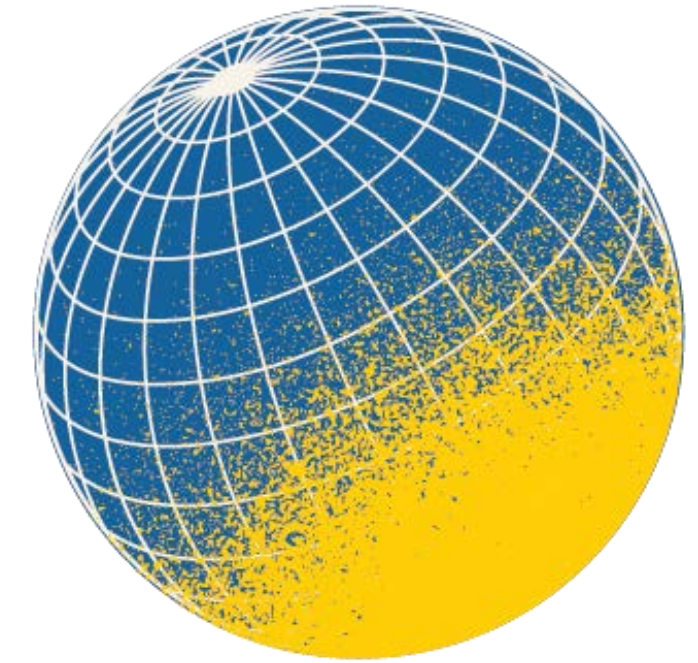
- UCSHIP members have \$1,000 USD worth of coverage for
 - Teeth evaluation and cleaning
 - Fillings
 - X-Rays
 - Root canals and tooth extraction
- To find a dentist, please
 - Call 1-800-765-6003
 - Visit www.deltadentalins.com/ucship

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

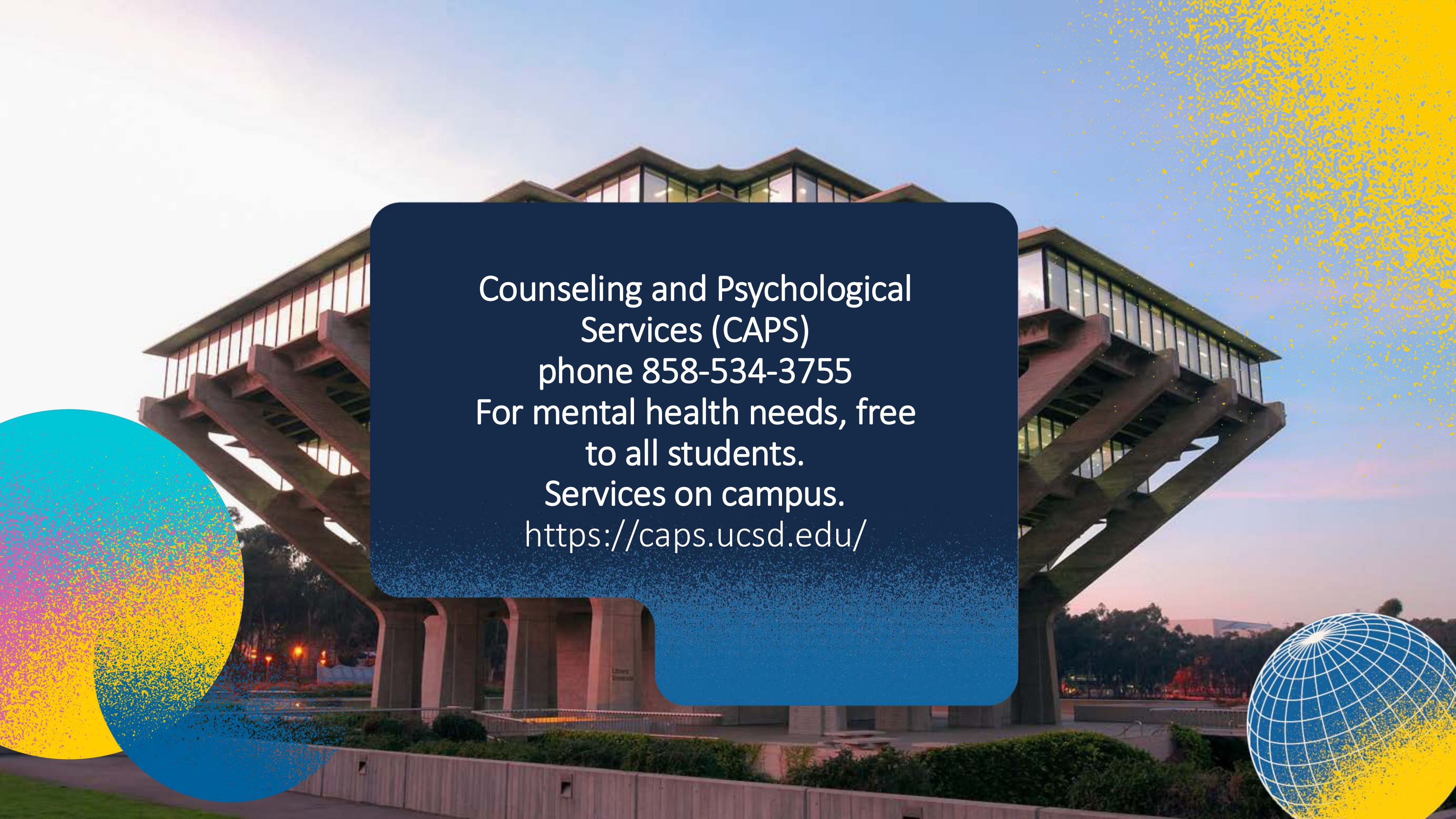
UCSD Student Health Optometry – Call 858-534-2602 to schedule an appointment.

