Get the Care You Need

UC SHIP Health Card Logo
WWW.UCOP.EDU/UCSHIP
UC
CONVENIENT AND AFFORDABLE STUDENT HEALTH INSURANCE
at (866) 940-8306.
Go to the
(415) 353-3000
-

Welcome to UC SHIP at UC San Francisco!
Built for students, with student involvement, the University of California Student Health Insurance Plan—UC SHIP—provides accessible and affordable coverage that protects you from unexpected health care costs that could affect your future success—graduation and beyond.

UC SHIP at UC San Francisco includes medical, dental and vision coverage for you, with the option to enroll your eligible dependents. Plan, your medical, dental and vision benefits are the same across campuses.

How SHCS and UC SHIP Work Together

UC SHIP and UC SHIP work together to provide comprehensive medical care that meets the diverse, individual needs of our students and adult dependent members.

You must first seek non-emergency medical care at SHCS by meeting with your primary care provider.

If you need off-campus, non-emergency services, you must first contact your primary care clinician before obtaining non-emergency medical services. Your diagnosis and location will determine whether a referral will be granted.

The referral ensures that your additional care will be covered by UC SHIP if services rendered are medically necessary and covered by the Plan. This referral is required regardless of the distance from the campus that you obtain care. See number 2 under “Get the Care You Need” for other exceptions to the referral rules.

You Need a Referral for Care Outside of SHCS

When you start with a SHCS referral, you can choose from UC Family or other health care providers—whether in or out of the Anthem Blue Cross network—and get necessary care that’s covered by UC SHIP.

Keep in mind that using UC Family or other Anthem Blue Cross network providers can save you money. UC medical centers—and affiliated professional providers—are members of the Anthem Blue Cross Prudent Buyer network. How you pay for services outside of SHCS, ask for provider recommendations. You can also contact UCSF Medical Center or Anthem Blue Cross for assistance with locating a network provider—this will help you lower your out-of-pocket expenses.

Call the UCSF Medical Center at:
- Parnassus
  (415) 476-1000
- Mount Zion Campus
  (415) 547-6600
- Mission Bay Campus
  (415) 533-1000
Call Anthem Blue Cross at (866) 940-8306.

Coverage and Choices

All registered students—including registered domestic, international and students in absentia—at UC San Francisco are automatically enrolled in UC SHIP for medical, pharmacy, dental and vision coverage.

Dependents

New for 2016! Students covered by UC SHIP can enroll their eligible dependents in the same medical, dental and vision coverage they have for themselves. Enrollment depends on the Wells Fargo Insurance Services Customer Care for UC SHIP Voluntary Student and Dependent Coverage by calling (800) 853-8899. Wells Fargo can provide you with information about rates for dependents.

A Quick How-To on Waiving Coverage

All UC students are required to have medical insurance, which is why UC SHIP automatically covers all registered students, including domestic and international students, and students in absentia.

You’ll find the cost of coverage (premium) on your registration bill. If you already have a health plan that meets the University’s health coverage requirements, you must submit an online waiver application form to request to waive enrollment in UC SHIP before the designated fee payment deadline date. You must re-apply to waive coverage each fall term.

Care on the Go

Go mobile with free apps for your medical, pharmacy and dental plans. ID cards, prescription refills and health coverage information are at your fingertips, any time you need them.

You’re covered around the world. Whether studying, traveling or living outside of the country, you and your dependents covered under UC SHIP can get care through the BlueCard Worldwide program.

All in the UC Family

As a member of UC SHIP, you have access to the UC Family of five nationally ranked medical centers at Davis, Irvine, Los Angeles, San Diego and San Francisco—along with their affiliated facilities and professional providers—where you’ll pay lower student rates. Be sure to get a referral from SHCS before making an appointment with a UC Family provider outside of SHCS, or with other Anthem Blue Cross Prudent Buyer network providers. Referrals are not required for emergency room services or Urgent Care Clinic visits. At UCSF, adult dependent members must visit SHCS for primary and preventive care. See number 2 under “Get the Care You Need” for other exceptions to the referral rules.

In an Emergency

Call 911 or go directly to the nearest emergency room or Urgent Care Clinic. Anthem Blue Cross makes the sole and final determination as to whether services were rendered in connection with an emergency.

In an emergency. Go to the nearest emergency room, or Urgent Care Clinic if appropriate—no referral needed.

Where to Find SHCS

Email: shc@ucsf.edu
By Phone: (415) 476-1281
Locations:
SHCS Parnassus
Mission Bay Clinic
Parnassus Union West
Mission Bay Clinic
500 Parnassus Ave., level PB, room 005
William J. Rutter Center
1675 Owens St., 3rd floor, room 330
Go online. Find details about UC SHIP benefits in one place, every day, 24 hours a day. Visit the UC SHIP site, www.ucop.edu/ucship to get started.
Get help. If you have questions, call (415) 476-1281 to connect with other (415) 476-1281

The UC SHIP app makes it easy wherever you go, you’ll find care is close at hand:
• Download the UC Family of five nationwide ranked medical centers, affiliated facilities and professional providers—you’ll receive specialty care at lower student rates.

