



UChicago Student Wellness

U-SHIP Spring Quarter Message

Dear Student,

We hope Spring Quarter is going well for you. According to our records, you are enrolled in the University Student Health Insurance Plan (U-SHIP) for the remainder of the policy year (through August 31, 2025), provided you remain in an insurance-eligible status at the University. The Spring Quarter premium has been assessed to your student account.

Your student insurance coverage is platinum-rated plan by the Affordable Care Act (ACA). This means you are enrolled in a plan with extensive benefits, no waiting period for pre-existing conditions, a nationwide network of providers, international coverage, access to telemedicine, and a low annual deductible and out-of-pocket max. For more information about your U-SHIP benefits visit the [Student Insurance Website](#).

As a reminder, your U-SHIP coverage is binding through the remaining plan year (through August 31st). Only in certain circumstances called "Qualifying Life Events" can a student add or remove U-SHIP coverage mid-year. For more information please visit this [website](#).

Although not required, students on U-SHIP are encouraged to visit UChicago Student Wellness for primary care, psychiatry, health promotion, or short-term psychotherapy, and for recommendations on specialty care. Accessing Student Wellness is a great option for students who need timely access to high-quality care at no additional cost. For the list of services provided by Student Wellness visit: <https://wellness.uchicago.edu/about/services>.

Information about hours of operation and making appointments can be found on the [UChicago Student Wellness website](#). If you need care after hours, please remember there are a variety of resources to help you navigate your health concerns. Please refer to our [Get Help Now website](#) - particularly during times when UChicago Student Wellness is closed.

Please continue reading to learn about important reminders and benefit highlights of your plan. And if you have any questions about your U-SHIP benefits or coverage, please don't hesitate to contact the dedicated [UChicago insurance advocates](#) at: uchicagoadvocates@uhcsr.com.



Important Reminders

Create an Account & Update Personal Information

My Account is a valuable tool that provides access to your ID card, plan materials, and importAdding U-SHIP Mid-Year I'm turning 26 this year and will drop off my parents' insurance. How do I add U-SHIP mid-year? ant messages. Update your personal information for timely reminders.

[Access My Account](#)

Cost Estimator Tool

Use the cost estimator tool in your *My Account* to search for potential costs related to a procedure or test or compare costs at various in-network facilities.

[Cost Estimator](#)

Personal Representation Appointment Form

Designate a person to act on your behalf pertaining to insurance matters. This form is only good for the current policy year and must be updated annually through your *My Account*.

[PRA Form](#)

Community Provider List Searchable Directory

In addition to being eligible for short-term psychotherapy at Student Wellness, students on U-SHIP are eligible for a low out-of-pocket cost option for psychotherapy services from providers on the Student Wellness Community Provider List (CPL). For \$10 co-pay per visit (deductible and co-insurance do not apply), U-SHIP enrollees may receive psychotherapy services from an extensive network of providers in the Chicagoland area with diverse identities and specialties. Students may search on their own for a provider on the CPL.

[Student Wellness Community Provider List](#)

Benefit Highlights: 24/7 Access to Care

Telemedicine

Easy 24/7 online access to a doctor for medical and mental health needs. Visit [\[telehealth4students.com\]](https://telehealth4students.com) telehealth4students.com to set up an account or call 855.866.0895. [\[telehealth4students.com\]](https://telehealth4students.com) [Learn More](#)

Nurse Line

Access to a registered nurse who can answer health care questions and offer potential care options. Call 866.243.1242.

Student Assistance Program

24/7 toll-free access to specialists who can talk with you about a variety of issues. Call the number on your [ID card](#).

For more information on benefits free of charge to U-SHIP enrollees, browse the [U-SHIP User Guide](#).

Student Insurance Office

Student Wellness Center
840 East 59th Street
773-834-4543 (Press Option #2)
uchicagoadvocates@uhcsr.com