UC IMMUNIZATION REQUIREMENT

For Fall 2016, all incoming students—graduate and undergraduate students—must complete immunization and TB risk screening requirements by Monday, August 1, 2016.

Upcoming Events

- UHS Closed for Memorial Day - Monday, May 30
- CalSO begins - Thursday, June 2
- Staff Appreciation Week - June 13-17
- UC Walks: Cal Walks at Work Day - Friday, June 17, 12:10-1pm, Campanile
- UHS Campus Events listings | This Month at Tang Events Calendar
Providing health and wellness since 1906
You are here

Less than 10 mins
ALL students have access to University Health Services
200+ nurses, nurse practitioners, doctors, health educators, psychologists, psychiatrists, social workers, peer-to-peer student health workers + more
• Primary Care
• Urgent Care
• Specialists
• Counseling
• Pharmacy
• Radiology
• Laboratory
• Physical Therapy
• Allergy/Travel
• Health educators
• Social Services
• Insurance specialists
• Medical Records
Accessing Care

Schedule by phone
Advice Nurse

Online scheduling
Secure messaging
Self-help resources

In-person scheduling
Drop-in Urgent Care
Urgent drop-in crisis support

Berkeley
UNIVERSITY OF CALIFORNIA
After Hours

- After-hours referral line
- After-hours counseling
- SHIP 24/7 Nurseline

Resources online

Resources on doors

Closest hospitals

- Kaiser Permanente
- Sutter Health Alta Bates Summit Medical Center
By Monday, August 1, 2016, ALL incoming students are required to show immunity for:

- MMR
- Varicella
- Meningitis (under age of 22 only)
- TDAP, and
- Complete a TB screening questionnaire

>>uhs.berkeley.edu/requirements
If your student has chronic illness or is currently in ongoing therapy, please send medical records and connect with us early for a smooth transition.
Messages to Students from UHS

During Welcome Week before classes, all new students will attend a session including tips and resources for:

- Mindfulness
- Resiliency
- Wellness basics
- Stress management
- Alcohol + other drugs
- Sexual assault prevention + education

Q: What conversations have you had about these issues?
Congratulations to YOU for getting them this far!

Help us empower students to take control of their own health.

• We both play an important role helping students navigate their healthcare...maybe for the first time.

• Be aware of privacy laws. These prohibit us from speaking with parents directly about a lot of student care. This also helps give students a safe space.
What you need to know about insurance at Berkeley
Insurance at UC Berkeley

- UC Students are:
  - Required to have major medical health insurance
  - Automatically enrolled in SHIP when registered
    - Able to waive out of SHIP through an online waiver
    - Able to reverse waiver if current coverage is lost
  - Able to maintain dual coverage

SAVE THE DATE: Deadline July 15, 2016

Fall Waiver Period: Open until July 15, late waiver until August 15 with $50 late fee.
Berkeley SHIP
student health insurance plan

Anthem
Medical and mental health plan

MetLife
Dental

vsp
Vision care for life

Vision
Undergraduate
Premiums for 2016-17

$1,306 per semester/
$2,612 per academic year

FALL: August 15 - December 31
SPRING: January 1 - July 31
<table>
<thead>
<tr>
<th>Great Plan Benefits</th>
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</thead>
<tbody>
<tr>
<td><strong>Low co-pays</strong> (ex. $15 for primary care)</td>
</tr>
<tr>
<td><strong>90% coverage</strong> (you pay 10% co-insurance)</td>
</tr>
<tr>
<td><strong>100% adult preventive services</strong> coverage (including 100% coverage for most immunizations)</td>
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<tr>
<td><strong>$5 generic prescription co-pay</strong></td>
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<tr>
<td><strong>No maximum visit limits on counseling</strong> when referred outside the Tang Center</td>
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<tr>
<td>In-network medical, specialty, mental health office visits, emergency room and urgent care visits are covered with a co-pay</td>
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Benefits Overview

<table>
<thead>
<tr>
<th>DEDUCTIBLE:</th>
<th>$300 per plan year (for some services outside of the Tang Center)</th>
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<tbody>
<tr>
<td>CO-PAYMENTS:</td>
<td>$15 primary care and specialty care</td>
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<tr>
<td></td>
<td>$100 Emergency Room visit facility and professional services. Plan pays 100%, then 90% co-insurance on other charges</td>
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<tr>
<td></td>
<td>$50 Urgent Care visit outside of the Tang Center</td>
</tr>
<tr>
<td></td>
<td>$30 Urgent Care visit at the Tang Center</td>
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</table>
Benefits of SHIP

While all students can use Tang, you pay a lot less when you have SHIP.