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

The background of the image is a photograph of a modern, multi-story building with a distinctive architectural style, featuring cantilevered balconies and large windows. The building is illuminated from within, and the sky is a mix of blue and orange, suggesting dusk or dawn. In the foreground, there are some green bushes and a concrete wall. Overlaid on the image are several decorative elements: a large cyan circle on the left side, a large yellow circle on the right side, and a white wireframe globe on the bottom right. A dark blue rounded rectangle is centered over the building, containing white text.

Counseling and Psychological
Services (CAPS)
phone 858-534-3755
For mental health needs, free
to all students.
Services on campus.
<https://caps.ucsd.edu/>



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 858-249-4250 *eff 7/14/26*
 - 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: [88081736382](#)
- Wednesday access code: [81949023064](#)
- Friday access code: [82705053129](#)

- 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

Thank you!



Follow us on Social Media

Connect With Us



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[Instagram](#)



[YouTube](#)

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

Email: ship3@ucsd.edu

Phone: 858-534-2124

Provider Spotlight:

Student Medcover

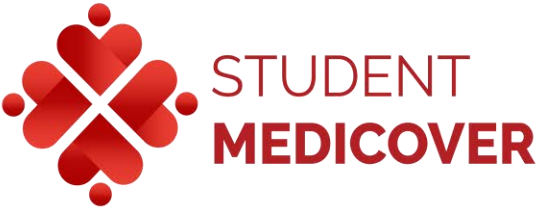
UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

Presented by:
Jerry Hu
CEO @Student Medcover



With UCSD email to redeem free Carepack.
We will mail a Carepack to your door at \$0 cost. (before 6/1/2026)

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 1200+ Tritons

Supporting **1200+** 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 **\$310 per quarter**. We also offer **\$0 deductible** plan.



