

Tuesday, June 16th

Packing Up Pre-Arrival Session

Health Insurance and Immunizations Requirements



Session Logistics



Please introduce yourself in the chat! This has helped past groups make connections with other new students.



You can submit your questions through the Q&A (Question and Answer) feature and we will answer as many as we can during the Q&A portion of today's session.



You can use the thumbs up feature to upvote questions your peers have asked. This will make it easier for panelists to see and more likely that you will hear a response.



A recording of this session will be posted on our Packing Up webpage.

Our Panelists

Campus Health

Stephanie Miller, Insurance Associate

Caroline Brady, Medicaid Quality Assurance Coordinator

Telina Bunch, Appointment Coordinator

Pamela Haley, Appointment Coordinator

Tyler Pearce, Assistant Director

Office of International Services

Lauren Ball, Associate Director

Healthcare Terminology



HealthyPack Portal

Secure online portal used at NC State for the submission and maintenance of medical records. This is a different portal than MyPack Portal but it is also accessed using your unity id and password.

Campus Health

NC State unit responsible for campus medical and health services. This includes immunizations and health insurance requirements. Campus Health operates the Campus Health Center which is a non-emergency medical facility that students can use for many basic healthcare needs.

Student Health Insurance Plan (SHIP)

Health insurance plans recommended by NC State and automatically billed to student accounts each semester

Waive/waiver

Action required to submit proof of alternate health insurance coverage and opt out of the Student Health Insurance Plan (SHIP). This action will either refund or remove the Student Health Insurance Plan (SHIP) charge from your Student Account.

Enroll

Action required to finalize the purchase of the Student Health Insurance Plan (SHIP)

GSSP

Acronym for the Graduate Student Support Plan. It is a benefit included in many assistantship offers that includes health insurance coverage.

Health Insurance



What is the health insurance requirement for NC State students and what are my options as an international student?

Overview of Options to Meet Requirement

1. **Enroll in UNC System recommended health insurance plans.**
Global Solutions for J-1 students
Student Blue for F-1 students
2. **Waive SHIP with a plan that meets the requirements**
3. **Receive Health insurance through the Graduate Student Support Plan (GSSP) for graduate students with a RA/TA**

**What do I need to do to buy the Student Health Insurance Plan (SHIP) for my visa type?
Where do I pay for it?**

When does Student Health Insurance Plan (SHIP) healthcare coverage start for Fall 2026?

How do I get my insurance card from the Student Health Insurance Plan (SHIP) so I can use it as proof of coverage when I visit a doctor?

What should I do if I want to waive the Student Health Insurance Plan (SHIP) with an alternate health insurance plan?

How do I know if a health insurance plan meets the requirements?

International Students Waiver Guidelines for 2026-27 Academic Year

A	B	D	E	F
#	Coverage Provision	Waiver Guideline	Apply to:	
			J1 visas	F1 visas
1	Coverage Period	policies must provide, at a minimum, continuous coverage for the entire period the insured is enrolled as a student, including breaks	Yes	Yes
2	Medical Benefits	at least \$100,000 per accident or illness	Yes	Yes
3	Repatriation of Remains	minimum of \$50,000 benefit	Yes	Yes
4	Medical Evacuation	minimum of \$60,000 benefit	Yes	Yes
5	Deductible	maximum of \$250 per accident or illness OR \$500 per coverage year OR for F1 visa holders , a different deductible amount is allowed	Yes	Yes
6	Pre-existing Conditions Waiting Period	must be covered after 6 months of enrollment	Yes	N/A
7	Maximum Coinsurance (Covered Person Share)	covered person may be required to pay up to 25% of the covered benefits per accident or illness OR for F1 visa holders , a different coinsurance percentage is allowed	Yes	Yes
8	Preventive Care	at least \$200 in preventive care per policy year	N/A	Yes
9	Mental Health Inpatient, including substance use disorder (SUD)	at least \$5,000 per coverage year OR for a period of at least 30 days per coverage year	Yes	Yes
10	Mental Health Outpatient, including substance use disorder (SUD)	at least \$500 per coverage year OR at least 30 visits per coverage year	Yes	Yes
11	Comprehensive Medical Coverage	provides comprehensive medical insurance and is not a limited-benefit or fixed indemnity policy	Yes	Yes
13	Default Health Plan for Students Not Submitting an Acceptable Waiver		Global Solutions (GeoBlue)	Student Health Insurance Plan

What happens if the health insurance plan I choose doesn't meet all the waiver requirements? How will I know?

What happens if I submit a health insurance waiver but still see the health insurance fee on my student account in July? What do I need to do to have it removed from my account?

Does waiving the Student Health Insurance Plan (SHIP) mean that I cannot use the Campus Health Center on campus?

What is the deadline to complete the insurance waiver if I don't want the Student Health Insurance Plan (SHIP)?

What should I do if I will have the Graduate Student Support Plan (GSSP) because of my research or teaching assistantship? Do I also need to waive out of the Student Health Insurance Plan (SHIP)?

Immunizations



Immunization Requirement

Students are required by North Carolina Public Health Law to **provide proof of immunizations no later than 30 days after the first day of class.**

3 Steps to Compliance - All Steps are Completed on the HealthyPack Portal

1. Check current immunization status and review missing items.
2. If you are missing immunizations:
 - Upload your Immunization Record (accepted forms of documentation are available on our website).
 - Enter dates immunizations were received on the Immunizations page
3. Complete required TB Questionnaire and the Health History Form

Check HealthyPack Portal messages periodically for notes about missing documentation or clearance.

