

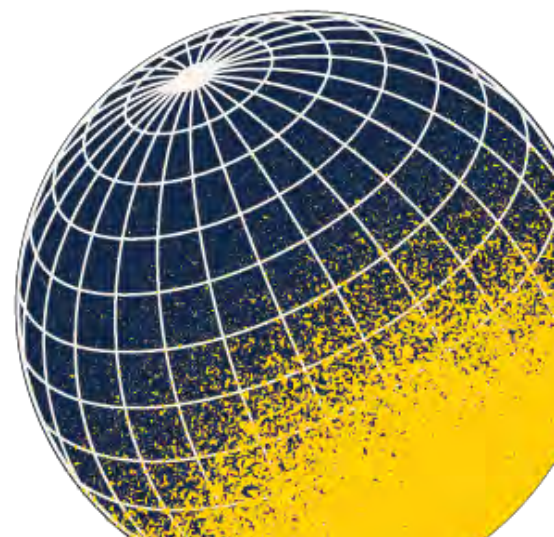
**UC San Diego**

**GLOBAL INITIATIVES**

International Services and Engagement Office

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



# Presenters



- **Marie Manlapaz Rivera**
  - 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 Medcover

# 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.

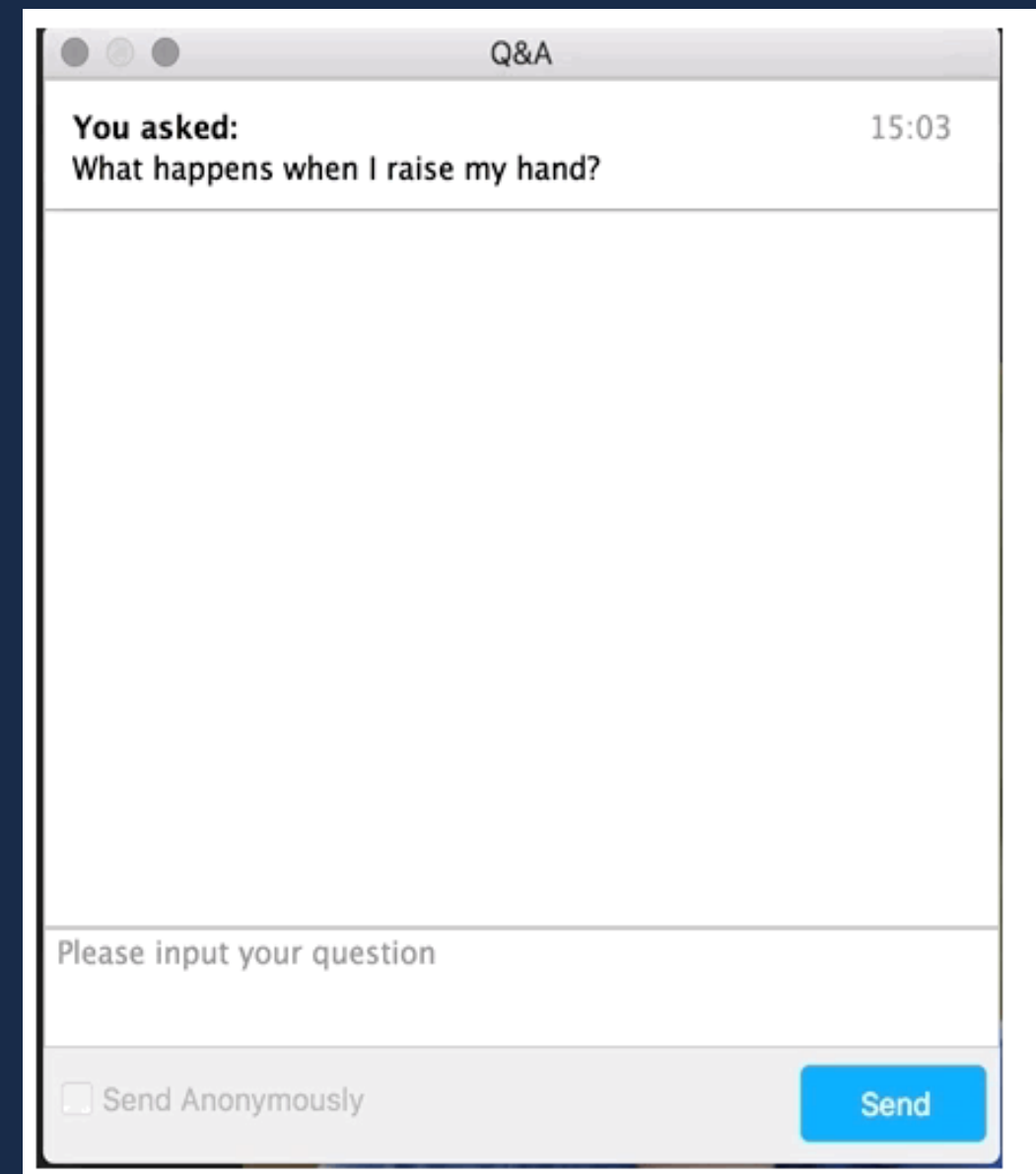
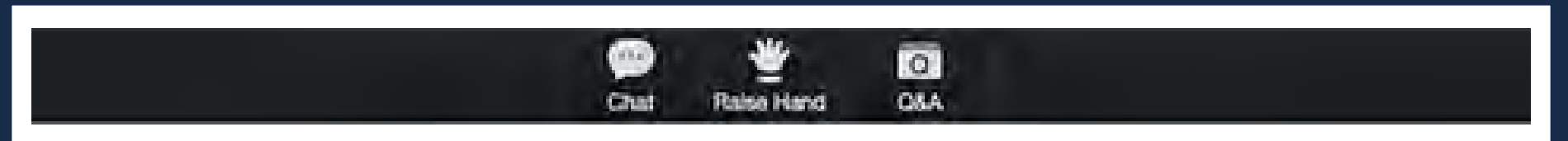