Email: sm@smcovered.com



Phone: 812-360-2313



Student Medcover
415-651-7238
WhatsApp



Student Medcover
Wechat



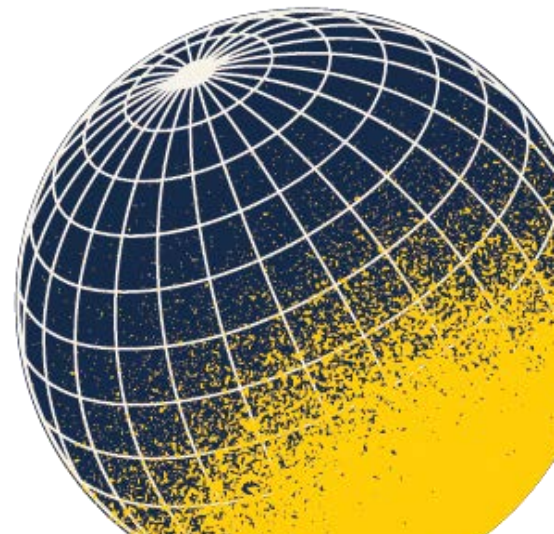
Student Medcover
812-360-2313
Line

Get Engaged

UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office



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

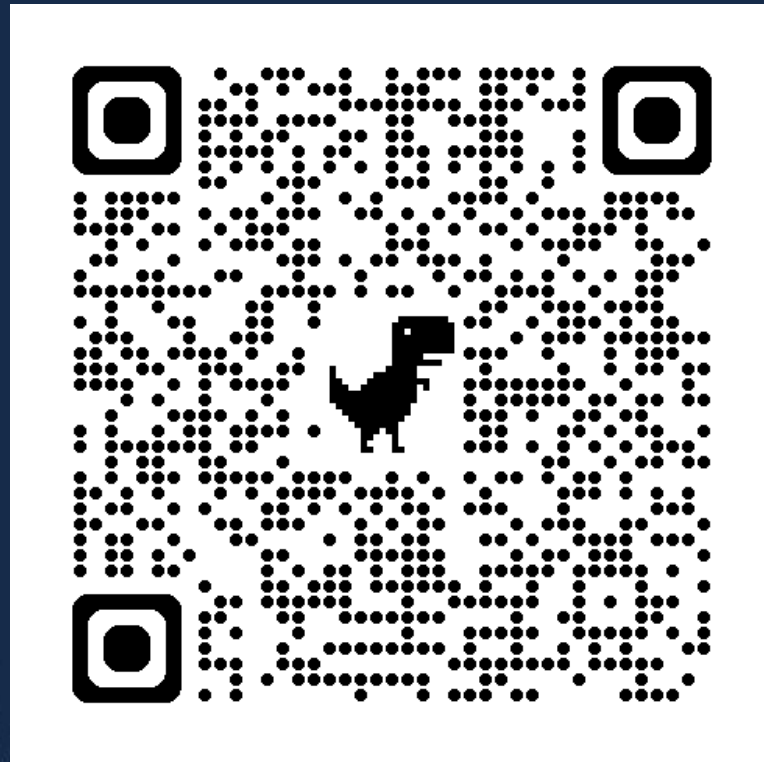
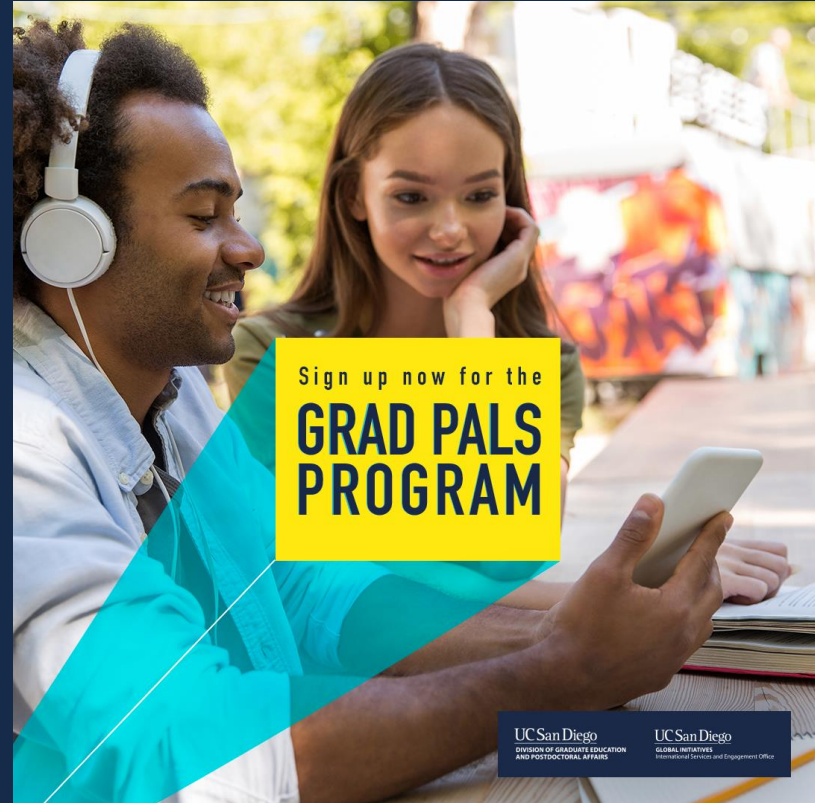
Surf Check Guide: Coming to UC San Diego

