

University of Houston

International Student Health Insurance Requirements

Quick Guide [2024 – 2025]

International students with “F” or “J” visa status are required to be covered under the UHS Student Health Insurance Plan or have equivalent health insurance coverage, regardless of the number of credit hours taken. At the time of registration, the student will automatically be enrolled in the mandatory UHS-endorsed Student Health Insurance Plan (SHIP) and will be charged for the coverage period on their student financial account.



- **It is the responsibility of the student** to read and understand the full requirements and their responsibilities.
- **It is the responsibility of each student** to inform the University of their current visa status. Visa status changes that may affect or reverse a student’s waiver or enrollment in the mandatory SHIP must be posted to the student’s university account no later than the semester waiver deadline. Other changes include, but are not limited to: residency, admissions, class enrollment, location of study, etc.
- The **health insurance fee** is posted to a student’s university financial account based on the information reflected in their university records. It is the responsibility of each student to review their financial account for accuracy.
- International students required to maintain health insurance must **ACTIVATE** their enrollment or submit a **WAIVER** for each coverage period before the term’s posted deadline.

The Student Health Center facilitates the reporting and communication functions on behalf of the university. The Student Health Center does not interpret/update a student’s visa or residency status, admissions or class registration status, or determine which students the university requires to maintain health insurance and be charged the mandatory health insurance fee.

Visit <https://uh.edu/healthcenter/international/> for additional information and instructions.

OPEN ENROLLMENT ACTIVATION AND WAIVER PERIODS		
FALL 2024 – All Sessions 7/22/2024 – 9/4/2024	SPRING 2025 – All Sessions 12/16/2024 – 1/29/2025	SUMMER 2025 – All Sessions 5/26/2025 – 6/5/2025

UH SYSTEM-ENDORSED STUDENT HEALTH INSURANCE PLAN COVERAGE PERIODS		
FALL 2024 – All Sessions New to Plan: 8/1/2024 – 12/31/2024 Renewals: 9/1/2024 – 12/31/2024	SPRING 2025 – All Session 1/1/2025 – 8/31/2025	SUMMER 2025 – All Sessions 6/1/2025 – 8/31/2025

ACKNOWLEDGEMENT OF HEALTH INSURANCE NOTIFICATION	
<p>All international students, regardless of their visa status, are required to acknowledge that they have read and understand the University of Houston International Student Health Insurance Requirements each Fall and Spring term. A HOLD is placed on an international student’s university account each Fall and Spring term that they are eligible to register for classes. The HOLD will automatically clear once the acknowledgment is completed.</p> <p>The university identifies a student as international at the time the Health Insurance Notification hold is placed. A change or correction, including but not limited to, a student’s international status, class registration, or their decision to not register for classes does not remove the hold. The hold cannot be manually reversed. Visit https://uh.edu/healthcenter/international/acknowledgement-of-health-insurance-notification/ for additional information and instructions.</p>	

STUDYING OUTSIDE OF THE UNITED STATES DISTANCE EDUCATION
<p>A student enrolled in an approved distance education program and is residing outside of the United States for the full coverage period should have their student account updated prior to the semester waiver deadline to avoid being charged.</p> <p>Visit https://uh.edu/healthcenter/international/#distance-education for additional information and instructions.</p>



CLASS REGISTRATION CHANGES | DROPS AND WITHDRAWALS | CANCELED OR DEFERRED ADMISSIONS

It is the responsibility of each international student charged the health insurance fee who drops or withdraws from all classes or defers/cancels their admission before the term's posted deadline to review the Class Registration Changes instructions and complete them as needed.

Visit <https://uh.edu/healthcenter/international/class-registration-changes/> for additional information and instructions.



UH SYSTEM-ENDORSED STUDENT HEALTH INSURANCE PLAN INFORMATION

The UH System-endorsed Student Health Insurance Plan is AcademicBlue, underwritten by Blue Cross and Blue Shield of Texas and administered by Academic HealthPlans (AHP). Academic HealthPlans is a separate company that provides management and administrative services for AcademicBlue.

Locate links and information about the plan, including but not limited to:

- Explore the Plan/Benefits
- How to Get an ID Card
- Update Your Address
- Access or Register for Your Account
- Activate/Waive
- Dental and Vision Options
- Contact Information
- Find a Provider
- AcademicLiveCare | Telehealth and Behavioral Health
- Academic Student Assistance Program [ASAP]
- Learn To Learn
- Advantages of Memberships
- Well on Target
- Nurseline

Visit <https://uh.myahpcare.com/> for additional information.



ENROLLMENT ACTIVATION

Your enrollment activation is processed through Academic HealthPlans, the third-party administrator for the UH System-endorsed Student Health Insurance Plan. The Student Health Center does not accept or process enrollment activation requests.

It is recommended that you complete this ACTIVATION at least one week prior to the beginning of the new coverage period to ensure you have access to your insurance account and that you can obtain healthcare services.

Failure to ACTIVATE your enrollment in a timely manner will result in a delay in your ability to use your Student Health Insurance Plan.

If you do not ACTIVATE your enrollment in the Student Health Insurance Plan by the posted deadline, your enrollment will automatically activate after the close of the Open Enrollment Period for the designated coverage period. This may delay the activation of your insurance coverage for approximately 10 days after the close of the enrollment period.

Visit <https://uh.edu/healthcenter/international/enrollment-activation/> for additional information and instructions.



WAIVERS

An international student may request a waiver of this mandatory health insurance fee in the following instances with proof of acceptable alternate insurance.

The student is sponsored by the U.S. government, by a foreign government recognized by the U.S., or by certain international, government-sponsored or non-governmental organizations, and the sponsor has provided a plan equivalent to the SHIP or a letter guaranteeing payment of all health care expenses.

The student is enrolled in a verifiable employer-provided group health plan that is equivalent to the Student Health Insurance Plan.

Visit <https://uh.edu/healthcenter/international/waivers/> for additional information, definitions, waiver criteria, and instructions.



Questions about your visa status or why you are considered an international student should be directed to the **International Student and Scholar Services Office**. <https://uh.edu/oiss/>

Questions about your residency status should be directed to the **Office of the University Registrar**. <https://uh.edu/about/offices/enrollment-services/registrar/>

Visit <https://www.uh.edu/healthcenter/> to learn more about the Student Health Center & Campus Pharmacy services.