Where can I find the list of immunizations required by NC State?

What happens if I am unable to get all of the required immunizations before arriving in the United States?

If I get required immunizations on campus, how much will they cost?

Do my immunization records have to be in English? What should I do if my records are in a language other than English?

How will I know if I have fulfilled the immunizations requirements? How can I tell what I'm still missing?

HealthyPack Portal - Immunizations

Print

Not Compliant

Here is where you will see your current status.

Measles, Mumps, Rubella	✓
Tetanus, Diphtheria, Pertussis	✓
Hepatitis B	✓
Tuberculosis	✓
Polio	✓
Varicella - Proof of 1 Dose or Disease	✓
Highly Recommended	✓
Parental Consent to Treat	✓

Items in green are complete. Items in red are missing.

View Missing Immunizations

✓ Hepatitis B-Dose 1 And 2 >4wk Apart. Dose 2 And 3 >8wk Apart. Dose 1 And 3 >16wk
#1 12/31/2005
#2 04/10/2006
#3 07/27/2006

✓ Measles - 1st Dose After 1st Birthday, 2nd Dose At Least 28 Days After 1st Dose.
#1 01/23/2007
#2 05/11/2011

✓ Mumps - 1st Dose After 1st Birthday, 2nd Dose At Least 28 Days After 1st Dose.
#1 01/23/2007
#2 05/11/2011

✓ Rubella - Must Be Administered After The 1st Birthday.

✗ TB Screening Questionnaire - See FORMS Page To Complete

✓ Tdap - Made Available In US After 6/1/2005. Do Not Confuse With Td, DTap Or DTP

✓ Tetanus/Diphtheria - 3 Doses, MUST Include Tdap As 1 Of These
#1 04/10/2006
#2 05/12/2006
#3 04/24/2007

✓ Varicella-1st Dose After 1st Birthday, 2nd Dose At Least 28 Days After 1st Dose.

Mandatory Forms

[HIPAA Form*](#)

REQUIRED - Please complete prior to your appointment.

[Patient Rights*](#)

REQUIRED - Please review and sign.

[Privacy and Billing Notice*](#)

REQUIRED - Please complete prior to your appointment.

[Texting Opt-in/Opt-out](#)

Please OPT-IN and provide your cell phone. Text messages are only sent when you have an appointment and staff is ready to see you, when you have a prescription ready or when you are sent a secure message.

Online Forms

[Accommodation Request](#)

Campus Health is committed to making healthcare accessible to everyone. If you might need any accommodations during your visit, please complete this form.

[Pharmacy Refill / Transfer Request Form](#)

Please complete this form to request a refill on an existing prescription or to transfer a prescription to the Campus Health pharmacy.

[Telemedicine Session Consent](#)

This form only needs to be completed if you are scheduled or are planning on scheduling a telehealth visit. This consent is valid for one year.

[Authorization to Release Protected Health Information - Paper Version](#)

Use this form to request a copy of your medical records from the facility.

New Incoming Student Forms

[NC State Health History Form](#)

REQUIRED to be seen at Campus Health.

[TB Screening Questionnaire](#)

REQUIRED for immunization compliance.

[Consent to Treat \(Under 18\)](#)

Consent for Treatment of Student. (Only for students 17yrs or younger.) After completion and parental signature, please upload the consent form using this portal.

This form MUST be completed to be compliant with immunization requirements.

What is the deadline for fulfilling the immunizations requirement? What happens if I miss the deadline?

How can I contact Campus Health if I have questions about my immunizations?

1. HealthyPack Portal Message to Immunization Coordinator
2. Call 919-513-4302

Question and Answer



Important Sites

Packing Up Pre-Arrival Webpage

go.ncsu.edu/packingup

Campus Health Services

healthypack.dasa.ncsu.edu/

HealthyPack Portal

healthypack.dasa.ncsu.edu/healthweb/

Student Blue bluecrossnc.com/members/student-blue/find-your-school/nc-state-university

GSSP Insurance webpage

grad.ncsu.edu/student-funding/gssp-tuition-benefits/

Upcoming Important Dates



On-Campus Housing Move-in for Fall 2026

August 11, 2026

Fall 2026 International Student Orientation

August 12, 2026

First Day of Classes Fall 2026

August 17, 2026

Tuition and Fee Payment Deadline

August 21, 2026

Student Blue Waive/Enrollment Deadline

September 10, 2026

Get Connected



Packing Up Pre-Arrival Series

Our next session will be Monday, June 22nd from 8:30am to 9:30am Eastern Time. Our topic will be options and instructions for paying your tuition and student fee bills.

Registration will be live in 1 hour.
go.ncsu.edu/packing-up-registration

International Orientation



Small Packs

In the coming weeks, new international students will begin hearing from international orientation volunteers that we call Small Pack Leaders. These people will be in touch with you during the summer to welcome you to NC State and help answer your questions as you prepare for the transition to Raleigh. They will also be an important part of your orientation experience on August 12th.

Be on the lookout for their welcome email in the month of June!

NC STATE