Students Come First—Always
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.

UC SHIP meets the requirements of the Affordable Care Act (ACA). 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 absentia—in UC SHIP medical, pharmacy, 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 wellness.ucsd.edu/studenthealth/insurance/waive-uc-ship/Pages/default.aspx to learn how to waive enrollment in UC SHIP before the waiver deadline for your campus.

Note: You must re-apply to waive coverage each academic year.

You Can Cover Your Spouse, Domestic Partner and Children(ren), Too
If you're enrolled in UC SHIP and are married and/or have children, you can enroll those eligible dependents in the same medical, dental and vision coverage you have for yourself. For information about who you can enroll in UC SHIP, go to ucop.edu/ucship/eligibility-and-enrollment.

Note: You must re-enroll dependents every term.

UC SHIP Benefits
UC SHIP is recognized by the Centers for Medicaid & Medicare Services (CMS) as Minimum Essential Coverage (MEC) in compliance with the ACA. THis means UC SHIP members meet the ACA individual mandate.

UC SHIP is convenient to access through the on-campus student health center (SHC). Start there for non-emergency medical care that's covered and for referrals to specialists when needed.

When compared to Preferred Provider Organization (PPO) plans, UC SHIP provides a broader physician network and lower deductibles and out-of-pocket maximums. With UC SHIP you can choose to see any provider with a referral from the SHC.

You Are Covered Around the World
Wherever you travel, UC SHIP offers convenient and affordable 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, pharmacy, dental and vision coverage for up to six 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.

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 emergency care in an emergency room, urgent care clinic visits, pediatric care, obstetrics services, gynecological 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. You will 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.

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 discounted for students, there are no deductibles to meet, and the plan pays a bigger portion of the care.

• Anthem Blue Cross Prudent Buyer PPO network doctors and other providers and facilities. A nationwide network of more than 50,000 physicians and 400 hospitals. You'll first pay 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.

You 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 bcbsglobalcare.com.

UC SHIP Mobile
The StudentHealth app puts your ID card and more within reach whenever you need it. Download the free app from 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 Now” and:

• Your first and last name
• Your student ID number
• Your date of birth (mm/dd/yyyy)
• Your phone number

No smartphone or tablet? Access the app using your computer’s web browser.

Learn More
To learn more about UC SHIP benefits and what it covers, go to ucop.edu/ucship, call SCHC at (858) 534-2124, or contact Anthem Blue Cross (our medical plan administrator) at (866) 940-8956 or anthem.com/ia.

A Health Plan That’s All About You
The sole 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, pharmacy, dental and vision coverage for up to six 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.

Contact:
Medical care (non-emergency or emergency)
Student Health Services
wellness.ucsd.edu/studenthealth

Phone:
Main number: (858) 534-3100
Appointments: (858) 534-608
Counseling and Psychological Services: (858) 534-3172

In person:
• Library: West of the Price Center, south of Geisel Library

Urgent or emergency care
Urgent Care
(858) 534-3120

After-hours Nurse Line
(858) 534-3100 (select “after-hours line”)

LiveHealth Online
wellness.ucsd.edu/livehealth

Emergency Care
Dial 911 or (858) 534-HELP (4357) on campus, from your cell phone.

Doctors, providers and facilities outside the SHC
Anthem Blue Cross
anthem.com/ia

Rates for dependent and non-registered, voluntary students
wellness.ucsd.edu/studenthealth

Waive UC SHIP coverage
Student Health Services
wellness.ucsd.edu/studenthealthinsurance/waive-uc-ship/Pages/default.aspx

UC Student Health Insurance Plan 2019–2020
UC SAN DIEGO

WWW.UCOP.EDU/UCSHIP
Pharmacy Coverage
You can fill prescriptions at any pharmacy, but you will pay less when you use the SHC pharmacy or an OptumRx network pharmacy. Not all prescription drugs are covered by UC SHIP. For details, go to ucp.edu/ucship/ My Pharmacy Coverage + UC San Diego

ANNUAL LIMIT ON YOUR OUT-OF-POCKET COSTS
Once you pay this amount toward your network and out of network covered prescriptions, UC SHIP steps in to pay 100% of your pharmacy costs.

$1,000 individual/$2,000 family

UC SHIP COVERS

OUTPATIENT PRESCRIPTION DRUGS
Mail order is available.

100% after $5 generic copay
100% after $75 brand-name formulary copay
100% after $46 brand-name non-formulary copay, 30-day supply
30% up to $100, 30-day supply

Note: 100% prescription coverage for FDA-approved generic prescription contraceptives and brand-name prescription contraceptives when a generic equivalent is not available. Oral contraceptives are covered for up to 120-day supply.

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 services or expenses are covered by UC SHIP. For details, go to ucp.edu/ucship/ My Dental Coverage

ANNUAL DEDUCTIBLES
The amount you pay before UC SHIP begins paying for services.

UC SHIP DEPENDENTS
$10 copay
$25 copay
$40 copay
$50 copay

OTHER Delta Dental PPO NETWORK
$10 copay
$25 copay
$40 copay
$50 copay

Delta Dental PPO network dentists will save you the most on your care. By comparison, you will usually have the highest out-of-pocket costs when you visit an out-of-network dentist. Note: Even though they are out-of-network providers, Delta Dental Premier dentists will apply the approved fee schedule, so you should have lower costs than with other out-of-network dentists.

Vision Coverage
You can see any vision provider you want, but you will 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 ucp.edu/ucship/ My Vision Coverage.