



J EXCHANGE VISITOR CHECK-IN FORM

REQUIRED DOCUMENTS: Passport: DS 2019

PERSONAL INFORMATION:

Family Name (as in passport):	First Name:	
U.S. Street Address:	Apt# (if any):	Room# (if any):
City:	State:	Zip Code:
Email:	Personal U.S. Telephone:	
	Department Phone:	

J-2 DEPENDENT INFORMATION

Do you have dependents (spouse/child)? Yes No
 If yes, are they in the U.S.? Yes No
 If dependents are not in the U.S., will they arrive later? Yes No

REQUIRED HEALTH INSURANCE

J-1 Exchange Visitors and J-2 dependents must have health insurance that meets the requirements for the U. S. Department of State. (see page 2-3)

Under the J Exchange Visitor Program, you are required to maintain health insurance for yourself and all accompanying J-2 dependents throughout the period of your stay in the United States. Failure to maintain such health insurance for yourself and your dependents while in the United States is a violation of J-1 and J-2 visa status and may lead to termination of your program.

I have read the health insurance requirements and I agree to maintain health insurance coverage that meets the U.S. Department of State requirements for me and my J-2 dependents for the full length of stay in the United States.

Scholar's Signature: _____ **Date:** _____



HEALTH INSURANCE

Health Insurance coverage is required for all J-1 program participants and their dependents. You must have insurance or your sponsor will be required to terminate your J-1 program participation. The U.S. State Department has established minimum requirements for the coverage in order to protect you and any family members who are here with you in case of sickness or accident. These requirements are listed below.

NOTE: You are required to have this insurance even if your visit to the U.S. is very brief.

Medical care in the United States is provided by private physicians, clinics and hospitals and is very expensive. The patient must have insurance or pay the medical costs at the time of treatment. In many countries the government takes care of the expense of health care for its citizens. In the United States, American citizens as well as visitors are responsible for these costs themselves. It is risky to be in the United States without adequate health insurance. Since a single day of hospitalization and medical treatment can cost thousands of dollars, many hospitals and doctors refuse to treat uninsured patients except in life-threatening emergency situations? Most Americans rely on insurance, and you should do the same. Insurance gives you access to better and more timely health care and provides the only protection against the enormous costs of health care in this country.

How Medical Insurance Works

When you purchase health insurance, the money you pay (called the premium) is combined with the premiums paid by other people. This money is then used to pay the medical bills of those participants who need health care. Your coverage remains valid as long as you continue to pay your premium.

When you purchase insurance, the insurance company will provide you with an identification card for proof of your coverage when you need health care from a hospital or doctor. The company will also provide instructions for filing a claim. The company will evaluate any claim you file and make the appropriate payment for coverage under your particular policy. In some cases the company pays the hospital and/or doctor; sometimes they reimburse you after you pay the bill.

Purchasing and maintaining your insurance

You will need to purchase insurance from a private company. Their policies must meet all of the requirements for J-1 insurance coverage. You can purchase a policy from any insurance company, as long as the coverage is adequate.

It is possible that you have adequate health insurance from your home country. If you have insurance from your home country which you wish to use, you must still purchase insurance for repatriation of remains and medical evaluation if this is not included in your policy. When you register with the ISSC, you will be given a form to sign which says that you have been informed of the insurance requirements and that you will comply with them. A sample of this form appears below. Please familiarize yourself with the form so that you will clearly understand what you are signing on the day you register.



All J-1 visitors will need to confirm that they have insurance coverage before obtaining a DS-2019 for dependents, travel or extension.

Summary of minimum requirements for insurance coverage:

1. Medical benefits of at least \$100,000 per accident or illness
2. Repatriation of remains in the amount of \$25,000
3. Medical Evacuation back to home country in the amount of \$50,000
4. A deductible not to exceed \$500 per accident or illness

Accompanying spouses and dependents are required to be covered by insurance in the amounts set forth above.