



WELCOME TO BERKELEY!

Health information for International students

Maintaining your health and wellbeing is an important part of doing well at UC Berkeley. Our health care system may be very different from what you have experienced in your own country, and may be challenging to understand. The good news is that you have a wealth of resources here to help.

University Health Services at the Tang Center, with our team of physicians, nurse practitioners, nurses, pharmacists, lab and radiology technologists, health educators and counselors, is here to help you stay well at UC Berkeley.

TOP HEALTH RESOURCES AT UC BERKELEY

- **GO TANG! GUIDE TO GETTING STARTED AT TANG** - Everything you need to know about getting started at the campus health services: how to make an appointment, how much (and how) you pay for services, what's free, important phone numbers, directory of our services, and how to use insurance at Tang. uhs.berkeley.edu/gotang.
- **SHIP - STUDENT HEALTH INSURANCE PLAN** - We know health insurance can be difficult to understand, and our staff is here to answer any question: give us a call at (510) 642-5700 or ship@berkeley.edu. Learn about benefits (medical, counseling, pharmacy, vision and dental), definitions of American healthcare terms, insurance for spouses and/or children and how to use your insurance plan. The SHIP Nurseline for nurse advice service via telephone is available to all members during all hours, every day at (800) 681-4065. SHIP members also receive On Call International worldwide medical and travel assistance. uhs.berkeley.edu/ship
- **TRANSLATION SERVICES** - International students sometimes feel more confident communicating in his or her native language, especially about health or when describing medical terms. Every medical exam room at the Tang Center offers a translation telephone interpreter service; please ask our staff to use this anytime during your office visit. The SHIP nurseline also features bilingual nurses and a third-party language line.
- **COUNSELING** - We offer short-term individual, group and couples counseling to help you with your personal, academic, career and health-related issues, as well as urgent help for crisis concerns. Call (510) 642-9494 or stop by CAPS on the 3rd floor of Tang. There is no charge to get started. uhs.berkeley.edu/counseling
- **ADVICE NURSE** - Not sure what to do? Call our Advice Nurse line, staffed by our nurses Monday-Friday during the day: (510) 643-7197. When we are closed, you'll be automatically connected with an after-hours service that can guide you to the closest medical facility if you need care before we reopen. You may also send a secure message through the eTang patient portal. uhs.berkeley.edu/advice-nurse
- **MEET OUR STAFF** - You can find out more about our medical, counseling and health education staff by viewing our online staff directory. And remember, you can always choose who provides your care here at Tang! uhs.berkeley.edu/meet-the-staff
- **SAMPLE FEES** - The cost of USA health care services can be confusing. View our sample fees list to learn more about the costs of services at the Tang Center, and how much your SHIP benefits pay if you are enrolled in the student plan. uhs.berkeley.edu/samplefees
- **EMERGENCIES AND WHEN WE ARE CLOSED** - For life-threatening emergencies, call 911. The nearest hospital emergency room is Alta Bates on 2450 Ashby Avenue in Berkeley. View our online after-hours resources or call our after-hours referral line (Advice Nurse line) to find out more about how to get care when we are closed. uhs.berkeley.edu/after-hours
- **ETANG PATIENT PORTAL** - Access us anywhere, anytime through eTang patient portal; send secure messages, schedule/cancel appointments, view test results, select a primary care provider, fill out forms, and more! etang.berkeley.edu

View the online version for more details:
uhs.berkeley.edu/international

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