

04.03 Healthcare and Student Health Insurance Plan

What is AcademicBlue?

Each term, all Language and Culture Center (LCC) students in F and J statuses will be automatically enrolled in and charged for AcademicBlue, the University of Houston System Student Health Insurance Plan.

Domestic students, including U.S. citizens and Permanent Residents, as well as international students in non-F and non-J statuses will not be enrolled in AcademicBlue. For more details about AcademicBlue, LCC students may visit lcc.myahpcare.com.

Does AcademicBlue pay all expenses?

No. Even with health insurance coverage, you will be responsible for the deductible, the co-payment, and the co-insurance, if any. The higher the medical bill, the more you will have to pay out of your own pocket. For example, visiting a doctor for a sore throat will cost you \$94 on average at an Urgent Care Center and \$525 on average at an Emergency Room. It is important to visit the appropriate type of facility.

What do I need to bring to seek healthcare?

- Health insurance ID card. Carry it at all times!
- Government-issued photo ID
- Cash and credit card

Where can I find my health insurance ID card?

Download the BCBSTX App at bcbstx.com/mobile to get an ID card, find doctors, view claims, learn about coverage, and more.

I am sick. Is there a health center on campus?

Yes. The UH Health Center offers affordable and accessible quality primary medical and mental health care. Pharmacy services are available. While insurance is not required, the out-of-pocket cost will be greatly reduced for students covered by AcademicBlue. Visit uh.edu/healthcenter/about_us/hours.html for the Center's hours.

The Health Center is closed. What should I do?

If you are covered by AcademicBlue, you may call the toll-free Nurseline at (800) 581-0368. Registered nurses are on call, 24 hours a day, 7 days a week, to help you with questions about health problem including:

- Asthma or chronic health issues
- Dizziness or severe headaches
- High fever
- Cuts or burns
- Sore throat

I need to see a physician. The UH Health Center is closed. Where should I go?

If you are covered by AcademicBlue, you can locate an Urgent Care Center or other Preferred Provider at lcc.myahpcare.com/benefits. Listed below are some Urgent Care Centers in the Houston area.

- Concentra Urgent Care: concentra.com
- Memorial Hermann Urgent Care: mhmg.memorialhermann.org/specialties/urgent-care

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- MedSpring Urgent Care: medspring.com
- Optum Clinic + Urgent Care: optumclinic.com
- Take Care Health Clinics www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp

I am having a medical emergency. What should I do?

Call 911 or proceed to the nearest emergency room.

Contact

UH Health Center

📍 Student Service Center 2, 4367 Wheeler, Room 100, Houston, TX 77204-3019

🌐 www.uh.edu/healthcenter

📞 (713) 743-5151

Academic HealthPlans (Enrollment in AcademicBlue)

🌐 lcc.myahpcare.com

📞 (855) 824-9683

✉ support@ahpcare.com

Blue Cross and Blue Shield of Texas (Benefits and Claims)

🌐 lcc.myahpcare.com

📞 (855) 267-0214 Customer Services

📞 (800) 581-0368 24/7 Nurseline