Get the Care You Need

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 — your health home at UCSD — on Library Walk. Call (858) 534-8089 to schedule an appointment.

Go online. Find details about UC SHIP in one place, every day, 24 hours a day. Visit www.ucop.edu/ucship to get started.

Get help. If you have questions, call (858) 534-3300 to connect with SHS. Or contact Anthem Blue Cross (Anthem) — our medical plan administrator — at (866) 940-8306 and anthem.com/ia.

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

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.

You will be able to use your smartphone or tablet to quickly and easily access UC SHIP, including:

• Your UC SHIP member ID card
• Student Health Center (SHC) information — location, hours, services
• A description of your UC SHIP plan benefits
• Anthem Blue Cross — for medical claims and other plan benefits
• myCanarans — 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’ll be on your way.

Once the app is loaded, simply click “Register Now,” and provide the following:

• Your first and last name
• Date of birth (mm/dd/yyyy)
• Your student ID number
• Your email address

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

UC SHIP Makes It Easy

Whenever you go, you’ll find care 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 providers in the Anthem Blue Cross Prudent Buyer (PCP) network

Student Health Services (SHS)

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

SHS is an outpatient health center that provides on-campus medical, behavioral health and prevention care, as well as a full-service pharmacy.

SHS is staffed by experts in student health — board-certified physicians, certified nurse practitioners, physician assistants and nurses. SHS clinicians provide primary care for UC SHIP members and coordinate any additional care you may need.

An ACA Recap

UC SHIP complies with the Affordable Care Act (ACA) requirement for Minimum Essential Coverage.

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

Preferred Provider Organization (PPO) plans offered through the ACA marketplace — like 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 that mean you pay more up front; and limited behavioral health benefits.

With UC SHIP, you can choose to see any provider once you have a referral from SHS and receive care for the care.

*No referral needed for pediatrics, obstetricians 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.

In an Emergency

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

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:

• 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 must first contact your primary care provider 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 services rendered are medically necessary and covered by the Plan. A referral is required regardless of the distance from campus that the care is provided.

You Need a Referral for Care Outside of SHS

When you start with an SHS referral**, you can choose UC Family and 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 Blue Cross network providers can save you money.

UC Medical Centers — and affiliated 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 UC San Diego Health System or Anthem for assistance with locating a network provider — it will help lower your out-of-pocket expenses.

Call the UC San Diego SHIP plan:

• main number: (858) 653-1000
• new patient number: (858) 653-2827
Call Anthem at: (866) 940-8306.

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

Highlights of your UC SHIP coverage are shown below. This UC SHIP at UCSD introduced separate out-of-pocket limits for your medical and pharmacy benefits, which will help students who have high prescriptions usage. Other 2015–2016 improvements are shown in bold. 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 of the UC SHIP website at www.ucop.edu/ucship.

<table>
<thead>
<tr>
<th>Network</th>
<th>Out-of-network</th>
</tr>
</thead>
<tbody>
<tr>
<td>UC FAMILY PROVIDERS</td>
<td>ANTHEM BLUE CROSS PPO PROVIDERS</td>
</tr>
<tr>
<td>• SHS</td>
<td>Providers/facilities in the Anthem Blue Cross (PPO) Prudent Buyer network.</td>
</tr>
<tr>
<td>• UC San Diego Health System</td>
<td>ALL OTHER PROVIDERS</td>
</tr>
<tr>
<td>• Any other UC medical centers and their affiliated facilities and professionals</td>
<td>Any health care provider/facility you choose; however, Anthem Blue Cross’ negotiated rates will not apply</td>
</tr>
</tbody>
</table>

SEPARATE BENEFIT YEAR DEDUCTIBLES

The amount you are responsible to pay before UC SHIP begins paying for services in each category.

- $0
- $10 copay
- Up to $49 allowance
- • other delta dental networks or out-of-network
- 60% after $500 copay
- $750 per member
- 60%

UC SHIP COVERS

OFFICE VISITS

- SHS: 100% for primary and specialty care
- UC Family: 100% primary care; 60% after $15 copay
- Specialty care: 100% after $15 copay
- Physical Therapy/Occupational Therapy/Speech Therapy: 100% after $15 copay
- Chiropractic Care/Acupuncture/Spinal Injection (20 visits per year limits): 100% after $15 copay

Primary care: 100% after $10 copay, deductible waived
Specialty care: 100% after $15 copay, deductible waived
60% for primary and specialty care

ROUTINE PHYSICALS/STUDENT AID PREVENTIVE CARE

- 100%
- 100%, deductible waived

BEHAVIORAL HEALTH OFFICE VISITS

- SHS: 100% primary care; 60% after $15 copay
- UC Family: 100% after $10 copay, deductible waived
- Psychiatric: No charge
- All Other: 50%

IPNATIENT HOSPITAL CARE

- 80% after $100 copay
- 60% after $150 copay

URGENT CARE

- 100% after $125 copay
- 100% after $125 copay, deductible waived
60% after $125 copay, deductible waived
This plan pays nothing exceeding Anthem Blue Cross maximums.

