Why you need medical insurance

- CSU requires that you have insurance
- The U. S. Dept. of State requires J-1 exchange visitors to have insurance for duration of DS-2019
- Insurance helps pay for your medical bills
- The U.S. government will not help non-citizens with medical bills
- Medical care is one of the fastest rising expenses in the U.S. and is more expensive than in any other country
Average medical costs in the USA

• Hospital room & board, doctor fees = $2,500/day+

• One day in Intensive Care Unit (ICU) = $10,000+

• Hospital Emergency Room (ER) = $1,500+

• Treating a broken arm = $6,000+
Buying and renewing insurance

- If taking Cal Poly classes
  - Cal Poly enrolls you – the fee is charged to your student account when you enroll in classes

- If not in CP classes
  - Enroll in the plan by phone - 800-853-5899
    - Monday–Friday, 8am – 5pm
  - Or Enroll online - studentinsurance.usi.com

See back cover of brochure
Summer

• If you are taking Cal Poly classes, you will be enrolled in the insurance

• If not enrolled:
  • F-1 – enrollment is optional by phone
  • J-1 – enrollment is **required**
    • You must enroll yourself by phone
Quarterly cost and coverage dates

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rates</td>
<td>$429.43</td>
<td>$369.34</td>
<td>$337.83</td>
<td>$314.19</td>
</tr>
</tbody>
</table>

- Rates are listed on page 2 of brochure
- Premiums will NOT be reduced if you enroll after the first date of coverage for the term
- Read full brochure
ID Cards

- Print your card at aetnastudentthealth.com – you need your Cal Poly student ID number and date of birth
- Carry the ID card with you at ALL times
- Show the ID card whenever you receive medical treatment
- If you move, or change your address be sure to update your Mailing Address in the My.CalPoly.edu web portal or email the International Center with U.S. address
- See page 4 of brochure for instructions on obtaining your card
Register on Aetna web site

- [AetnaStudentHealth.com](https://www.aetna.com/studenthealth)
- Top menu: ‘Members / Aetna Navigator’
- ‘Register Now’ button
- Enter your name, date of birth, and member ID from your card
- Provide your mailing address or opt out of mailing and get your EOB by e-mail
Mobile App

• Download free Aetna mobile app:
  • Text Apps to 44040
• Learn more at aetna.com/mobile
How do I use it?

**Call Cal Poly Nurse Line**
1-866-439-2012
or
**Informed Health Line**
1-800-556-1555

**Cal Poly Health & Wellbeing**

**Locate an off-campus provider**

**Emergency Room**
or **Drop-in Clinic**

**Present Health Insurance ID Card to the Provider**

**Call to verify provider is still participating and make an appointment**

**Submit Claim Form with Receipts**

**Receive response (EOB) from Aetna Student Health within 4-6 weeks**
### Benefit Summary

<table>
<thead>
<tr>
<th>Summary of Benefits</th>
<th>PPO</th>
<th>Non-PPO</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Max Benefit per Year</strong></td>
<td><strong>Unlimited Annual and Lifetime Maximums</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Out of Pocket Max per Year</strong></td>
<td><strong>Individual - $2,250</strong></td>
<td><strong>Family - $4,500</strong></td>
</tr>
<tr>
<td><strong>Yearly Deductible</strong></td>
<td><strong>$100</strong></td>
<td><strong>$100</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>$500 if not pre-certified</strong></td>
</tr>
<tr>
<td><strong>Portion of cost you pay</strong></td>
<td><strong>0%</strong></td>
<td><strong>25%</strong></td>
</tr>
<tr>
<td><strong>Prescriptions</strong></td>
<td><strong>At Student Health Center</strong></td>
<td><strong>Any other pharmacy – Insurance pays 50% of</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Pharmacy - Insurance pays 100% of charge</strong></td>
<td><strong>Recognized Charge</strong></td>
</tr>
<tr>
<td><strong>Office visit co-pay</strong></td>
<td><strong>$10</strong></td>
<td><strong>25% + $20 copay</strong></td>
</tr>
<tr>
<td><strong>Emergency Room Copay</strong></td>
<td></td>
<td><strong>$50 (waived if admitted to hospital)</strong></td>
</tr>
</tbody>
</table>
Annual Deductible

• $100 per Insured Person
• Deductible is the amount of covered medical expenses you pay before your insurance benefits start
• Not counted toward your deductible are:
  • Co-pays for office visits
  • Pharmacy costs
• See list of items that are covered without having to meet deductible. See page 4 of the brochure
  • (i.e. routine exams, pap smears, birth control)
PPO Out of Pocket Limit

• $2,250 per individual or $4,500 per family per year limit
• The most you will pay per year
• Counts toward your OOPM:
  • Pharmacy costs
  • Office co-payments
  • Ambulance 10% co-payment
What is covered

