A Health Plan That’s All About You
The sole mission of the not-for-profit University of California Student Health Insurance Plan is to offer high-quality, affordable and convenient health insurance. UC SHIP covers medical care on campus and through UC's world-class medical centers and other providers.
You're automatically enrolled in medical, pharmacy, dental and vision coverage for up to 12 months — including summer and term breaks. And you can enroll a spouse/domestic partner and/or children. Your coverage includes medical services anywhere in the world.

Glossary of Terms
Annual benefit maximums: The most the plan will pay out over the coverage period.
Anthem Blue Cross PPO providers: Providers/facilities in the Anthem Blue Cross Prudent Buyer PPO network.
Coinsurance: The percentage of the maximum allowed amount that you are responsible for paying.
Copay: The set-dollar amount you are responsible for paying.
Fee schedule: The maximum amount Delta Dental will pay for services (sometimes called a plan allowance).
Separate benefit-year deductibles (annual deductible): The amount you pay before UC SHIP pays for services. Deductibles differ based on service provider.
Separate limits on your out-of-pocket costs: If your combined medical and prescription drug expenses reach this amount, UC SHIP will pay 100% of your covered expenses for the rest of the benefit year. This includes deductibles, coinsurance and copays. Limits differ based on service provider.

Students Come First — Always
UC SHIP is built specifically for UC students, with students actively involved in its design. Since inception, the guiding principle has been simple: Your health and health needs come first — always.

You're Automatically Enrolled
Because all UC students are required to have medical insurance, UC automatically enrolls all registered students — including domestic and international students, and students in absentia — in UC SHIP medical, pharmacy, dental and vision coverage. You will find the cost of coverage (premium) on your registration bill.
You can waive UC SHIP coverage if you already have a health plan that meets the university's health coverage requirements. Go to healthcenter.ucsc.edu/billing-insurance/index.html to learn how to waive enrollment in UC SHIP before the waiver deadline for your campus.

You Can Cover Your Spouse, Domestic Partner and Child(ren), Too
If you're enrolled in UC SHIP and are married and/or have children, you can enroll those eligible dependents in the same medical, pharmacy, dental and vision coverage you have for yourself. For information about who you can enroll in UC SHIP, go to myucship.org > Eligibility and Enrollment.

Note: You must reenroll dependents every quarter.

The UC SHIP Plans Meet Affordable Care Act (ACA) Requirements
UC SHIP is recognized by the Centers for Medicare & Medicaid Services (CMS) as minimum essential coverage (MEC) in compliance with the ACA. This means UC SHIP members meet the ACA individual mandate.
UC SHIP is convenient to access through the on-campus student health center (SHC). Start there for covered non-emergency medical care and for referrals to specialists when needed.
When compared to preferred provider organization (PPO) plans, UC SHIP provides a broader physician network and lower deductibles and out-of-pocket maximums.
With UC SHIP, you can choose to see any provider with a referral from the SHC.
Getting Care

Your First Stop for Medical Care Is ALWAYS the Student Health Center

For routine care, start at the student health center (SHC) on your campus. This is the first stop for care that is covered by UC SHIP, except for emergency care in an emergency room, urgent care clinic visits, pediatric care, obstetrics services, gynecological care or LiveHealth Online virtual visits.

The SHC is an on-campus outpatient health center offering a range of health services — from primary care to routine checkups, mental health and substance use disorder services, and general care for unexpected issues, like sore throats or swollen ankles. There is also a full-service pharmacy.

You will be cared for by a team of experts in young adult health — board-certified doctors, certified nurse practitioners and physician assistants.

You MUST Get a Referral for Medical Care Outside the Student Health Center

If needed, the SHC will refer you to, and coordinate, additional or specialist care outside the SHC. You will need a referral for care outside the SHC, no matter how far from the campus you receive that care. Without it, UC SHIP will not provide any benefits. To get a referral, meet with an SHC provider.

