

Additional Information for Slides 2, 3 & 4

HEALTH SERVICES:

Insurance, Health & Mental Health Services Available, Vaccinations, Transitioning into U.S. culture

Slide 2: <https://vimeo.com/72268541> :

Please type this link into your internet web browser and watch the video called *International Student Insurance: Overview of the UC Health Care System for International Students*. This video is excellent for explaining the basics of U.S. Health Care, giving international students practical tips for seeking out medical care appropriately if they become sick or injured.

Slide 3: Insurance vs. No Insurance

Health Care can be Very Expensive in the United States. There is NO universal access or universal health care. There is NO payment from the government for your health care. Citizens are responsible to have their own health insurance usually purchased from an outside company (i.e. United Health Care, Blue Cross Blue Shield, and Kaiser Permanente).

If you have purchased your own International Health Insurance plan, it is important to **REVIEW** your insurance plan policy. Understand what you are required to pay out of pocket and where you can go to get health care. Look specifically for your copays and deductibles.

Medical Care is **NEVER** entirely free. Always expect to pay some portion of the cost of your medical care, even with health insurance.

If you do not have health insurance, using the UCCS Wellness Center is your cheapest option for getting care for illnesses or general check – ups. However, the Wellness Center is only open 8-5 Monday through Friday and NOT intended for emergency medical situations. If you have an emergency health situation should go the nearest Emergency Room. If you are in need of medical attention for illness over the weekend, go to an Urgent Care facility.

Slide 4: Transitioning Into U.S

Studying in the United States, as an international student, is a unique and exciting opportunity. Coming from a different country, adjusting to a new environment may pose some challenges.

Some of these challenges may cause you to feel uncomfortable at first, and you may feel confused, discouraged, lonely and anxious. Remember to give yourself a little time to adjust and try not to be afraid of the new and the unfamiliar.

Here are some tips to help with your adjustment process:

- Stay active and pay attention to staying physically healthy. Do not be afraid to try new foods and visit new places on, and off-campus. This will sustain a positive attitude while adjusting and adapting to a new culture.
- Try to keep yourself open to new experiences, taking comfort in the fact that the UCCS community wants to support and help you in any way possible. Be patient with yourself if you find being here is difficult. As you adjust to this country, this culture, and this school, you will start to feel much more comfortable. In fact, many people find that learning in a new culture is exciting and rewarding.
- Many international students will invariably cluster together. Surrounding yourself with students that share your culture, values and language is a very positive thing to do.
- Stepping out of your comfort zone and settling into the UCCS campus community, establishing relationships with other students on campus can also help you adjust and feel more included in the larger campus community. Do not be afraid to talk to people. Try to initiate a conversation at appropriate times. Sometimes a simple American greeting like "what's up?" or "how are you doing?", can go a long way in helping you make new relationships and learn more about the United States.
- Do not hesitate to ask questions, especially to other students in your campus community, as they are generally friendly and willing to offer help.
- Explore on campus club organizations and events at the UCCS Office of Student Activities website: <http://sll.uccs.edu/org/osa> . Attend these club meeting and events so you can meet new people and get involved in the campus community.

If there are some challenges that persist and you feel are getting in the way of your adjustment and academic success, ask for help. In addition to the Global Engagement Office, the Wellness Center (+1 719-255-4444) is also a good resource for you. At the Wellness Center, you can have an opportunity to sit down with someone one-on-one to get assistance in finding ways to overcome whatever you are struggling with. Remember, we are all here to welcome you and support your success as a UCCS student.