Getting Care

Your First Stop for Medical Care is ALWAYS the Student Health and Counseling Services

For routine care, start at the Student Health and Counseling Services (SHCS) on your campus. This is the first stop for care that is covered by UC SHIP, unless it is an emergency care in an emergency room, urgent care clinic, visit to a specialist, obstetric services for pre-natal or maternity care, or gynecological care.

The SHCS 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 sprains.

You will be cared for by a team of experts in young adult health—board-certified physicians, certified nurse practitioners, psychologists, a licensed social worker, a registered dietitian and nurses.

You MUST Get a Referral for Medical Care Outside of the Student Health and Counseling Services

If needed, the SHCS will refer you to, and coordinate, additional or specialist care outside of the SHCS. You will need a referral for care outside of the SHCS, no matter how far from the campus you receive that care. Without it, UC SHIP will not provide any benefits. To get a referral, contact SHCS provider. Your diagnosis and location will determine whether a referral will be granted.

If services rendered are medically necessary and covered by the Plan, 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.) Care within the UC Family is discounted for students, there are no deductibles, and there are no out-of-pocket maximums.

- Student Health & Counseling Services

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- Anthem Blue Cross PrudentBuyer network doctors and other providers and facilities. A nationwide network of more than 50,000 physicians and 400 hospitals. You’ll first 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 co-pay or coinsurance (the amount you’re responsible for after UC SHIP pays its share).

Medical care (non-urgent or emergency)

Student Health & Counseling Services

Medical care for pre-natal or maternity care, or gynecological care.

Contacts

Medical care

Student Health & Counseling Services

Medical care for pre-natal or maternity care, or gynecological care.

Contacts

Dental care

Dental care

Dental care

Vision care

Vision care

Off-campus pharmacies

OptumRx

Student Health Insurance Plan

Student Health Insurance Plan
Mental Health:
- out-of-network
- Single lenses: 100% after $125 copay
- $750 per member
- 100% after $125 copay, deductible waived
- Dental checkup:
- other delta dental networks or out-of-network
- UC Family:
- 65%, deductible waived
- Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.

**Requirements must be met before benefits can be received.**

This brochure provides a summary of information. For detailed information about all benefits, terms and conditions of UC SHIP, see the Benefit Booklet at ucop.edu/ucship > Benefits. UC SHIP is not a Medicare Secondary Payer. The information on this brochure is subject to change and does not represent claims payment. Your policy is the only document regarding your coverage. The information on this brochure is intended to be used as a general guide and should not be used for legal purposes.

Pharmacy Coverage
OptumRx is the pharmacy benefit administrator for UC SHIP. You can take your prescription to any pharmacy, but you’ll pay the lowest costs if you take your prescription to an OptumRx network pharmacy. Certain expenses and services are excluded from Pharmacy coverage. You’ll find a list on the UC SHIP site at ucop.edu/ucship > Benefits > Pharmacy-Coverage > UCSF.

Dental Coverage
UC SHIP provides the highest benefits when you receive services from dentists in the Delta Dental PPO network. You decide how you want to manage costs by selecting a network or out-of-network dentist. Certain expenses and services are excluded from Dental coverage. You’ll find a list on the UC SHIP site at ucop.edu/ucship > Benefits > My-Dental-Coverage. Download the Delta Dental app (from Google Play or iTunes) to access the Delta Dental Cost Estimator tool for a real-time estimate of what you’ll pay for dental work.

Vision Coverage
UC SHIP covers a portion of your fees when you receive exams, glasses or lenses from a provider in the Anthem Blue View Vision Insight Plan network. Manage your budget wisely—if you use a retail provider, be sure to compare fees.

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