Insurance instructions for F1 and J1 international students with families  (updated 8/26/16)

**Step One:** Go to: [www.visitinsurance.com](http://www.visitinsurance.com)

**Step Two:** Click on “Student and Family Health Plans”
**Step Three:** Scroll Down and select “ACA Equivalent”

*Please note PSU ONLY accepts the ACA Equivalent plans. No other plans will be allowed if you are an F1 student.*
Step Four: Click on “Quote and Buy Global Care Now”
Step Five: This will take you to a different website called PGH Global. You may choose the Global Care Basic* - Visit International plan. Click on “Select plan”.

*Note: The Basic plan does not cover pre-existing conditions until you have been on the plan for six months. This means if you are currently being treated for an ailment or pregnancy and will need to seek care within the next six months you should choose the Global Care Preferred plan.

<table>
<thead>
<tr>
<th>Plan</th>
<th>Deductible</th>
<th>Preferred Provider</th>
<th>Out-of-Network:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Global Care Basic - Visit International</td>
<td>$100 (waived at Student Health Center)</td>
<td>Preferred Provider: $100 (waived at Student Health Center)</td>
<td>$500</td>
</tr>
<tr>
<td>Global Care Essential - Visit International</td>
<td>$100 (waived at Student Health Center)</td>
<td>Preferred Provider: $100 (Waived at Student Health Center)</td>
<td>$300</td>
</tr>
<tr>
<td>Global Care Intercollegiate Sports Plus - Visit International</td>
<td>$50 (Waived at Student Health Center)/Out-of-Network: $300</td>
<td>Preferred Provider: $100 (Waived at Student Health Center)</td>
<td>$300</td>
</tr>
</tbody>
</table>
**Step Six:** You will then be directed to complete the enrollment form information.

- It is okay that the location and school says, Visit International, District of Columbia. This does **NOT** need to say PSU.
- The first day of coverage should be the date you buy the plan.
- You will need to pay for the coverage in one lump sum with a credit card. Minimum three months at a time. But you would need to remember to re-enroll when it expires.
- Complete the information about you and your family.
**Step Seven:** Once you have purchased the plan, please email your insurance confirmation letter to Christi Ziegler, PSU Insurance Coordinator at ichristi@pdx.edu so she can waive you out of the PSU Student Health Insurance Plan for the next upcoming term. These are the deadlines to waive out of the student plan for the academic year 2016-2017:
Fall: by 10/9/16, Winter: by 1/22/17, Spring: by 4/16/17

**Additional Notes:**
- If you need assistance while signing up, please contact Visit Insurance at 800) 247-5575 or info@visitinsurance.com
- If your credit card is declined there are two possible reasons: 1) you may need to contact your bank to let them know you are trying to purchase health insurance online; 2) you may have a daily spending limit set, again call your bank to lift the limit for this purchase.