- See pages 5-10 of the plan brochure “Schedule of Benefits”
- Hospital stay, surgery, x-rays
- Routine check-ups, lab tests,
- Mental health benefits
- Alcoholism and Drug addiction
- Maternity benefits and family planning
- Prescription Drugs
- Claims for services received outside the USA (handled like non-PPO claims)
What is not covered

- See list of exclusions on pages 10-11 of the brochure
- Routine hearing exams
- Dental services (checkups, fillings, extractions, or any service not related to an injury to the mouth)
  - Unless you are under 19 years of age
  - Aetna Dental Discount Plan available for purchase online.
- Vision exams or vision correction (eyeglasses/contacts)
  - Unless after cataract surgery or if you are under 19 years of age
After hours care

• Campus Health and Wellbeing Resources
  • Health Center after-hours web page
  • 24-hour nurse line 1-866-439-2012

• 2 urgent care facilities in SLO in your PPO network – Call first to be sure they are open - $10 co-payment
  • Family & Industrial Medical Center
  • Med Stop Urgent Care
  • See health center after-hours web page for maps and phone number

• Emergency Room - $50 co-payment
  • Sierra Visa Hospital & French Hospital in SLO
  • Any hospital – you are covered!
Finding a doctor

• Go to the Aetna website
• Type ‘Cal Poly’ in the search window
• Select ‘Find a doctor, hospital, or pharmacy’
• On the next page click “Find a doctor,…’
• Click the ‘Start a New Search’ button
• Search ‘Doctors (primary care) or Specialist and your desired specialty
• Enter your zip code and distance from zip code
• Under ‘Select a Plan’ choose Student Health Plans
• Call doctor’s office to make appointment
Emergencies

- If you are in a life-threatening situation, **call 9-1-1**
- If you are not sure if you need to go to the hospital, call the Cal Poly nurse line or the Aetna nurse line
- Go to nearest emergency room or urgent care
- If you need an ambulance, let them know when you call 9-1-1
  - Insurance pays 90% of ambulance charge
When to get a hospital stay pre-certified

• You, a family member, your doctor, or the hospital must call Aetna prior to treatment to get approval for:
  • a NON-emergency hospital stay
  • any in-patient services or supplies obtained from a NON-preferred provider
• Failure to get pre-approval will result in a $500 deductible
On Call Emergency Assistance Services

- Emergency medical evacuation to your home
- Repatriation of remains
- Bedside visit – if you are hospitalized for 3 days or more, your insurance will fly a family member here (up to $5,000)
- If your family member at home is ill, your insurance will pay to fly you home (up to $2,500)
- Translation between hospital and family
- Be sure family calls On Call and let them book the flight. They will not reimburse for flights booked by you or others
- Call the International Center – we can contact USI to open a case for you
- Share brochure with your family – pages 13-14
Filing claims

- Some doctors bill direct (PPO) and others require you to pay (non-PPO)
- Within 90 days, send medical bills and/or detailed receipts with a completed CLAIM FORM to Aetna Student Health. Claim forms are located at [aetnastudenthealth.com](http://aetnastudenthealth.com)
  - Aetna Claim Form – (off-campus claims)
  - Prescription Drug Claim Form (off-campus pharmacy)
  - CSU Health Center Claim Form (on-campus claims – medical & pharmacy)
- Mail or e-mail to address on the form
- If you do not receive a response after 4-6 weeks, contact the Aetna Claims Department
- See [brochure](#) for details – pages 3-4
Who to contact

- Aetna Student Health – insurance company
  - Check on the status of your bill
  - Have a question regarding your benefits or claims
  - Call 1-866-378-8885

- USI – insurance broker
  - Purchase insurance for summer, for OPT or Academic Training, or for dependents
  - Call 1-800-853-5899 within the USA
  - Email studentinsurance@usi.com
Who to contact

- On Call International
  - Emergency travel and translation assistance
  - +1-877-318-6901 (toll-free within the US and Canada)
  - +1-603-328-1909 (collect from outside the US and Canada)
- Cal Poly International Center
  - Email intlservices@calpoly.edu
  - Call +1-805-756-1477
  - Web: international.calpoly.edu/students/health.html
Frequently Asked Questions

Q: Is there Dental or Vision coverage?
A: Only if you are under 19 years of age. You may compare individual dental plans online at: ehealthinsurance.com. Dental Discount Plan available to purchase online at https://studentinsurance.usi.com (same broker as your health plan)

Q: Are ambulances free?
A: No. PPO – You will pay 10% of charge
Frequently Asked Questions

Q: Can I continue coverage after I finish my studies and working in the USA?
A: Yes. You have the option to enroll by phone to continue your coverage during OPT (F-1) and you are required to have coverage for Academic Training (J-1).

Q: Can I get a refund or cancel?
A: Refund requests are considered only if you withdraw from school within 45 days or enter the Army, and you have not used the plan during the period. Contact the International Center to request cancellation.
What to do now

1) Print your ID card from aetnastudenthealth.com

2) Send the brochure to your family members

3) Update your U.S. mailing address in the My.CalPoly.edu web portal
Other Questions?

Email: intlservices@calpoly.edu