Go mobile with free apps for your medical, pharmacy and dental plans. ID cards, prescription refills and health coverage information are at your fingertips, any time you need them.

You’re covered around the world. Whether studying, traveling or living outside of the country, you and your dependents covered under UC SHIP can get care through the BlueCard Worldwide program.

UC SHIP Makes It Easy
Wherever you go, you’ll find care is close at hand:
• On campus at Student Health & Counseling Services (SHCS)
• At any UC medical center, affiliated facilities and professional providers (you’ll get an additional UC Family discount)
• Throughout the United States with providers in the Anthem Blue Cross Prudent Buyer (PCO) network

Download the Free Student-Health App for Your ID Card and More
Paper ID cards have been replaced by the StudentHealth app. Download the app from Google Play or iTunes to get your ID card, order prescription refills, find coverage information and more, any time you need it.

The app gives you quick and easy access to all UC SHIP benefits, including:
• Your UC SHIP member ID card
• Student Health & Counseling Services (SHCS)—location, hours, services
• A description of your UC SHIP plan benefits
• Anthem Blue Cross—for medical claims and other plan benefits
• OptumRx—for managing your prescriptions
• Delta Dental—for dental coverage and claims information
• And much more!

After the app downloads, simply click “Register Now” and follow the prompts to register your ID card and set up your log in.

It’s important to register so you can receive notifications about your UC SHIP benefits. Don’t have a smartphone or a tablet? Access the app using your computer’s browser at www.mobilhealthconsumer.com/studenthealth.

How do I get it?
If you need non-emergency care outside of SHCS, get a referral from SHCS. This referral is an “easy” to receive additional care. Without it, you care won’t be paid by the Plan. The referral is required regardless of the distance from the campus that care is received. Referrals are not required for emergency room services, Urgent Care Clinic visits, pediatrics, obstetrics for pre-natal or maternity care or gynecologists if you are not covered at SHCS or if you’re away from campus.

Make the UC SHIP referral. If you need non-emergency care outside of SHCS, get a referral from SHCS. This referral is an “easy” to receive additional care. Without it, your care won’t be paid by the Plan. The referral is required regardless of the distance from the campus that care is received. Referrals are not required for emergency room services, Urgent Care Clinic visits, pediatrics, obstetrics for pre-natal or maternity care or gynecologists if you are not covered at SHCS or if you’re away from campus.

In a Quick How-To on Waiving Coverage

All UC students are required to have medical insurance, which is why UC SHIP automatically covers all registered students, including domestic and international students, and students in absentia. You’ll find the cost of coverage (premium) on your registration bill. If you already have a health plan that meets the University’s health coverage requirements, you must submit an online waiver application form to request to waive enrollment in UC SHIP before the designated fee payment deadline date. You must re-apply to waive coverage each fall term.

Care on the Go

Go mobile with free apps for your medical, pharmacy and dental plans. ID cards, prescription refills and health coverage information are at your fingertips, any time you need them.

You’re covered around the world. Whether studying, traveling or living outside of the country, you and your dependents covered under UC SHIP can get care through the BlueCard Worldwide program.

UC SHIP makes it easy.

UC SHIP works in partnership with SHCS to get you the care you need. Consider SHCS your medical “home away from home.”

SHCS is an outpatient health center that provides on-campus medical and preventive care, and mental health and substance use disorder services.

SHCS is staffed by experts in student health—board-certified physicians, certified nurse practitioners, psychologists, a licensed clinical social worker, a registered dietitian, and nurses. SHCS clinicians provide primary care and counseling for UC SHIP members and are available to coordinate any additional care you may need.

An ACA Recap

UC SHIP is recognized by the Centers for Medicaid & Medicare Services (CMS) as Minimum Essential Coverage (MEC) in compliance with the Affordable Care Act (ACA). This means UC SHIP members meet the ACA individual mandate.

UC SHIP is convenient to access on campus through SHCS. As a UC SHIP member, you have greater coverage and a broader range of choices when you start your care at SHCS.

Preferred Provider Organization (PPO) plans offered through the ACA insurance marketplaces—such as Medi-Cal and Covered California—typically have limits like: Narrow networks that limit whom you can see and where you can go for care; higher deductibles and out-of-pocket maximums, which mean you pay more up front; and may have limited mental health and substance use disorder benefits.

With UC SHIP, you can choose to see any provider once you have a SHCS referral to receive coverage for the care you need. See number 2 under “Get the Care You Need” for exceptions to the referral rules.
Mental Health:
$10 copay
Your share of prescription drug costs count toward the combined medical/pharmacy annual out-of-pocket limit. See details in the "Medical Coverage" chart above about
40% after you pay deductible
65%, deductible waived
100% after $125 copay
other delta dental networks or out-of-network
$750 per member
60% after you pay deductible
60% after $500 copay
100% after $125 copay, deductible waived

Vision Coverage
You'll find a list on the UC SHIP site at
www.ucop.edu/ucship

Dental 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.