- 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>





Grad Pals Peer Mentorship Program

iPrograms

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



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 at 12:00pm 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 #8716647 on Handshake

Undergraduate Programs Student Assistant (STDT 3)
Estimated salary: \$17 per hour
Application Deadline: March 17 at 12:00pm 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

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:

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

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

UCSD Student Affairs Strategic Plan: Student Focus Groups

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/ict-signup>

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 Winter Workshop Series and gain valuable insights into Career Resumes, Interviews, Resume building, LinkedIn Networking, and Mocking Interviews! Save the dates for these interactive sessions to be held in the UC San Diego Career Services Horizon Room. Your pathway to success begins here - secure your spot and elevate your career game!

FEB 7 10PM-12:00PM	Career Goals, Resumes & Interviews	REGISTER HERE
FEB 13 10PM-12:00PM	CAREER READINESS PASSPORT	REGISTER HERE
FEB 21 10PM-12:00PM	RESUMES & COVER LETTER OVERVIEW	REGISTER HERE
FEB 28 7:00PM-8:00PM	LINKEDIN & NETWORKING	REGISTER HERE
MAR 6 10PM-12:00PM	INTERVIEWING	REGISTER HERE

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

MARCH 9
7AM-1PM

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



iWORKSHOP



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

Federal Tax Workshop