**Ask questions** – Use the Q&A feature to submit questions. You can also contact us at [iContact.ucsd.edu](https://iContact.ucsd.edu)



**We're recording.** You'll be able to view this webinar recording at [iNewStudentWebinars.ucsd.edu](https://iNewStudentWebinars.ucsd.edu)

# CONTROL PANEL



MEET ISEO

International Services and Engagement Office (ISEO)

# What do we do?

Our team of expert staff supports and guides international students and scholars with their academic and personal goals, successful transition to campus and student life, and meaningful engagement with the university and local community.

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**GLOBAL INITIATIVES**

International Services and Engagement Office



**Pre-Arrival &  
Orientation**

**Advising  
Services**



**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



# Who are our **Students?**

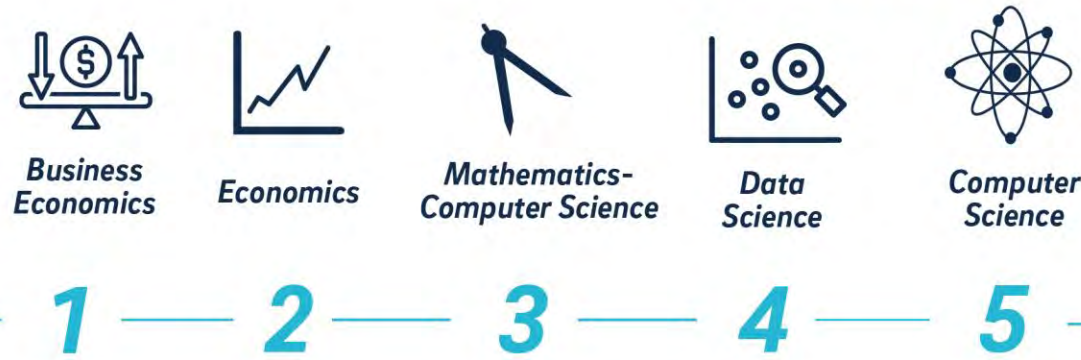
UC San Diego

GLOBAL INITIATIVES  
International Services and Engagement Office



**4,418 UNDERGRADUATE STUDENTS**

TOP 5 MAJORS

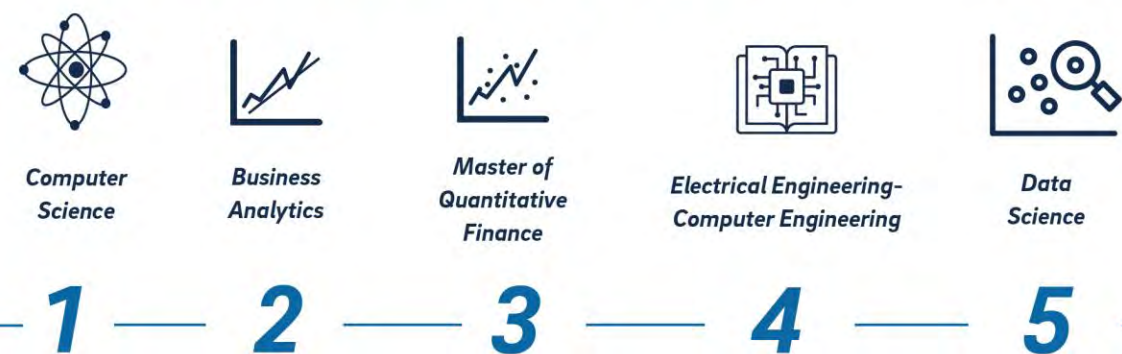


POPULATION BY COLLEGE



**3,988 GRADUATE STUDENTS**

TOP 5 ACADEMIC DEPARTMENTS



**8,407**

TOTAL INTERNATIONAL STUDENTS

**19.16%** of campus population



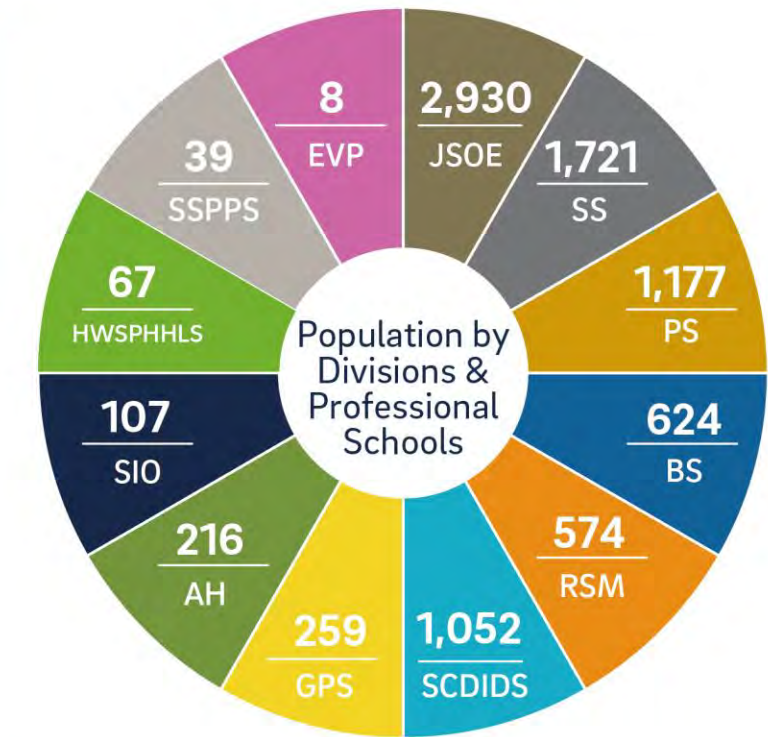
**2,167**

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!