Your referral gives you options for off-campus care, including:

- UC medical centers. Any of the five nationally ranked medical centers (at Davis, Irvine, Los Angeles, San Diego and San Francisco) or a UC-affiliated facility, doctor or other health care provider. (Be sure to get a referral before making an appointment.)

- Anthem Blue Cross Prudent Buyer PPO network doctors and other providers and facilities. A nationwide network of more than 50,000 physicians and 400 hospitals. You may have to pay a deductible (see the Medical Coverage chart), then UC SHIP will pay most of the cost, and you’ll pay the rest through a copay or coinsurance (the amount you’re responsible for after UC SHIP pays its share).

You’re Covered Around the World

Whether studying, traveling or living outside the country, you and your dependents covered under UC SHIP can get care through the Blue Cross Blue Shield Global Core program. Learn more at bcbsglobalcore.com.

Referrals Are Required

You must get an SHC referral for care outside the SHC, regardless of the distance from campus, except for the following: emergency room care and visits to urgent care clinics, pediatric care, obstetrics services, gynecological care and LiveHealth Online virtual visits.

However, you may have to pay a deductible and part of the cost through a copay or coinsurance (the amount you’re responsible for after UC SHIP pays its share).

Learn More

To learn more about UC SHIP benefits and what they cover, go to myucship.org, call the SHC at (831) 459-2211, or contact Anthem Blue Cross (our medical plan administrator) at (866) 940-8306 or anthem.com/ca.

In an emergency, call 911 or go to the nearest emergency room. No referral needed.

Anthem Blue Cross makes the sole and final determination as to whether services were rendered in connection with an emergency.

Contacts

Medical care
(non-urgent or emergency)

Student Health Services
healthcenter.ucsc.edu
healthcenter@ucsc.edu
Phone:
• Main number: (831) 459-2211
• Counseling and Psychological Services: (831) 459-2628
In person:
• 525 McLaughlin Drive

Anthem Blue Cross
anthem.com/ca
(choose Vision > Blue View Vision Insight network)
(866) 940-8306

Off-campus pharmacies and prescription drug costs
OptumRx
optumrx.com
(844) 265-1879

Dental care
Delta Dental
deltadental.com
(800) 765-6003

Vision care
Anthem Blue View Vision
anthem.com/ca
(866) 940-8306

Rates for dependent and non-registered, voluntary students
healthcenter.ucsc.edu/billing-insurance/index.html

Waive UC SHIP coverage
healthcenter.ucsc.edu/billing-insurance/index.html

Urgent or emergency care
After-hours advice nurse
(831) 459-2591

After-hours urgent care
• Dominican Hospital Emergency Department
  (831) 462-7700
• Doctors on Duty
  (831) 425-7991

LiveHealth Online
livehealthonline.com

Emergency care
Call 911 or use a campus emergency phone

Doctors, providers and facilities outside the SHC
Anthem Blue Cross
anthem.com/ca
(866) 940-8306

Sydney Health app
Download it from Google play or the App Store
Medical Coverage
To be covered by UC SHIP, all care must start with the SHC. The chart below highlights what UC SHIP covers and how much you pay for services. For certain services, you will pay a deductible for care you receive outside the SHC, UC doctors or facilities. After you meet the deductible, the plan will pay a portion of the cost. Certain expenses and services are excluded from medical coverage.
Non-emergency care outside the SHC requires a written referral from an SHC provider. See Getting Care for exceptions.
Network providers are those in the Anthem Blue Cross Prudent Buyer PPO network, including UC Family medical centers, affiliated facilities, and professional providers.
For details, go to myucship.org > Coverage > Medical.

