Get the Care You Need

1. Go to Student Health Services. This is the required first step — except in an emergency — to get care that's covered. You'll find SHS at UCSC— in the Cowell Student Health Center across from Colleges Nine and Ten. Call (831) 459-2500 to schedule an appointment.

2. Get a referral. If you need non-emergency care outside of SHS, get a referral from SHS. This referral is an “okay” to receive additional care. Without it, your care won’t be paid for by the Plan. This referral is required regardless of the distance from campus that care is received. Referrals are not required for emergency room services or Urgent Care Clinic visits.

3. Make the most of network coverage. Use your SHS referral* with providers or other members of the Anthem Blue Cross Prudent Buyer network, including the UC Family of nationally ranked medical centers, affiliated facilities and professional providers — you’ll receive specialty care at lower student rates when you do.

4. Go mobile. Find out about your UC SHIP benefits in one place, every day, 24 hours a day. Visit the UC SHIP website at www.ucop.edu/ucship to get started.

5. Get help. If you have questions, call SHS at (831) 459-2211 (main number), or contact Anthem Blue Cross (Anthem) — our medical plan administrator — at (866) 940-8306 or anthem.com/ka.

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

7. A Quick How-To on Waiving Coverage
   - If you are covered under UC SHIP, you have the option of enrolling in UC SHIP. UC SHIP members and are available to coordinate any additional care for you.
   - UC SHIP is convenient to access on campus through SHS. As a UC SHIP member, there’s greater coverage, lower out-of-pocket expenses and a broad range of choices when it comes to where you start your care at SHS.
   - Provided Preference Organizer (PPO) plans offered through the Anthem Blue Cross marketplace — such as Medi-Cal and Covered California — typically have limits. Narrower networks that limit what you can see and where you can go for care; higher deductibles and out-of-pocket maximums, which means you pay more up front; and, limited behavioral health benefits.
   - With UC SHIP, you can choose to see any provider once you have a UC SHIP referral to receive coverage for the care*

*No referral needed for pediatrics, obstetrics, for pre-natal or maternity care, or to visit a gynecologist if one is not provided at SHS, or if you’re away from campus.

Where to Find SHS

Email: healthcenter@ucsc.edu
Phone: (831) 459-2111 (main number); (831) 459-2628 (Counseling and Psychological Services)
Location: 1156 High Street (across from Colleges 9 & 10)

NEW! Going Mobile

Today you use your smartphone or tablet to connect with friends and family, manage your schedule, organize homework, get online and more. Beginning August 1, 2015, we are replacing paper ID cards with the new StudentHealth app through Anthem Blue Cross. Now, you will be able to use your smartphone or tablet to quickly and easily access UC SHIP*:

- Your UC SHIP member ID card
- Student Health Services (SHS) — location, hours, services
- A description of your UC SHIP plan benefits
- Anthem Blue Cross — for medical claims and other plan benefits
- myCatamaranRx — to manage your prescriptions
- Delta Dental — for dental coverage and claims information
- And much more!

Just download the StudentHealth app from the Apple App Store or Google Play, and in a few minutes you will be on your way.

Once the app is loaded, simply click “Register Now” and provide the following:
- Your first and last name
- Your student ID number
- Date of birth (mm/dd/yyyy)

It’s important to remember that you can also receive notifications about your UC SHIP benefits any time you want to check the status of your prescription orders, or to visit a gynecologist if one is not provided at SHS, or if you’re away from campus.

UC SHIP Makes It Easy

Wherever you go, you’ll find care is close at hand:

- On campus at Student Health Services (SHS)
- At any UC medical center, affiliated facilities and professional providers (you'll get an additional UC Family discount)
- Throughout the United States with other providers in the Anthem Blue Cross Prudent Buyer (PPO) network

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 SHS* before making an appointment with a UC Family provider outside of SHS, or with other Anthem Blue Cross Prudent Buyer network providers. Referrals are not required for emergency room services or Urgent Care Clinic visits.

Coverage and Choices

All registered students — including registered domestic, international and students in-absentia — have mandatory Medical, Dental, Outpatient Vision, and Vision coverage.

Dependents

- If you are covered under UC SHIP, you have the option of enrolling eligible dependents in their own plan. Medical, Dental and Vision coverage can be purchased through the Wells Fargo Insurance Services Customer Care for UC SHIP Voluntary Student and Dependent Coverage by calling (800) 853-5999. There is a $13,200 out-of-pocket maximum for family coverage. Wells Fargo can provide you with information about Dependent Plan rates.

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 registered 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, use the SHS website to learn how to waive enrollment in UC SHIP by the waiver deadline.

Care on the Go

Go mobile with our new apps for your Medical, Pharmacy and Dental Plans. Prescription refills and health coverage information at your fingertips, any time you need them.

Study and travel the world — you’re covered! To keep up with global health care costs and ensure you’re getting the care you need, be sure to visit a gynecologist if one is not provided at SHS, or if you’re away from campus.

Content in red indicates an update effective August 1, 2015.