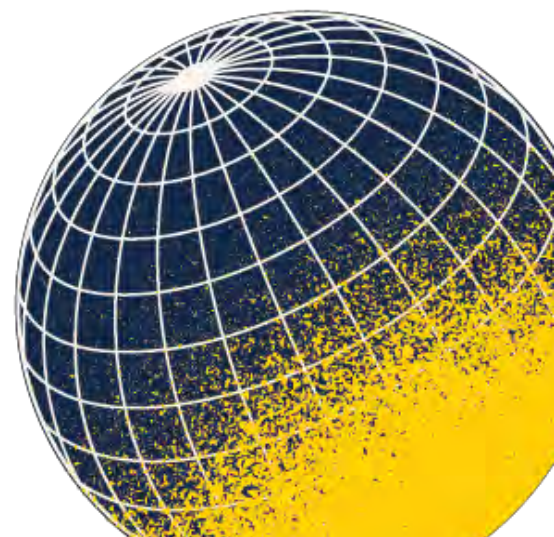
# First Steps Checklist

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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)



## Starting a New Program at UC San Diego

(This page has a friendly link that's easy to remember: [iNewStudent.ucsd.edu](https://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

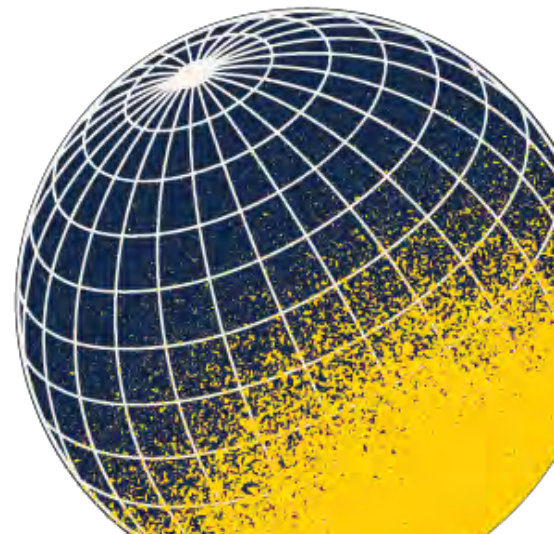
To apply for an F-1 or J-1 visa stamp at a U.S. consulate/embassy, OR to transfer your SEVIS record to UC San Diego (if applicable), you must request that ISEO issue you the appropriate visa status eligibility document, called the Form I-20 (for F-1 students) or the Form DS-2019 (for J-1 students).

# Incoming Health Requirements

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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

<b>Resources</b>
Urgent Care & After-Hours Care
Emergency Care
Health Topics
Self Assessment Tools
<b>Health Requirements</b>
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](mailto: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](mailto: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?](#)

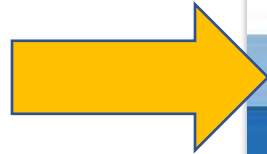
**New User?**

**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

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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

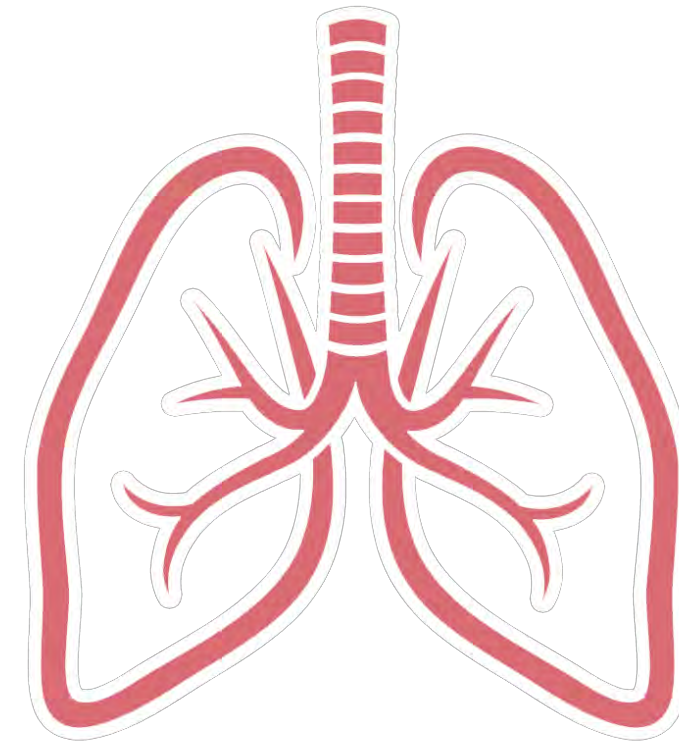
# COVID & Influenza

- 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](mailto: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!**

