All of us in the Office for International Students and Scholars (OISS) welcome you to DePaul University! This email is part of a series of communications our office is sending to help you prepare for your arrival in Chicago. Also please don’t forget to visit our website to learn more about how to register for your international student orientation and what to expect.

THIS WEEK: STAYING HEALTHY IN THE U.S.

What happens if you get sick or injured while you are in the U.S.? You might not be thinking about this question yet – but it is important that you do!

As you prepare for your arrival to the U.S., we wanted to let you know that DePaul University now offers affordable health insurance coverage to all international students.

DePaul University has partnered with ISO Student Health Insurance which offers health insurance coverage for $60/month. If you are an F-1 student, you will automatically be enrolled in this plan and charges will appear on your student account. If you are not an F-1 student, then you may choose to enroll in this plan or find another one that meets your needs. All J-1 exchange visitors (and J-2 dependents) must maintain adequate health insurance while in the United States.

WHAT IS HEALTH INSURANCE?
Health insurance is a way to insure yourself against the very expensive costs associated with illness and injury minus any policy exclusions. In return for a premium (monthly fee), the insurance company agrees to pay the price of a portion of your medical expenses, minus any deductible (amount that you must first pay before the insurance company contributes).

WHY IS HEALTH INSURANCE IMPORTANT?
The U.S. does not have a national health care system like many other countries. If a person does not have health insurance and needs medical assistance, s/he is responsible for paying all medical fees. The cost of medical care is very expensive and the fastest rising expense in the U.S. today.

WHAT DO I NEED TO KNOW ABOUT MY INSURANCE PLAN?
Become familiar with health insurance terminology and research the plan premium, co-insurance rates, deductible, coverage limits and exclusions. It is important to be familiar with the details of your insurance plan. It is very important to read your policy carefully and completely; including the information in the fine print.
For more information on DePaul’s ISO Student Insurance Plan visit [http://international.depaul.edu/AboutUs/Health%20Insurance/index.asp](http://international.depaul.edu/AboutUs/Health%20Insurance/index.asp).

**IMMUNIZATION RECORDS**
DePaul requires that every student submit proof that they have been immunized from specific diseases. Read more on how to submit your proof of immunization online in Campus Connection here: [DePaul’s immunization requirements](http://international.depaul.edu/AboutUs/Health%20Insurance/index.asp). We also recommend that you bring a copy of your records with you as back-up in case you need to re-submit for any reason.

**I NEED MORE HELP!**
Don't worry! We will revisit this topic with you during your on-campus international student orientation. Until then, you can also visit our Health Matters and our Health Insurance sections on our website for additional information! If you have any questions, you may also email us at oiss@depaul.edu!

Again, welcome to DePaul University!

Best regards,

Hiwoté, Garrett, Jennie, Amanda, Dan, Ewa, Sandra, Justin, and Monica

The OISS Team

*Why am I receiving this email?*
Soon you will be arriving in Chicago to begin your academic adventure here at DePaul University. DePaul is a large university and the Office for International Students and Scholars (OISS) will connect you to the many resources you need to be successful here. In the weeks preceding your arrival OISS will send you emails with information that will help you prepare for your arrival. In case you miss any of our communication, we will also have it posted to our [website](http://international.depaul.edu/) so you may catch up on the various topics covered.