Your Pharmacy Coverage

Catamaran is the new pharmacy benefit administrator for UC SHIP. You’re covered at any pharmacy, but you’ll pay the lowest costs if you take your prescription to the SHS pharmacy or Catamaran network pharmacies. Another change 2015–2016 — your annual limit on prescription costs is now separate from your annual medical limit. For those who have high prescription usage, this is designed to reduce your out-of-pocket costs.

Certain expenses and services are excluded from Pharmacy coverage. You’ll find a list in the “Access Benefits Administration Info” section of the UC SHIP website at www.ucop.edu/ucship.

<table>
<thead>
<tr>
<th>Network</th>
<th>Out-of-network</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHS</td>
<td>CATAMARAN PHARMACIES</td>
</tr>
<tr>
<td>None for preventive and diagnostic services, $25 per person for other services</td>
<td>ALL OTHER PHARMACIES</td>
</tr>
<tr>
<td>$1,000</td>
<td></td>
</tr>
</tbody>
</table>

UC SHIP COVERS

OUTPATIENT PRESCRIPTION DRUGS

- 100% after $25 generic copay
- 100% after $25 brand-name formulary copay, 30-day supply
- 100% after $40 brand-name non-formulary copay, 30-day supply
- 100% after $100 specialty copay, 30-day supply
- 100% after $10 generic copay
- 100% after $40 brand-name formulary copay, 30-day supply
- 100% after $100 brand-name non-formulary copay, 30-day supply
- 100% after $100 specialty copay, 30-day supply

Note: 100% prescription coverage for FDA-approved generic prescription contraceptives and brand-name prescription contraceptives when a generic equivalent is available.

Your Dental Coverage

UC SHIP covers 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 of the UC SHIP website at www.ucop.edu/ucship.

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>DELTA DENTAL PPO NETWORK</td>
<td>OTHER DELTA DENTAL NETWORKS OR OUT-OF-NETWORK</td>
</tr>
<tr>
<td>None for preventive and diagnostic services, $25 per person for other services</td>
<td>None for preventive and diagnostic services, $50 per person for other services</td>
</tr>
<tr>
<td>$1,000</td>
<td></td>
</tr>
</tbody>
</table>

UC SHIP COVERS

PREVENTIVE AND DIAGNOSTIC SERVICES

- Includes: Oral exams; cleanings (once every 6 months); X-rays (one bite-wing series within 12 months); fluoride treatment
- Basic Services
- Includes: Fillings and extractions; endodontics (root canal); periodontics; and ortho
- Major Services
- Includes: Prosthodontics; retainers/aligners; crowns and root restorations

Your Vision Coverage

Vision coverage is compulsory for graduate students. Undergraduate students can opt into this coverage by calling Wells Fargo Insurance Services at (800) 853-5899. UC SHIP covers a greater portion of a covered student’s fees when you receive exams, glasses or lenses from a provider in the Anthem Blue View Vision Insight network. To manage your budget wisely, if you use a retail provider, be sure to determine whether it is a network provider before you purchase. Certain expenses and services are excluded from Vision coverage. You’ll find a list in the “Access Benefits Administration Info” section of the UC SHIP website at www.ucop.edu/ucship.

Your Dental Coverage

UC SHIP covers 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 of the UC SHIP website at www.ucop.edu/ucship.

<table>
<thead>
<tr>
<th>Network</th>
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</tr>
</thead>
<tbody>
<tr>
<td>ANTHEM BLUE CROSS VISION INSIGHT NETWORK</td>
<td>ANTHEM BLUE CROSS VISION INSIGHT NETWORK</td>
</tr>
<tr>
<td>$10 copay</td>
<td>Up to $125, you pay anything above $120 with a 15% discount</td>
</tr>
<tr>
<td>Eyeglass Frames (for benefit year)</td>
<td>Disposable lenses: Up to $92</td>
</tr>
<tr>
<td>Select an eyeglass frame and receive the following allowance toward the purchase price.</td>
<td>Conventional lenses: Up to $92</td>
</tr>
<tr>
<td>(excludes lenses)</td>
<td></td>
</tr>
<tr>
<td>Contact Lenses (per benefit year)</td>
<td>Single lenses: To $175</td>
</tr>
<tr>
<td>Select an allowance toward the cost of a supply of contact lenses (rather than eyeglass lenses).</td>
<td>Bilateral lenses: Up to $49</td>
</tr>
</tbody>
</table>

Get In Touch!

Take care of yourself, UC San Diego. If you need help, you’re covered.

Catamaran Pharmacy Services
(944) 265-1879

Delta Dental Customer Service
(800) 755-6003

Wells Fargo
(800) 853-5899

Counseling and Psychological Services (CAPS)
(800) 853-3175

After-Hours Nurse Line
(800) 510-3300

Anthe Group Blue Cross and Blue View Vision
(860) 940-6306

Get Help Now!

119 or
(800) 334-HELP (4357)

UCOP Website
www.ucop.edu/ucship