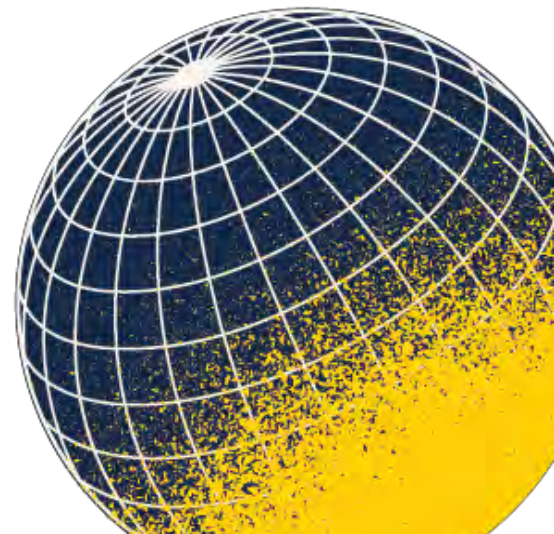


# Student Health Services

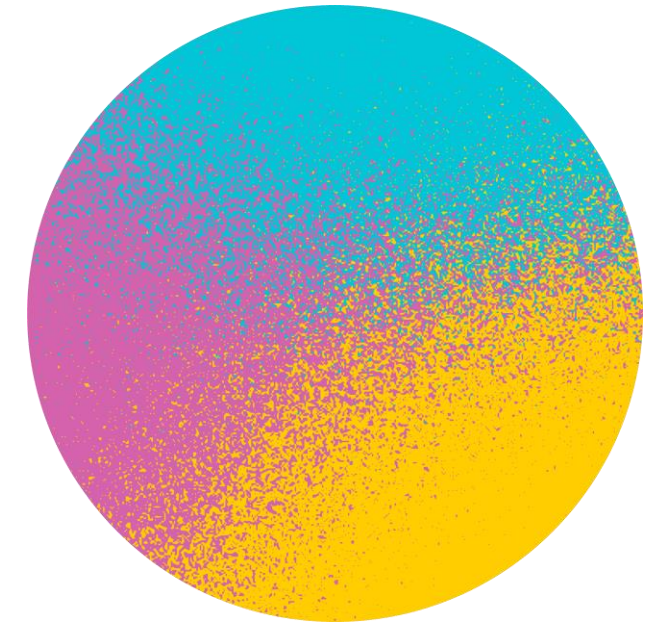
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UC San Diego

**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 \$1,065.00 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](http://www.MyUCSHIP.org)

UC San Diego  
HEALTH SYSTEM

# STUDENT HEALTH



PLEASE SCAN QR CODE

[www.MyUCSHIP.org](http://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](https://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](https://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.

