



Agreement to Abide by the Mandatory J-1 Health Insurance Requirement for Exchange Visitors

U.S. Department of State regulations require all J-1 Exchange Visitors to have medical insurance for themselves and any accompanying J-2 family members for the duration of the program.

This insurance must meet the following requirements:

Major medical coverage: \$100,000 (deductible not to exceed \$500)

Repatriation of Remains: \$ 25,000

Medical Evacuation: \$ 50,000

Fulfilling this requirement is essential, not only because medical treatment in the U.S. is very expensive, but also because **Exchange Visitors and their family members are considered to be in violation of status if they do not have insurance coverage, and the ISS is required to terminate their program.** Also, the ISS cannot provide program benefits to scholars or family members who are not maintaining valid status (for example, extend the J-1 program or provide signatures for travel.)

It is the responsibility of the J-1 visitor to notify the ISS of dependents who are currently in the U.S. or who arrive at a later date, and present evidence of the appropriate insurance coverage for the J-2s.

You must purchase an insurance policy for the entire duration of your program as indicated on the DS-2019 (if your program duration is less than one year). If your program will continue for more than one year, you must purchase insurance for one year and renew the insurance (and submit proof thereof) for each additional year. **Proof of health insurance must be submitted to ISS within 10 days of your arrival on the OSU campus.**

NOTE: If you are a J-1 Visiting Scholar who is receiving a salary by an OSU department, you may have the opportunity to sign up for the University's student health insurance (Academic Health Plans) through the Benefits Office.

Please confirm this benefit with your department. If OSU insurance is not included in your employment package, you will be required to purchase insurance on your own.

HEALTH INSURANCE:

Scholars at OSU are eligible to purchase the OSU Student Insurance plan from Academic Health Plans, which meets the requirements. You can also purchase health insurance from any company of your choosing, as long as it meets the requirements listed above. Women who are or may become pregnant while in the U.S. must purchase health insurance that covers pre- and post-natal care. Most insurance companies consider pregnancy a preexisting condition and may not insure a pregnant woman, so plan accordingly.

- OSU Student Insurance Plan (Academic HealthPlans) – Contact ISS for enrollment instructions

Listed below are some insurance companies that are commonly used by Exchange Visitors*:

-ISO -IMG -Intl Student Insurance -Seven Corners -AIG -Student Medicover -ISP -Compass

***Oklahoma State University neither promotes nor is affiliated with any of the above listed companies.**

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CERTIFICATION:

I have been informed by International Students and Scholars staff at Oklahoma State University that Exchange Visitors in J-1 status are required by the **U.S. Department of State – J-1 Exchange Visiting Program** regulations to maintain a health insurance policy for the J-1 exchange visitor and all J-2 dependents while residing in the United States. **I understand that I am required to purchase health insurance within 10 days of my arrival in the U.S.**

My signature below acknowledges that I understand these regulations and accept responsibility for securing and maintaining the required insurance. **Further, my signature confirms my understanding that if I am found to be in willful violation of the health insurance regulations, ISS staff is required to terminate me as a participant in the Exchange Visitor Program and will be required to depart the U.S. immediately.**

Name of Exchange Visitor: _____

Signature: _____ Date: _____

Please list all J-2 dependents	Relationship	Present at Arrival Yes/No
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

If No, please list the expected date of arrival: _____

Note: If your dependent(s) arrive at a later date, you must visit the ISS office upon their arrival to check in and submit proof of health insurance coverage.

For ISS Use Only:

Witnessed by: _____ Date: _____

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