<table>
<thead>
<tr>
<th>Service</th>
<th>Non SHIP</th>
<th>SHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Visit</td>
<td>$15.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>Blood Test</td>
<td>$17.00</td>
<td>$1.70</td>
</tr>
<tr>
<td>Chest X-Ray</td>
<td>$54.00</td>
<td>$5.40</td>
</tr>
<tr>
<td><strong>TOTAL FEES</strong></td>
<td><strong>$86.00</strong></td>
<td><strong>$22.10</strong></td>
</tr>
</tbody>
</table>
Benefits Overview

You pay **10% in-network**, 40% out-of-network

$3200 Out of Pocket Maximum for in-network services ($6500 out of network per plan year)

No Lifetime Maximum
Benefits Overview

**PRESCRIPTIONS:**
Prescriptions can be conveniently filled at the Tang Center Pharmacy or from an in-network pharmacy when away from Berkeley

- $5 per generic prescriptions
- $25 per brand prescriptions
- $40 non-formulary prescriptions
Referrals

• We manage the medical and mental health care of registered students with SHIP

**Tang Tip:**

Except for emergency or urgent care, referrals are **required** for **ALL** services received **outside** the Tang Center.
Get help at anytime

Advice Nurse
Available by phone and secure message during UHS regular business hours. Staffed by UHS registered nurses.

24/7 Phone Nurseline
Staffed by RNs. Urgent & critical care calls followed closely by nurse line staff, details are provided to Tang Center clinicians.

eMessaging
Send secure messages to medical records and insurance staff via eTang patient portal.
Mental Health Care

• On campus mental health services:
  – no charge to get started for first visits of brief counseling; free groups and workshops

• Longer term/ongoing mental health needs:
  – Coordinated referrals to community providers
  – $15 co-pay for in-network visits

• Non-SHIP students:
  – can also get referrals to outside mental health
  – need to check with own insurance about coverage
MetLife Dental

- **Preventative & Diagnostic Services** (100% of negotiated fees, no deductible)
  - Oral exams, cleanings, fluoride treatment - 2 per plan year

- **Basic Services** (80% of fees)
  - Includes: fillings, root canals, and oral surgery

- **Major Services** (Pays 70% of fees)
  - Includes: crowns & cast restorations

- **In-network annual benefit maximum $1,700**
Vision Insurance

• Once every school year:
  – Eye exam $10 co-pay, once per academic year
  – Frames and lenses OR contact lenses
    • $25 co-payment (only for frames + lenses),
      once every 12 months, up to a $120 for contacts or $130 for frames

• Lens discounts

• Lasik or PRK refractive surgeries
  15% discount
For all care outside of Tang:

- Needs PRIOR authorization from SHIP office
  - Can call us if you are away from campus
  - *Except in emergency or urgent care situations*

- If you are outside the Bay Area and need care:
  - “Find A Doc” search through Anthem web and mobile app
Out of the Country

• Students pays for services and submit receipts for reimbursement directly to Anthem
  – International reimbursement is covered at out of network rates

Tang Tip:

Additional benefits provided through Anthem’s On Call International travel assistance program
Tang Tips

• Dual coverage? Yes!
  – **At Tang:**
    • SHIP is primary insurance
    • We do not bill any other insurance
  – **Outside of Tang:**
    • Standard coordination of care applies
    • A referral from SHIP office still required

• **ID Cards and Eligibility**
  – Easy electronic card online anytime through web or
    Anthem mobile app
Waiving SHIP?

Fall 2016 Online Waiver Deadline is July 15

- Review waiver criteria carefully
- Must be completed **each academic year**
  - If waived for Fall, automatically waived for Spring
- Late waiver until Aug. 15 with $50 late fee
- Need help deciding or other options?
  
  Student Insurance Helpline:
  (800) 853-5899 or
  studentinsurance@wellsfargo.com
Waiving SHIP?

Tang Tip:

Complete the waiver worksheet and call your insurance customer service prior to beginning online waiver process.

Most waiver denials occur because of human error when answering criteria questions online.

Please ensure your student understands your insurance plan benefits, costs, & how to access care.
Waiving SHIP?

- To waive SHIP, must have a local primary care provider within 50 miles of campus.
  - If you have a PPO or EPO:
    - this is less of an issue but make sure there are in network primary care providers locally
  - If you have an HMO:
    - you need to switch to a local primary care provider
  - If you have Medi-Cal:
    - Needs to be established in a county within 50 miles of campus
- While all students (regardless of insurance) can be seen by a primary care provider at Tang, our docs are not considered in network on any non-SHIP plans
Students can use the Anthem Mobile App to:

- Access ID card
- See benefits (including vision + dental)
- Find a Doc (outside of Tang)
- Review claims information
- + more
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