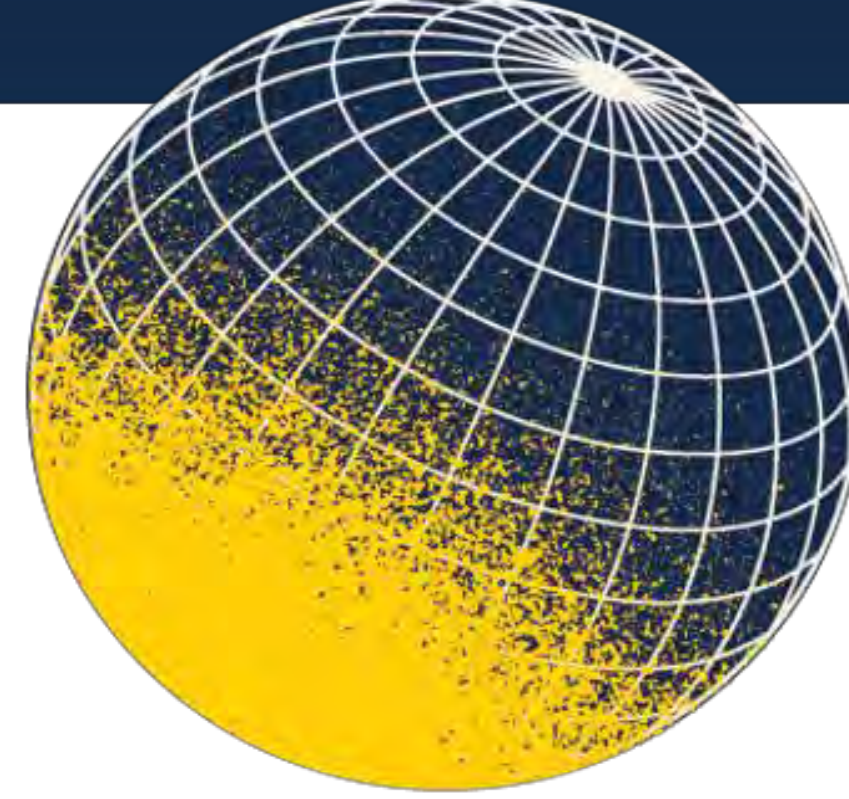
## Out of Network \$\$\$

- 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

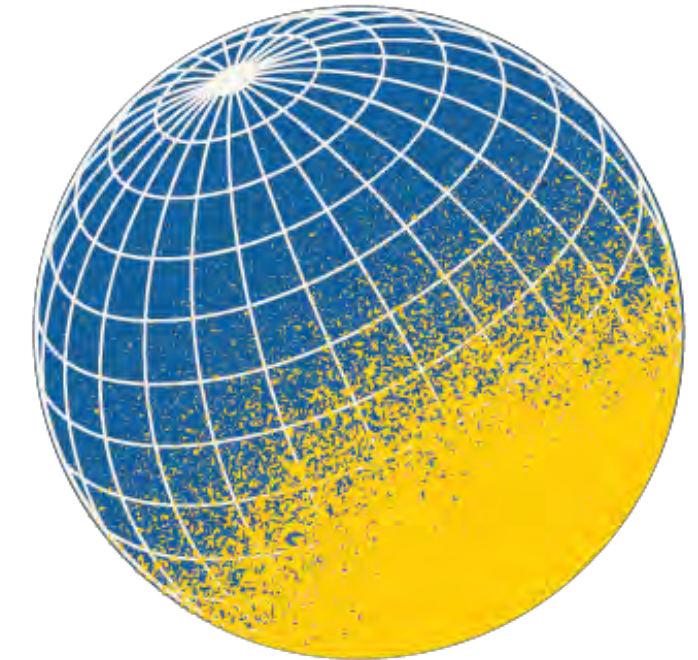
- UCSHIP members have \$1,000 USD worth of coverage for
  - Teeth evaluation and cleaning
  - Fillings
  - X-Rays
  - Root canals and tooth extraction
- To find a dentist, please
  - Call 1-800-765-6003
  - Visit [www.deltadentalins.com/ucship](http://www.deltadentalins.com/ucship)

Referrals are unnecessary for dental care.

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Student Health Services

# Supplemental Vision Coverage



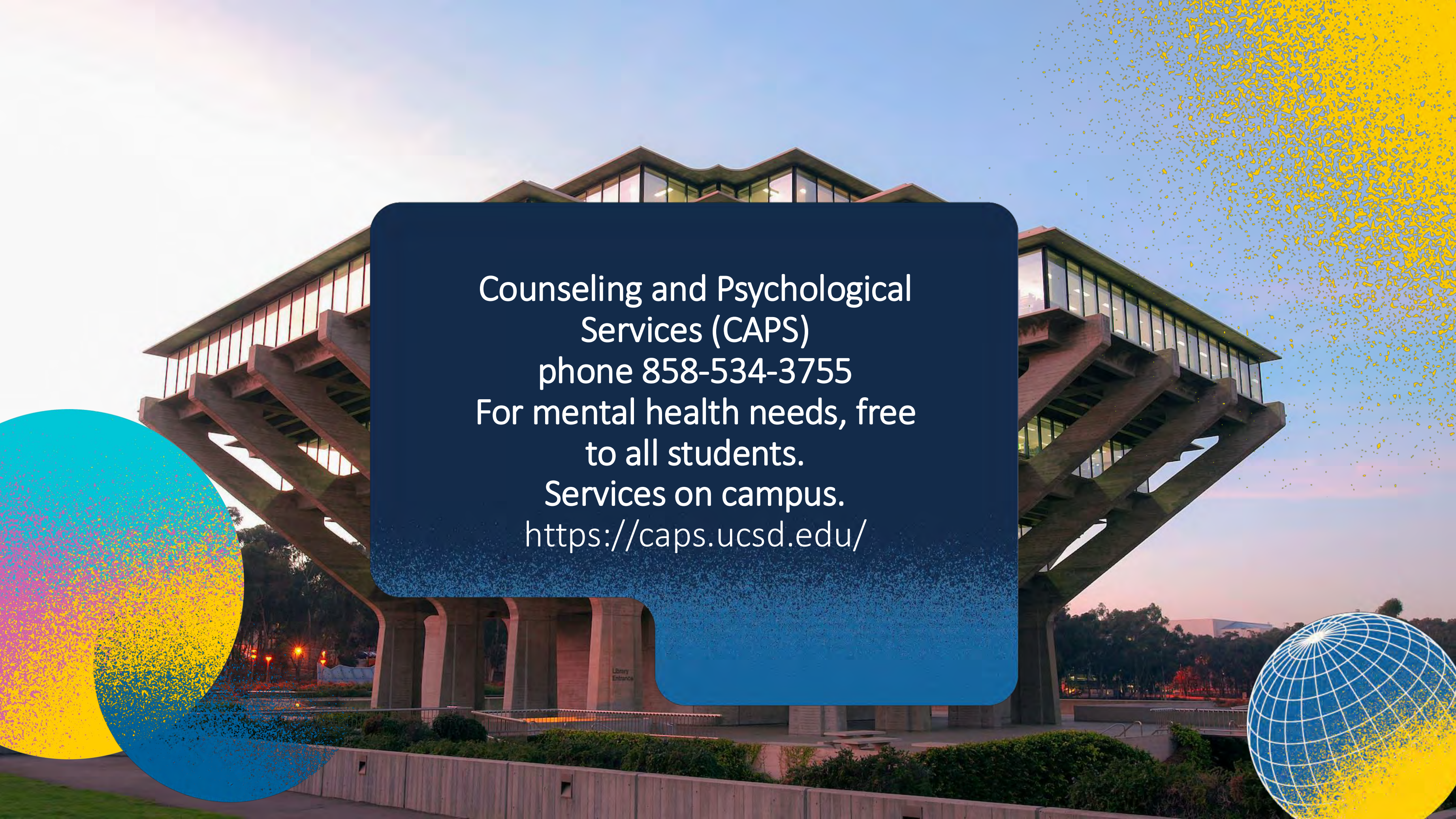
## **Anthem Blue View Vision**

- 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.



