Getting Care

Your First Stop for Medical Care Is ALWAYS the Student Health Center

For routine care, start at the student health center (SHC) on your campus. This is the first stop for care that is covered by UC SHIP. Unless it is an emergency care in an emergency room, urgent care clinic visits, pediatric care, care for medical specialty services, gynecological care, vision care, dental care or LiveHealth Online virtual visits.

The SHC is an on-campus outpatient health center offering a range of health services—from primary care to routine checkups, mental health and substance use disorder services, and general care for unexpected issues, like sore throats or swollen ankles. There is also a full-service pharmacy.

You will be cared for by a team of experts in young adult health—board-certified doctors, certified nurse practitioners and physician assistants.

You MUST Get a Referral for Medical Care Outside the Student Health Center

If needed, the SHC will refer you to, and coordinate, additional or specialist care outside the SHC. During the school term, you’ll need a referral for care outside the SHC; no matter how far from the campus you receive that care. Without it, UC SHIP will not provide any benefits. To get a referral, meet with an SHC provider. Your diagnosis and location will determine whether a referral will be granted.

If services rendered are medically necessary and covered by the Plan, your referral gives you options for off-campus care, including:

- UC Medical Centers. Any of the five nationally ranked medical centers (at Davis, Irvine, Los Angeles, San Diego and San Francisco) or a UC affiliated facility, doctor, or other health care provider. (Be sure to get a referral before making an appointment.) Care within the UC Family is coordinated for students, there are no deductibles to meet, and the plan pays a higher portion of care.
- Anthem Blue Cross Prudent Buyer PPO network doctors and other providers and facilities. A nationwide network of more than 900,000 physicians and 400 hospitals. You’ll pay first a deductible (see the Medical Coverage chart), then UC SHIP will pay most of the cost, and you’ll pay the rest through a copay or coinsurance (the amount you’re responsible for after UC SHIP pays its share).

If you are referred for services outside the SHC, ask for provider recommendations.

During summer months and breaks when the SHC is closed, you can visit an Anthem Blue Cross prudential buyer PPO network for care.

UC SHIP Mobile

The Student Health app puts your ID card and more within reach whenever you need it. Download from the Google Play or iTunes.
- Access your ID card and show it whenever you get care.
- Find the location, hours and services of the on-campus SHC.
- Refill prescriptions.
- See medical, dental and vision coverage, and claims information.
- Access the Delta Dental Cost Estimator tool for a real-time estimate of what you’ll pay for dental work and more.
- Get notifications when there’s a change in benefits or you need to take action.
- Download the app from Google Play or iTunes. Then click “Register New” and enter:
  - Your first and last name
  - Your student ID number
  - Your date of birth (mm/dd/yyyy)
  - No smartphone or tablet? Access the app using your computer’s browser at mobilehealthconsumer.com/studenthealth

Learn More

To learn more about UC SHIP benefits and what it covers, go to ucop.edu/uship. Call SHC at (415) 353-6000 or contact Anthem Blue Cross (your medical plan administrator) at (866) 940-830 or anthem.com.

Without a referral, however, be sure to refer to your primary care clinician in the Anthem Blue Cross Prudent Buyer PPO network if you need to see a specialist.

You’ve Covered Around the World

Whether studying, traveling or living outside the country, you and your dependents covered under UC SHIP can get care through the Blue Cross Blue Shield Global Care program. Learn more at bcbsglobalcore.com.

A Health Plan That’s All About You

The sale mission of the not-for-profit University of California Student Health Insurance Plan is to offer high-quality, affordable and convenient health insurance. UC SHIP covers medical care on campus and through UC’s world-class medical centers and other providers.

You’re automatically enrolled in medical, dental and vision coverage for up to 12 months—including summer and term breaks. And you can enroll a spouse/domestic partner and/or children. Your coverage includes medical services anywhere in the world.

Welcome to the UC SHIP family! Explore to learn more.

