HEALTH INSURANCE FOR INTERNATIONAL STUDENTS

iMED (Temporary Insurance for about 3 months)
August 1 – Oct 31

Medical Service Plan (MSP) covers you Nov 1 to April 30

Heading to the Student Health Services or to another clinic?

Carry iMED Card or MSP card with you and your student I.D. Card
iMED - For New International Students

iMED is an **interim basic health insurance** designed to cover students during the MSP wait period or for the duration of one-term UBC exchange programs.

**How to Apply**

Automatically enrolled upon course registration

**Fees**

$225 (3 months) **or** $315 (one-term)

**Administered by**

David Cummings Insurance Services

imed@david-cummings.com

**Coverage**

* Medical services for sickness or injury
* Doctor visits
* Hospital visits
* Diagnostic, x-ray, and laboratory services
* Ambulance services
* Maternity coverage
* **Pre-existing conditions**
* Special requirements apply
2022-23 IMED APPROACH

Students whose first ever UBC term is in the 2022-23 Academic Year:

- DCIS will **AUTOMATICALLY** email your iMED Card to your email address listed in your UBC SSC Profile, (@ritsumei.ac.jp), approximately one month prior to the start of your first UBC term—or later depending on when you register for your first class.

- You do NOT need to complete the **Arrival Date Confirmation / Coverage Dates Change Form** **UNLESS** you arrive in Canada in a Calendar Month **AFTER** the effective date shown on your iMED Card.
iMED - What if...

• a student doesn’t know if they are covered?
  ✓Check the online SSC

• a student didn’t get their iMED card?
  ✓Contact DCIS

• a student wants to know whether some particular medical service is covered?
  ✓Check on the iMED website
  ✓Contact MSH International or DCIS

• A student is admitted to a hospital?
  ✓Call Allianz Global Assistance at 1-800-995-1662 immediately or ASAP (see iMED Card).
What clinics & pharmacies bill direct to iMED?

- UBC Student Health Service
- UBC Urgent Care
- Vancouver General Hospital Emergency Room
- University Village Medical Clinic
- UBC Pharmacy
iMED - What is not covered?

- Medications that are used on a preventative basis (e.g. vaccines)
- Certain high-risk sports/recreation
- Misuse of medication, use of intoxicants or illegal drugs

**Carry a copy of your study permit, or keep a digital copy on your mobile device at all times. You must present a copy of your study permit with your iMED card if treated at a hospital** to ensure you are billed fees applicable to a resident of BC.
BC MSP is the government funded health plan coverage for **basic (primary)** health services. **All eligible BC residents are required by law to enroll.**

**How to Apply**

**Sheri will register you** upon arriving in British Columbia

**Note:** The mailing address to receive your MSP card will be the UBC Ritsumeikan Program Office.

**Fees**

$75 International Student Health Fee. Ritsumeikan has given UBC the fee to pay for your coverage from Nov. 1 to April 30.

**Administered by**

Province of British Columbia
Health Insurance BC

**Coverage**

* Doctor visits
* Hospital visits
* Diagnostic tests (x-rays, CT scans, blood work)
MEDICAL SERVICE PLAN (MSP)

Coverage period

Your MSP coverage expires when your study permit expires. For example: study permit expires on: April 30, 2023 then your MSP ends.

Manage your MSP Account

* If you get a new study permit. Please bring it to the UBC RITS Office
* Sheri will help to update your MSP account when you leave Vancouver
Nurse on Campus

- Registered nurses from UBC Student Health
- Answer questions about physical and mental health
- Hours and Locations:
  - Walter Gage Residence Lobby – Mon 3-6
  - Orchard Commons Residence – Thurs 3-6
UBC Counselors in Residence

- Students living in residence, feeling persistently stressed, anxious, or sad, you can make an appointment to see one of UBC’s Counsellors in Residence.
- 50 minute session to help you find resources.
- Will recommend self-directed resources, workshops, coaching, group therapy, or individual short-term counselling.
- If longer-term counselling is needed, they will help connect you with resources and options in the local community.
- Daytime appointments, the Counsellors in Residence are able to book appointments in the early evening and on weekends.
We will introduce you to a Japanese speaking Counselor in late September and early October.

Youki, has assisted Rits students for many years.

Youki is available for a **limited number** of one-to-one virtual appointments each semester.

Her role is to speak with you to help you identify what support you need and then refer you to UBC support services or other medical professionals.
Wellness Centre at the Life Building

- A centralized first point of contact for students
- A free resource for students who want support
- Your concern might be academic, physical, financial, mental well-being, cultural
- Trained student volunteers known as Wellness Peers help to determine what supports you need and guide you to resources so you can create a care plan (Drop-in basis)
• **8-1-1 provides** free-of-charge health information advice by phone within B.C.

• **HEALTH CARE WALK-IN CLINICS** - access to medical care. Check waiting time in Walk-in Clinics: [https://medimap.ca/](https://medimap.ca/)

• Visit Urgent & Primary Care Centre

• *When Walk-in Clinics are closed

• *Serious sickness or Accidents
• **8-1-1 provides** free-of-charge health information advice by phone within B.C.

• **Translation Services**

• **8-1-1** provides translation services on request in more than 130 languages. After dialing **8-1-1**, you will be connected with an English speaking health service navigator. To get service in another language, simply state the language you are looking for (example say “Japanese”), and an interpreter will join the call.

• **Internet Calling Service Providers**
  You cannot access **8-1-1** by dialing **8-1-1** on web-enabled telephone services like Skype or Google Talk.

  Instead: call 604-215-8110 Available anytime day or night.
Find Your Balance

- **Rest**: Schedule breaks from studies
- **Recharge**: Go for walk, go to pool or gym
- **Relax**: Spend some quiet time or do a hobby
- **Relationships**: Keep in touch with Japan friends and family but also try new ways to expand your networks here
• Don’t panic, there are solutions to all challenges.
• Be patient, be kind and gentle with yourself and others.
• We will work together to find options for you.

How to reach me......

Visit RITS Office (room 333) in-person Mon to Fri 8 am – 4 pm

swen@mail.ubc.ca or call my office 604-822-9511