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](mailto: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

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[Instagram](#)



[YouTube](#)

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

Email: [ship3@ucsd.edu](mailto:ship3@ucsd.edu)

Phone: 858-534-2124

# International Student Health Plan: Student Medcover

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**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 6/1/2026)



# Student Medcover



Phone: 812-360-2313



Email: [sm@smcovered.com](mailto:sm@smcovered.com)



## Exclusive Partnership with UHCSR

Our plans are supported by UnitedHealthcare Student Resources—one of the most established student insurance providers in the U.S.



## Accepted at UCSD Health

Our plan works with UCSD Health and nearby in-network providers. Eligible visits at campus health services may be covered **with \$0 deductible and no copay.**



## We Help 1,200+ Tritons

Supporting 1,200+ Tritons with certified specialists, and **10+ years of experience** in healthcare insurance, offering personalized support and streamlined claim management tailored to UC San Diego.



WhatsApp  
Student Medcover  
415-651-7238



Wechat  
SMCovered



Line  
Student Medcover  
812-360-2313

# Insurance Plans

STUDENT MEDICOVER	<b>S</b> SUPREME \$191.70 /30 DAYS	<b>E</b> ELITE \$164.40 /30 DAYS	<b>P100</b> PRIME 100 \$135.90 /30 DAYS	<b>P500</b> PRIME 500 \$102.00 /30 DAYS
Maximum Benefit (For Each Injury or Sickness)	Unlimited	Unlimited	Unlimited	Unlimited
Deductible (Waived for SHC visits)	\$0	\$0	\$100	\$500
Copay (Waived for SHC visits)	\$20	\$25	\$25	\$75
Coinsurance	90%	90%	80%	80%
Out-of-Pocket Maximum (Per Policy Year)	\$5,000	\$6,350	\$6,350	\$7,350
Prescription Drug (UnitedHealthcare Pharmacy)	\$15, \$30, \$50	\$15, 30%, 50%	\$15, 30%, 50%	\$25, 30%, 50%
Preventive Care	100%	100%	100%	100%
Adult Vision Benefit (Maximum)	\$300	\$300	\$300	N/A
Wellness Program Benefits	90%, Unlimited	N/A	N/A	N/A



**Rates starting as low as \$310 per quarter**

Flexible options available to fit different budgets and coverage needs.



**0 deductible, Up to 90% Coverage**

Minimizing your out-of-pocket expenses when you need care the most.



**UCSD SHS – In Network**



FIND CARE



**Ucsd Student Health Service**

Clinic

9521 Mandeville Ln  
La Jolla, CA 92093  
(858) 534-3300 Phone  
711 TTY

- Accepting All Patients
- In-Network Provider



**24/7 Support, Anytime You Need**

Our team is available 24/7 to assist with plan selection, finding in-network providers, claims questions, and more.

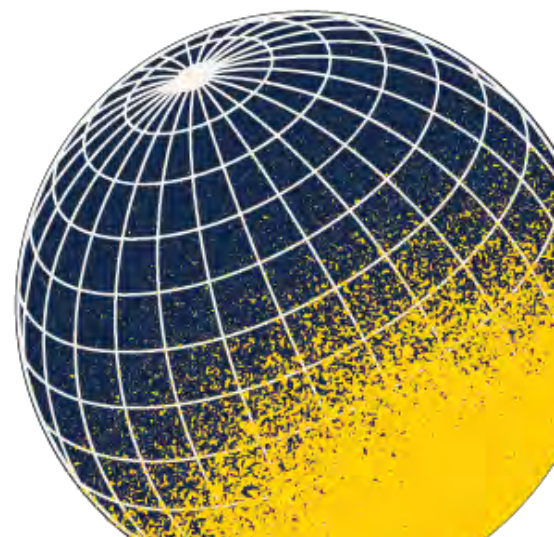
# Get Engaged

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**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](http://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 27, 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 27, 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**

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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!

Career Winter Workshop Series and gain career insights from Career Coaches, Faculty, and Staff. Learn about internships, and discover interesting facts about the industry you're interested in. This workshop is designed to help you explore your career options and gain valuable insights into the industry you're interested in. This workshop is designed to help you explore your career options and gain valuable insights into the industry you're interested in.

<b>FEB 7</b> 12PM - 12:30PM	<b>DRINK! SOCIAL DRINKING &amp; NETWORKING</b>
<b>FEB 13</b> 12PM - 12:30PM	<b>CAREER BUSINESS PASSPORT</b>
<b>FEB 21</b> 12PM - 12:30PM	<b>RESUME &amp; COVER LETTER OVERVIEW</b>
<b>FEB 28</b> 7:00PM - 8:00PM	<b>LINKEDIN &amp; NETWORKING</b>
<b>MAR 6</b> 5PM - 6:00PM	<b>INTERVIEWING</b>

**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](https://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 ...