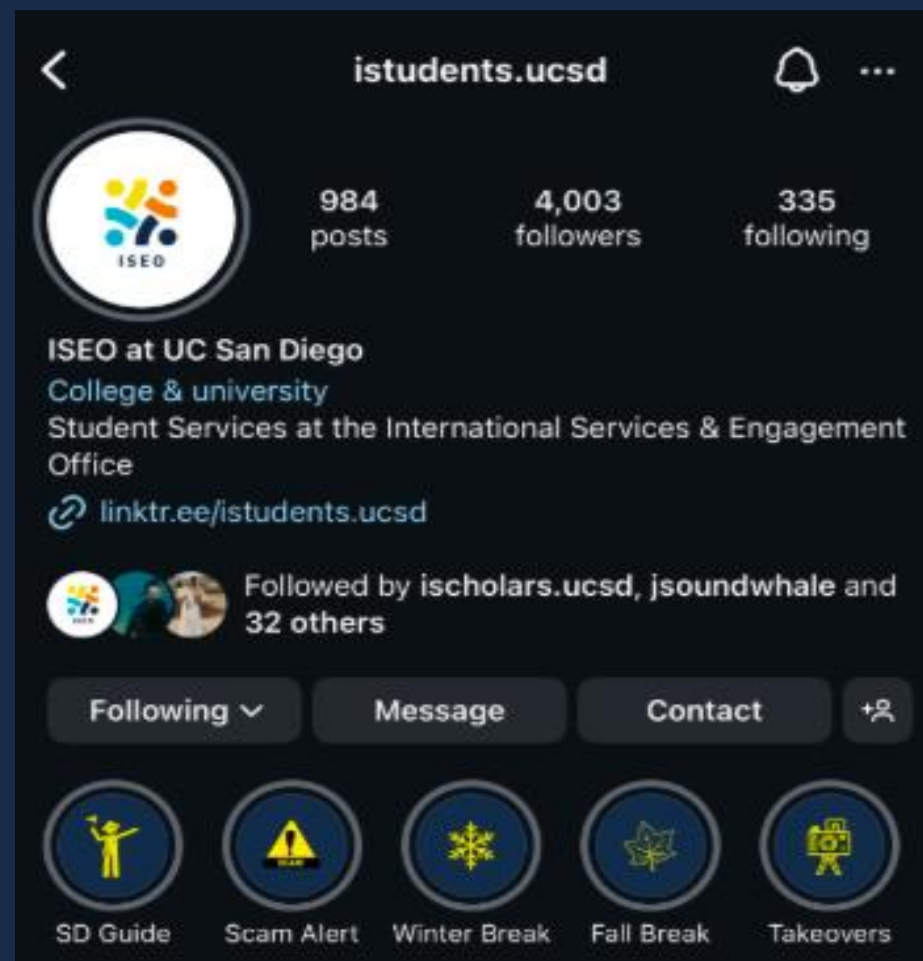
Register Here

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

Students Scholars Families

Follow us on Instagram!

<https://www.instagram.com/istudents.ucsd/>



UC San Diego

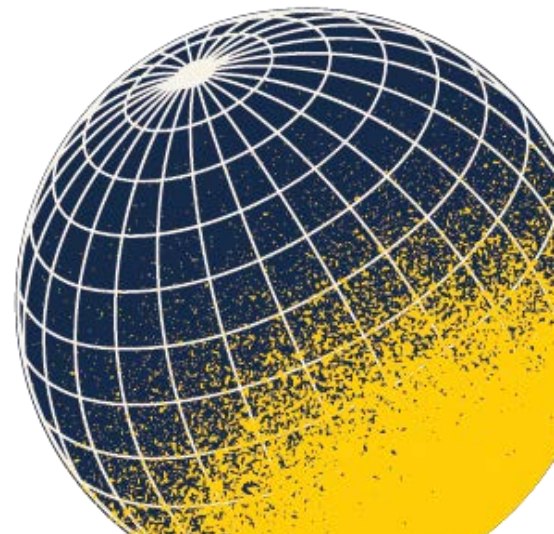
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Additional Resources

UC San Diego

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IMPORTANT DEADLINES & REMINDERS

NOW

Begin requesting your
visa documents via
iServices

Visit:
[iServices.ucsd.edu](https://iservices.ucsd.edu)

NOW

Apply for on-campus
housing

Visit: hdh.ucsd.edu

**Mid-
May**

Housing, Dining and Hospitality
(HDH) starts to send out housing
contracts in Mid-May. Offers are
made 60 days prior to requested
move-in date.

Visit: hdh.ucsd.edu

July

Deadline to submit health
immunization requirements
and complete OPHD training

Visit:
studenthealth.ucsd.edu

Sept

Tuition due
Move-In
Check-In

New International
Student Orientation

Visit:
iOrientation.ucsd.edu

Upcoming Pre-Arrival Webinars

- **March 19:** Graduate Student Funding
- **March 24:** English Language Requirements for Instructional Assistants
- **March 26:** Student Life & Getting Involved on Campus
- **April 16:** Finances & Student Accounts Webinar
- **April 23:** Campus Safety
- **April 28:** Getting Set Up in the U.S. (Surf Check Live)
- **May 5:** SEVIS Transfer Process

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

UC San Diego

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International Services and Engagement Office



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



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

Follow us on Social Media!