Contacts

- Doctors, providers and facilities outside the SHC
  - UC SHIP Medical Center
    - Parnassus: (415) 476-1000
    - Mission Bay Campus: (415) 353-6000
  - Mission Bay Campus: (415) 353-6000
  - Anthem Blue Cross
    - (866) 940-8306
  - StudentHealth app
    - Download it free from Google Play or iTunes

- Dental care
  - Delta Dental
    - deltadental.com
    - (800) 765-6903

- Vision care
  - Anthem Blue View Vision
    - anthem.com/ca
    - (choose Vision > Blue View Vision bright network) (866) 940-8306

- Off-campus pharmacies and prescription drug costs
  - OptumRx
    - OptumRx.com
    - (844) 467-9579

- Rates for dependent and non-registered, voluntary students
  - uchastings.edu/about/admin-offices/health-services/index.php

- Waive UC SHIP coverage
  - Student Health Services website
    - uchastings.edu/about/admin-offices/health-services/insurance-benefits/insurance-waiver/index.php

UC HASTINGS 2019–2020

A Convenien and Affordable Student Health Insurance Plan

UC SHIP is convenient to access through the on-campus student health center (SHC), which is a referral-free, walk-in clinic staffed by UC’s world-class medical centers and other providers. UC SHIP remains focused on meeting student health needs and priorities, including mental health.

You’re Automatically Enrolled

Because all UC students are required to have medical insurance, UC automatically enrolls all registered students—including domestic and international students, and students in absence—in UC SHIP medical, dental and vision coverage. You will find the cost of coverage (premium) on your registration bill.

You can waive UC SHIP coverage if you already have a health plan that meets the University’s health coverage requirements. Go to uchastings.edu/about/admin-offices/health-services/insurance-benefits/insurance-waiver/index.php to learn how to waive enrollment in UC SHIP before the waiver deadline for your campus.

Note: You must re-enroll for waiver coverage each academic year.

You Can Cover Your Spouse, Domestic Partner and Children

If you’re enrolled in UC SHIP and are married and/or have children, you can enroll those eligible dependents in the same medical, pharmacy, dental and vision coverage you have for yourself. For information about who you can enroll in UC SHIP, go to uchip.edu/ucship + Eligibility and Enrollment.

Note: You must re-enroll dependents every term.

The UC SHIP Plans Meet Affordable Care Act (ACA) Requirements

UC SHIP is recognized by the Centers for Medicare & Medicaid Services (CMS) as Minimum Essential Coverage (MEC) in compliance with the ACA. This means UC SHIP members meet the Affordable Care Act’s requirement to have health insurance. UC SHIP’s ACA compliant plans meet the Minimum Value Standard.

UC SHIP is built specifically for UC students, with students actively involved in its design. Since inception, the guiding principle has been simple: Your health and health needs come first—always.

Students Come First—Always

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Medical Coverage

The chart below highlights what UC SHIP covers and how much the plan pays for services. Except for preventive care, you will pay a deductible for services you receive outside the SHC, UC doctors or facilities. After you meet the deductible, the plan will pay a portion of the cost. Certain expenses and services are excluded from medical coverage. For details, go to ucop.edu/ucship > My Medical Coverage > UC Hastings.

Pharmacy Coverage

You can fill prescriptions at any pharmacy, but you'll pay less when you use an OptumRx network pharmacy. Not all prescription drugs are covered by UC SHIP. For details, go to ucop.edu/ucship > My Pharmacy Coverage > UC Hastings.

Dental Coverage

You can see any dentist you want, but you pay less when you see dentists in the Delta Dental PPO network. Not all expenses or services are covered by UC SHIP. For details, go to ucop.edu/ucship > My Dental Coverage. Download the DeltaDental app (from Google Play or iTunes) to access the Delta Dental Cost Estimator tool for a real-time estimate of what you’ll pay for dental work.

Vision Coverage

You can see any vision provider you want, but you'll pay less when you see an Anthem Blue View Vision Insight network provider for exams, glasses or lenses. Before you buy glasses or contacts, check eyemedvisioncare.com to see if the provider is in network. Not all expenses or services are covered by UC SHIP. For details, go to ucop.edu/ucship > My Vision Coverage.

This brochure provides a summary of information. For detailed information about all benefits, terms and conditions of UC SHIP, see the brochure located at ucop.edu/ucship > Plan Documents. What is written here does not constitute a guarantee of plan coverage or benefits—particular rules and eligibility requirements exist that must be met before services can be rendered.

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