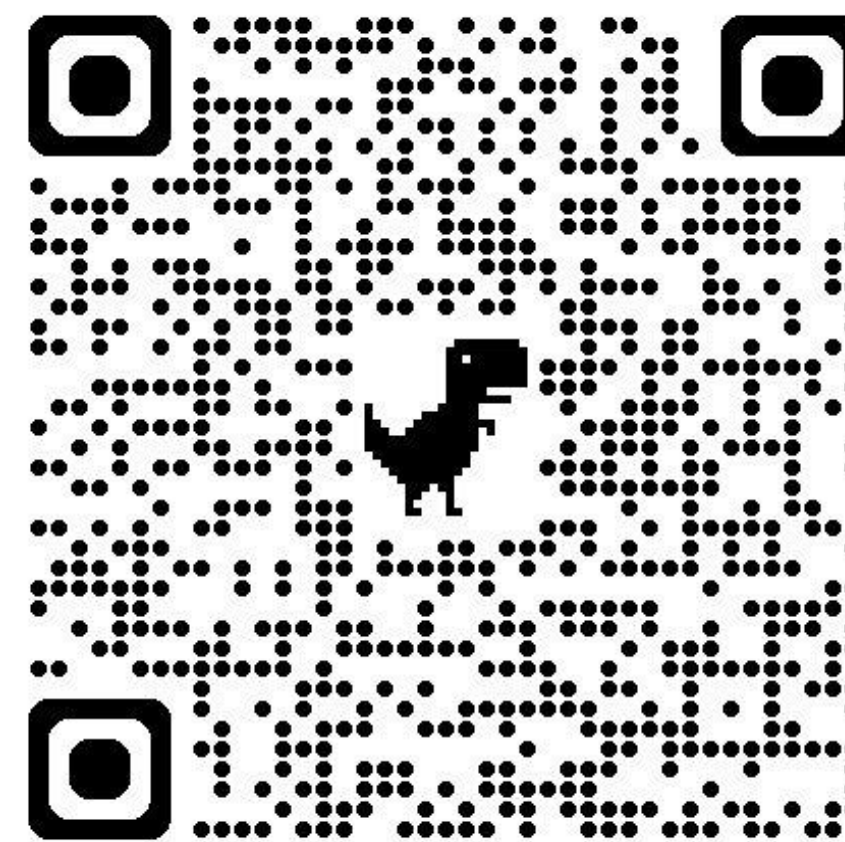
[Registration](#) [Sign Up](#) [Learn More](#)

# 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. 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](https://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>