How SHS and UC SHIP Work Together

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

- You must first seek non-emergency medical care at SHS by meeting with your primary care provider.
- If you need off-campus, non-emergency services, you will be issued referrals for care outside of SHS. These referrals ensure that your additional care will be covered by UC SHIP, and are required regardless of the distance from the campus that you obtain care.

You Need a Referral for Care Outside of SHS

When you start with an SHS referral*, you can choose from other health care providers — whether in or out of the Anthem network — and get necessary care that’s covered by UC SHIP. Keep in mind that using UC Family or other Anthem network providers can save you money.

- UC medical centers — and affiliated professional providers — are members of the Anthem Blue Cross Prudent Buyer network, but have agreed to offer their services to UC SHIP members at an even lower rate.
- If you are referred for services outside of SHS, ask for provider recommendations. You can also contact Anthem at (866) 940-8306 for assistance with locating a network provider — it will help lower your out of pocket expenses.

Content in red indicates an update effective August 1, 2015.
Your Medical Coverage

Highlights of your UC SHIP coverage are shown below. The Benefit Year Deductible applies unless stated otherwise. Visit www.ucop.edu/ucship for details. Certain expenses and services are excluded from Medical coverage. You'll find a list in the “Access Benefits Administration Info” section on the UC SHIP site at www.ucop.edu/ucship.

<table>
<thead>
<tr>
<th>SHS</th>
<th>OUTSIDE OF SHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your convenient, on-campus health home away from home</td>
<td>Your provider can choose to accept Delta or Blue View PPO maximum allowed fee schedule. Contact us for details. Certain expenses and services are excluded from SHS benefits. You can be covered if you're away from campus.</td>
</tr>
<tr>
<td>NETWORK PROVIDERS</td>
<td>PROVIDERS/ FACILITIES</td>
</tr>
<tr>
<td>Providers/facilities in the Anthem Blue Cross Prudent Saver network, including UC Family medical centers, affiliated facilities and professional providers.</td>
<td>Out-of-network providers: Any other health care provider/facility you choose; however, Anthem Blue Cross’ negotiated rates will not apply.</td>
</tr>
</tbody>
</table>

BENEFIT-YEAR DEDUCTIBLES

- The amount you are responsible to pay before UC SHIP begins paying for services in each category: $50
- SEPARATE LIMITS ON YOUR OUT-OF-POCKET COSTS*:
  - Once you pay this amount toward each category of covered expenses, UC SHIP steps in to pay 100% of your combined medical and pharmacy costs.
  - *Includes deductibles, co-insurance, medical copays and prescription copays.

Separate Limits on Your Out-of-Pocket Costs

<table>
<thead>
<tr>
<th>SHS</th>
<th>OUTSIDE OF SHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit UC SHIP online</td>
<td>Network providers: Up to $125 copay for an annual allowed benefit for prescription drugs.</td>
</tr>
<tr>
<td><a href="http://www.ucop.edu/ucship">www.ucop.edu/ucship</a></td>
<td>Coverage will not apply out-of-network.</td>
</tr>
</tbody>
</table>

Visit UC SHIP online

Your Pharmacy Coverage

Catamaran is the new pharmacy benefit administrator for UC SHIP. You can take your prescription to any pharmacy, but you’ll pay the lowest costs if you take it to the pharmacy in Cowell Student Health Center or any other Catamaran network pharmacy. Certain expenses and services are excluded from Pharmacy coverage. You’ll find a list in the “Access Benefits Administration Info” section on the UC SHIP site at www.ucop.edu/ucship.

Your 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 in the “Access Benefits Administration Info” section on the UC SHIP site at www.ucop.edu/ucship.

Your Vision Coverage

UC SHIP covers a greater portion of your fees when you receive exams, glasses or lenses from a provider in the Anthem Blue View Vision Insight Plan network, excluding the new SHS Vision Clinic. Manage your budget wisely — if you use a retail provider, be sure to determine whether they are a network Anthem Blue View Vision Insight Plan provider before you make a purchase. Certain expenses and services are excluded from Vision coverage. You’ll find a list in the “Access Benefits Administration Info” section on the UC SHIP site at www.ucop.edu/ucship.

Get In Touch!

<table>
<thead>
<tr>
<th>ANTHEM BLUE VIEW VISION INSIGHT PLAN NETWORK</th>
<th>OUTSIDE OF NETWORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Health Services: 1-811-459-2211</td>
<td>After-Hours Urgent Care</td>
</tr>
<tr>
<td>Counseling and Psychological Services (CAPS): 1-811-459-2628</td>
<td>Doctor on Duty</td>
</tr>
<tr>
<td>Vision Customer Service: 866-940-8396</td>
<td>Emergency</td>
</tr>
<tr>
<td>Catamaran Pharmacy Services: 866-265-1879</td>
<td>911 or use a Campus Emergency Phone or go to the nearest emergency room</td>
</tr>
<tr>
<td>Delta Dental Customer Service: 800-785-6063</td>
<td>831-459-251</td>
</tr>
</tbody>
</table>

*Includes deductibles, coinsurance, medical copays and prescription copays.

Note: 100% prescription coverage for FDA-approved generic prescription contraceptives and brand-name prescription contraceptives when a generic equivalent is not available.