<table>
<thead>
<tr>
<th>COVERAGE</th>
<th>SHC</th>
<th>NETWORK PROVIDERS</th>
<th>OUT-OF-NETWORK**</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEPARATE BENEFIT-YEAR DEDUCTIBLES</td>
<td>$0</td>
<td>Individual: $100 Family: $600</td>
<td>Individual: $100 Family: $600</td>
</tr>
<tr>
<td>SEPARATE LIMITS ON YOUR OUT-OF-POCKET COSTS</td>
<td>N/A</td>
<td>Individual: $1,000 Family: $4,000</td>
<td>Individual: $6,000 Family: $12,000</td>
</tr>
<tr>
<td>OFFICE VISITS</td>
<td>$0</td>
<td>Primary and specialty care: $10 copay, deductible waived</td>
<td>Primary and specialty care: 40%</td>
</tr>
<tr>
<td>ROUTING PHYSICALS/STUDENT AUTO PREVENTIVE CARE</td>
<td>$0</td>
<td>$0, deductible waived</td>
<td>40%</td>
</tr>
<tr>
<td>MENTAL HEALTH AND SUBSTANCE USE DISORDER OFFICE VISITS</td>
<td>$0</td>
<td>$20, deductible waived LiveWell Online: $0, deductible waived</td>
<td>40%</td>
</tr>
<tr>
<td>INPATIENT HOSPITAL CARE</td>
<td>N/A</td>
<td>15%</td>
<td>40% after $500 copay and 25% penalty**</td>
</tr>
<tr>
<td>URGENT CARE</td>
<td>N/A</td>
<td>$25 copay, deductible waived LiveWell Online: $0, copay, deductible waived</td>
<td>40%</td>
</tr>
<tr>
<td>EMERGENCY CARE (NON-ADMISSION)</td>
<td>N/A</td>
<td>$125 copay, deductible waived</td>
<td>$125 copay, deductible waived</td>
</tr>
<tr>
<td>PEDIATRIC DENTAL AND VISION CARE</td>
<td>N/A</td>
<td>Dental checkup: 0 Dental basic and major services: 15% Vision exam, frame (formulary) and standard lenses, and contact lenses: $0</td>
<td>Dental checkup: $0 Dental basic and major services: 15% Vision exam, frame (formulary) and standard lenses, and contact lenses: 100% after $10 exam allowance, $41 frame allowance and $21 lenses allowance</td>
</tr>
</tbody>
</table>

Pharmacy Coverage
You can fill prescriptions at any pharmacy, but you’ll pay less when you use the Cowell Student Health Center pharmacy or an OptumRx network pharmacy. Not all prescription drugs are covered by UC SHIP. For details, go to myucship.org > Coverage > Prescription Drugs.
Your share of prescription drug costs counts toward the combined annual medical/pharmacy out-of-pocket limit listed above. There are more details about the combined annual out-of-pocket limits in the Medical Coverage chart above, or visit the UC SHIP website at myucship.org > Coverage > Prescription Drugs.

<table>
<thead>
<tr>
<th>COVERAGE</th>
<th>SHC***</th>
<th>OPTUM PHARMACIES***</th>
<th>OUT-OF-NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>OUTPATIENT PRESCRIPTION DRUGS</td>
<td>Generic: $15 copay Brand-name formulary: $40 copay, 30-day supply Brand-name non-formulary: $60 copay, 30-day supply Specialty: $80 copay, 30-day supply</td>
<td>Generic: $15 copay Brand-name formulary: $40 copay, 30-day supply Brand-name non-formulary: $60 copay, 30-day supply Specialty: $80 copay, 30-day supply</td>
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</tr>
<tr>
<td>ANNUAL DEDUCTIBLE</td>
<td>$0</td>
<td>Preventive and diagnostic services: None Other services: $20 per person</td>
<td>Preventive and diagnostic services: None Other services: $10 per person</td>
</tr>
<tr>
<td>ANNUAL BENEFIT MAXIMUMS</td>
<td>$1,000 per member; not to exceed a cumulative maximum of $1,000 each benefit year for network plus out-of-network dental benefits in total</td>
<td>$1,000 per member; not to exceed a cumulative maximum of $1,000 each benefit year for network plus out-of-network dental benefits in total</td>
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</tr>
<tr>
<td>FEE SCHEDULE</td>
<td>PPO providers agree to accept Delta Dental PPO maximum allowed fee schedule.</td>
<td>You are responsible for the difference between the amount Delta Dental pays and the amount your out-of-network dentist bills. Note: Some specialty care is out of network. Delta Dental/Blue Cross Dental Network dentists will apply the approved fee schedule, so you would have lower costs than with other out-of-networkNetwork providers.</td>
<td></td>
</tr>
<tr>
<td>PREVENTIVE AND DIAGNOSTIC SERVICES</td>
<td>Includes oral exams; cleanings (once every 12 months); X-rays (one-bitewing series within 12 months); fluoride treatment.</td>
<td>$0</td>
<td>20%</td>
</tr>
<tr>
<td>BASIC SERVICES</td>
<td>Includes fillings and extractions; composite fillings on front teeth; endodontics (root canal); periodontics; oral surgery; night guards.</td>
<td>20% after deductible</td>
<td>40% after deductible</td>
</tr>
<tr>
<td>MAJOR SERVICES</td>
<td>Includes prosthodontics; intraoral scans; crowns and cast restorations; implants.</td>
<td>30% after deductible</td>
<td>60% after deductible</td>
</tr>
</tbody>
</table>