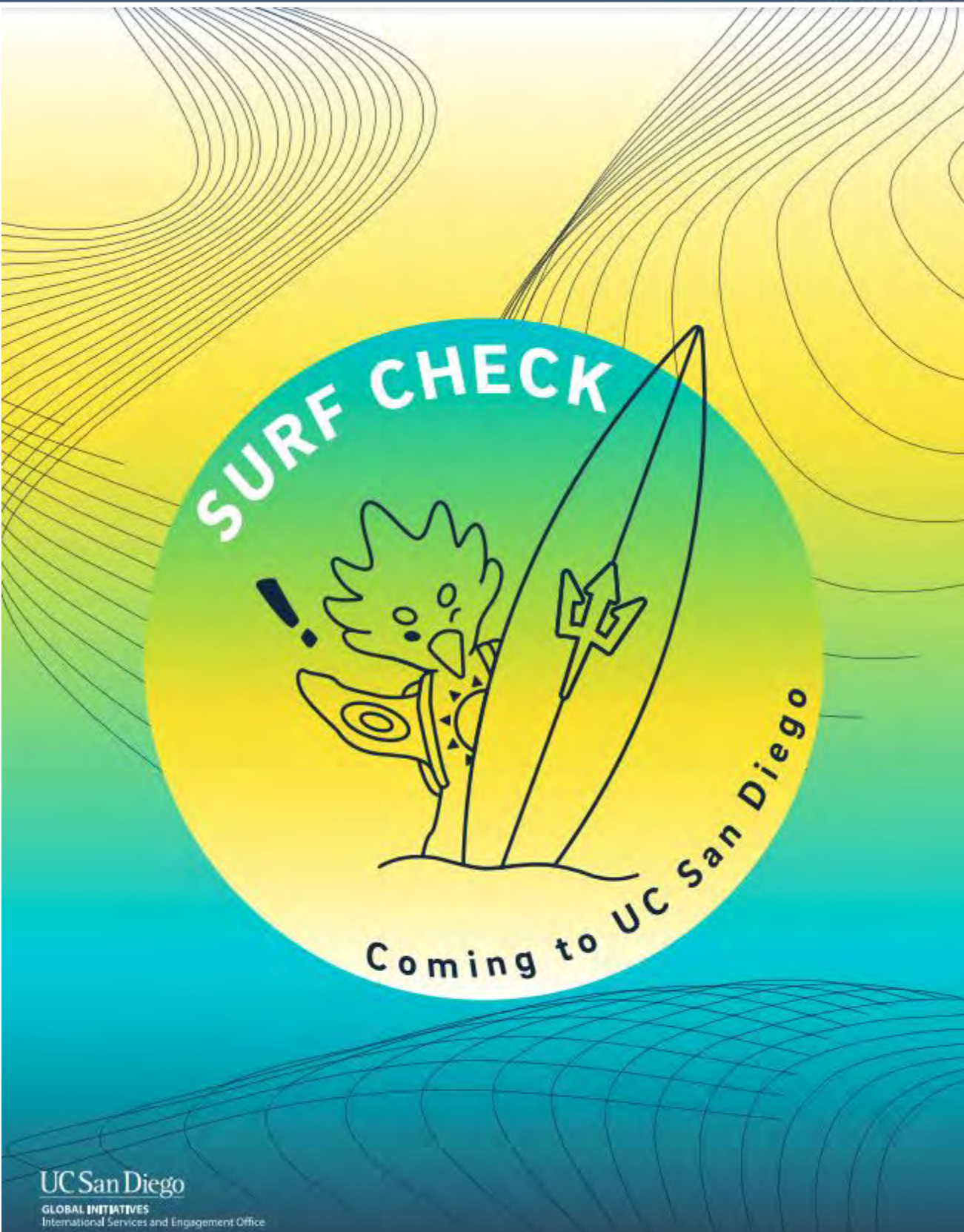
# Surf Check Guide

## 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!

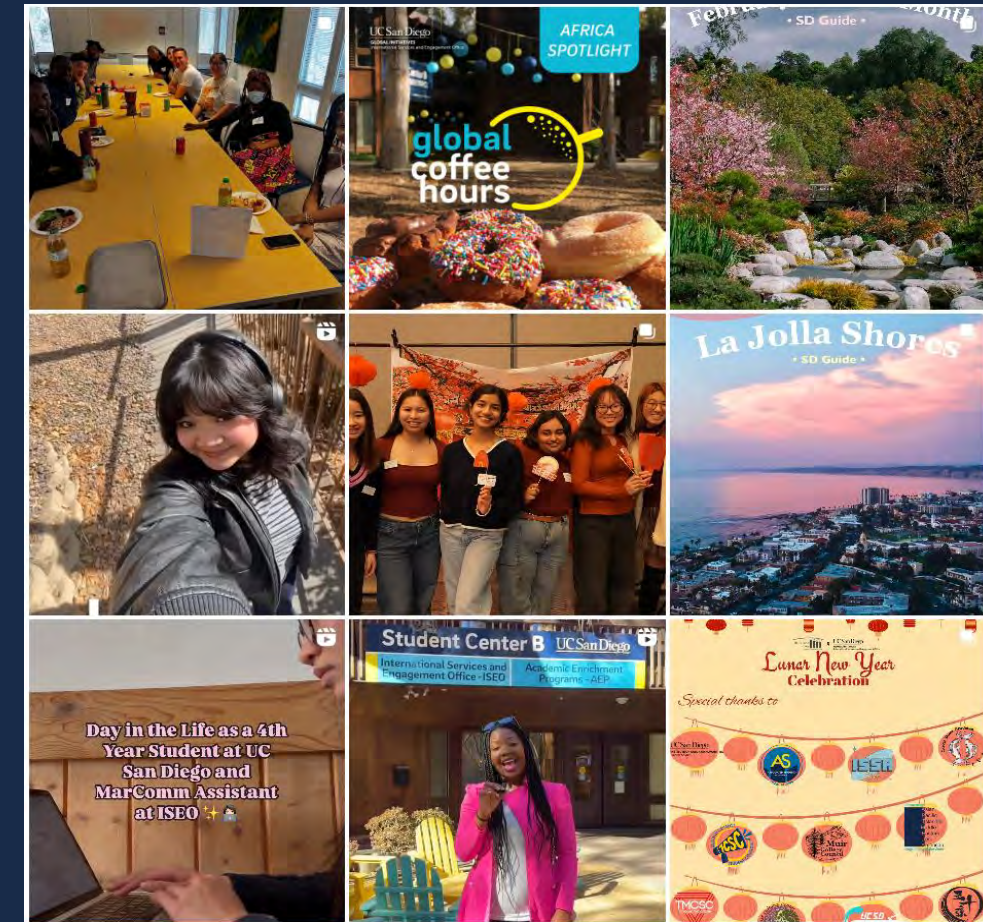
Learn more at

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



# Follow us on Instagram!

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



UC San Diego

GLOBAL INITIATIVES

International Services and Engagement Office

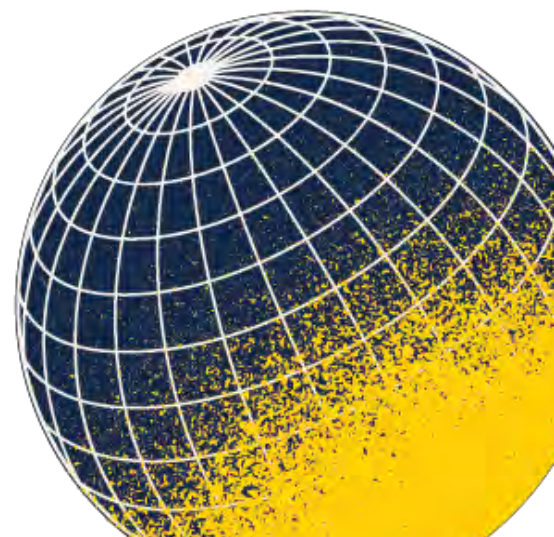
# Additional Resources

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**UC San Diego**

**GLOBAL INITIATIVES**

International Services and Engagement Office



# IMPORTANT DEADLINES & REMINDERS

**NOW**

Begin requesting your  
visa documents via  
iServices

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

**Mid-  
April**

Apply for on-campus  
housing

Visit: [hdh.ucsd.edu](https://hdh.ucsd.edu);

**June**

Housing Application  
Deadlines:

June 7 for First-Year  
Students

June 7 for Transfer  
Students

Visit: [hdh.ucsd.edu](https://hdh.ucsd.edu)

**July**

Deadline to submit health  
immunization requirements  
and complete OPHD training

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

**Sept**

Tuition due

Move-In

Check-In

New International  
Student Orientation

Visit:  
[iOrientation.ucsd.edu](https://iOrientation.ucsd.edu)

# Upcoming Pre-Arrival Webinars

- **April 16:** Finances & Student Accounts
- **April 21:** Student Life and Getting Involved
- **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](https://iNewStudentWebinars.ucsd.edu)*



UC San Diego

GLOBAL INITIATIVES

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](mailto:iContact.ucsd.edu)

[iNewStudent.ucsd.edu](http://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!