



## UChicago Student Wellness

Dear Student,

We hope you are having a good Summer Quarter so far.

According to our records, **you are currently enrolled in the University Student Health Insurance Plan (U-SHIP) for the remainder of the plan year.** The premium has been assessed on your student account and your coverage is effective until August 31, 2022.

As a reminder, if you remain registered at the University this coming Autumn Quarter, you will need to take action to enroll/waive U-SHIP for the 2022-23 plan year. You will receive email reminders from us to do so.

U-SHIP is a platinum rated plan by the ACA. This means that you are enrolled in a plan with extensive benefits, 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](#).

Under U-SHIP, you should first utilize [UChicago Student Wellness](#) when you need care, unless it is an emergency. *Please note: Services received from providers outside UChicago Student Wellness - including UChicago Medicine - require a referral in advance to avoid the \$50 non-referral penalty per visit.* This includes physician visits outside of UChicago Student Wellness as well as behavioral health/psychotherapy appointments outside of UChicago Student Wellness. Please ask UChicago Student Wellness to submit your referral to [UnitedHealthcare StudentResources](#) before you obtain services outside UChicago Student Wellness.

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 [options for care guide](#) - particularly during times when UChicago Student Wellness is closed.

Keep reading below for some important reminders regarding your enrollment, as well as some of the benefits available to U-SHIP enrollees.

### IMPORTANT REMINDERS

- **Create a My Account:** [My Account](#) is a valuable tool that provides you access to your ID card, plan materials, and important messages, as well as submit and check claims status and submit online forms.

- **Update Your Personal Information:** Once you have created your [My Account](#), be sure to update your personal information including your current mailing address and social security/tax identification number. This is particularly important for receiving timely reminders and information such as your annual tax form, claim reimbursements, and appeal responses.
- **Cost Estimator Tool:** Using your [My Account](#), you may search for potential costs related to a specific procedure or test, as well as compare costs at various in-network facilities. Once you log in to your [My Account](#), select "Find Provider/Estimate Cost."
- **Personal Representation Appointment (PRA) Form:** Through your [My Account](#), you can 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.
- **Coverage:** Your U-SHIP enrollment is binding until August 31, 2022, provided you remain an active, insurance-eligible student at the University of Chicago. Mid-year changes to your U-SHIP coverage may only be made with the existence of a qualifying life event. For more information about mid-year changes, please visit the Student Insurance [website](#).
- **U-SHIP FAQs:** View FAQs and other resources on the Student Insurance [website](#) as you navigate using your health insurance throughout the year.

## U-SHIP BENEFITS

The following benefits are free of charge to U-SHIP enrollees unless otherwise noted.

- **Telemedicine:** Easy 24/7 online access to a doctor for minor health needs. Visit [telehealth4students.com](https://telehealth4students.com) to set up an account, or call 855.866.0895.
- **Nurse Line:** Access to a registered nurse who can answer health care questions and offer potential care options. Available to students after hours (when UChicago Student Wellness is closed). Call 773.702.4156.
- **DCAM Pharmacy Special:** U-SHIP enrollees who have chronic conditions are able to purchase three months of prescriptions for the price of two months co-pay at the [DCAM Pharmacy](#) within the UChicago Medical Center, located at 5758 S. Maryland Avenue. The pharmacy is open Monday through Friday from 7 a.m. to 7 p.m., and Saturday from 7 a.m. to 11 a.m. and 12 p.m. to 3 p.m.
- **COVID-19 Home Test Kit Benefit:** Beginning January 15, 2022, U-SHIP covers FDA authorized or approved over-the-counter (OTC) at-home COVID-19 diagnostic tests without a doctor's prescription. U-SHIP enrollees can receive up to 8 tests per member per calendar month. For more information visit: <https://www.uhcsr.com/news-main> and click on "COVID-19 Home Test Member Reimbursement".

- **Student Assistance Program (SAP):** 24/7 toll-free access to specialists who can talk with you about a variety of personal, work, financial, or legal issues. Call the number on our ID card or log in to your [My Account](#).
- **Global Coverage:** Eligible services received outside the United States will be processed at the in-network rate. You will be required to pay the cost up-front at the time of service, and then you will submit your receipts to UnitedHealthcare StudentResources via your UnitedHealthcare My Account for reimbursement.
- **Global Emergency Service:** In addition to having in-network benefits while outside the United States, UnitedHealth Global Services provides a number of emergency benefits. More information about these benefits is available [online](#).
- **Student Insurance Advocates:** The University hosts two Student Insurance Advocates, [Annalisa Hammeleff and Dyeisha Collier](#), who will help you sort through your insurance questions, statements, or bills. When reaching out to them, please provide your full name and student ID# on emails and voicemails. They can be reached at [uchicagoadvocates@uhcsr.com](mailto:uchicagoadvocates@uhcsr.com) or 773.834.4543 (option #2). You may also visit the Student Insurance Advocates in the Student Wellness Center, Room 1227, Monday-Friday from 8 a.m. – 4:30 p.m.

We hope you have a good Summer Quarter. If you have any questions please feel free to contact [Annalisa and Dyeisha](#).

UChicago Student Insurance Office

**Student Insurance**  
Student Wellness Center  
840 East 59<sup>th</sup> Street  
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[uchicagoadvocates@uhcsr.com](mailto:uchicagoadvocates@uhcsr.com)