Dental Coverage
You can see any dentist you want, but you’ll pay less when you see dentists in the Delta Dental PPO network. Not all expenses or services are covered by UC SHIP. For details, go to myucship.org > Coverage > Dental.
Download the Delta Dental mobile app (from Google play or the App Store) to access the Delta Dental Cost Estimator tool for a real-time estimate of what you’ll pay for dental work.

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<tr>
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<th>ANTHEM BLUE VIEW VISION INSIGHT NETWORK</th>
<th>OUT-OF-NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROUTINE EYE EXAM (PER BENEFIT YEAR)</td>
<td>$10 copay</td>
<td>100% after $49 exam allowance</td>
</tr>
<tr>
<td>EYEGLASS FRAMES (PER BENEFIT YEAR)</td>
<td>80% after $130 frame allowance</td>
<td>100% after $10 frame allowance</td>
</tr>
<tr>
<td>EYEGLASS LENSES (STANDARD)</td>
<td>Single lenses: $25 copay Trifocal lenses: $25 copay</td>
<td>Single lenses: 100% after $15 lens allowance Trifocal lenses: 100% after $24 lens allowance</td>
</tr>
<tr>
<td>CONTACT LENSES (PER BENEFIT YEAR)</td>
<td>Conventional lenses: 100% after $125 lens allowance; receive a 15% discount Disposable lenses: 100% after $125 lens allowance</td>
<td>Conventional lenses: 100% after $125 lens allowance Disposable lenses: 100% after $125 lens allowance</td>
</tr>
</tbody>
</table>

Vision Coverage
You can see any vision provider you want, but you’ll pay less when you see an Anthem Blue View Vision Insight network provider — including the SHC Vision Clinic — for exams, glasses or lenses. Before you buy glasses or contacts, check anthem.com/ca/find-doctor to see if the provider is in the Insight network. Not all expenses or services are covered by UC SHIP. For details, go to myucship.org > Coverage > Vision.

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*Any other health care provider/facility you choose, however, you are responsible for paying any expenses above the Anthem Blue Cross maximum allowed amount.
**An additional 25% penalty is assessed for services and supplies provided by an out-of-network hospital. Refer to the Benefit Booklet for details.
***100% prescription coverage for FDA-approved generic prescription contraceptives and brand-name prescription contraceptives when a generic equivalent is not available. Oral contraceptives are covered for up to 60-day supply.

This brochure provides a summary of information. For detailed information about all benefits, terms and conditions of UC SHIP, see the benefit booklet at myucship.org > Resources > Forms and Documents. What is written here does not constitute a guarantee of plan coverage or benefits — particular rules and eligibility requirements must be met before benefits can be received.
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