



Health Services



2008-09



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Health Services at Columbia welcomes you to the University

Health Services at Columbia (HSC) is an integrated program that provides complete on- and off-campus health care and services for you while you are at the University. The coverage provided by the Health Service Program and an acceptable insurance plan work together to meet all of your health care needs. Columbia requires all full-time students to enroll in both. To meet the insurance requirement, students MUST confirm their enrollment in the Columbia Student Medical Insurance Plan (Columbia Plan) or provide proof of comparable coverage.

HEALTH SERVICE PROGRAM + AN INSURANCE PLAN = COMPLETE HEALTH CARE COVERAGE

REMINDERS:

ALL FULL-TIME STUDENTS (INCLUDING RETURNING STUDENTS) MUST

- Confirm your insurance selection at www.health.columbia.edu before September 30, 2008.
- Journalism Masters students must confirm their selection before August 31, 2008.
- Students beginning their enrollment in the Spring term must confirm their selection by February 1, 2009.

ALL NEW STUDENTS MUST ALSO

- Submit your signed Measles, Mumps, and Rubella form to the Immunization Office by August 31, 2008 for Fall and by February 1, 2009 for Spring enrollment.
- Certify your Meningitis vaccination decision before your register for classes at www.health.columbia.edu.

Premiums and Fees

	FALL	SPRING	Total
Health Services Program (1)	\$387	\$387	\$774
Basic Insurance (2)	\$591	\$907	\$1498
Comprehensive Insurance (3)	\$845	\$1303	\$2148
Alternate Coverage (4)	Varies by provider		

(1) Health Service Program Fee: All full-time students must pay this fee for on-campus services.

(2) Columbia Plan Basic: Basic coverage is designed for the average healthy student who needs to see a clinician occasionally.

(3) Columbia Plan Comprehensive: The Comprehensive Plan is ideal for students with a chronic health condition or who take prescription medication regularly.

(4) Alternate Coverage: In order to waive automatic enrollment, your coverage must meet all of the six criteria on page 9.

The Health Service Program

BENEFITS AND SERVICES OF THE HEALTH SERVICE PROGRAM

The Health Service Program is comprised of 5 departments and more than 100 individuals to meet your health needs on-campus.

- **Primary Care Medical Services (PCMS)** provides routine and urgent medical care, as well as sexual health, reproductive and gynecological services, travel medicine, LGBTQ health care, confidential HIV testing, and immunizations.
- **Counseling and Psychological Services (CPS)** offers short-term individual counseling, couples counseling, student life support groups, and medication consultation.
- **Office of Disability Services (ODS)** coordinates reasonable accommodations and support services including assistive technology, networking groups, academic skills workshops, and learning specialists.
- **Alice! Health Promotion Program** seeks to make the campus healthier by connecting students with information and resources.
- **Sexual Violence Prevention and Response Program (SVPRP)** supports students to heal and to make informed decisions, as well as educates the community to help end sexual and relationship violence.

For more information on each of these departments and the extensive services they provide, see our website at www.health.columbia.edu.

Tip: After hours, when PCMS and CPS are closed, a clinician-on-call can provide telephone advice about urgent medical and mental health concerns.

Spouses and partners of Columbia students are not eligible to enroll in the Health Services Program. In urgent situations, they may receive care at PCMS for a \$60 fee per visit. Health Services at Columbia is unable to provide services to dependent children.

Tip: Studies show you get better healthcare when you know your medical provider and they know you. That's why all full-time students are assigned a Primary Care Provider. To learn more about PCPs, go to www.health.columbia.edu.

The Columbia Student Medical Insurance Plan

BENEFITS AND SERVICES OF THE COLUMBIA PLAN

While many health concerns can be addressed effectively by our on-campus clinicians, some may require intensive, emergency or ongoing treatment by outside providers. In addition, essential health care services like x-rays, prescription benefits, and surgery are covered by your insurance plan, not the Health Service Program.

TIP: Insurance Specialists are available to answer questions and review options with you at any time, M-F, 9:00am-5:00pm. Stop by the Insurance Office located on the first floor of Wien Hall or call 212-854-3286.

BASIC LEVEL

The Basic level of the Columbia Plan is designed to provide a level of coverage that is adequate for many people attending college or graduate programs.

Who is this plan for?

This plan is best for students who do not have a chronic health condition, who do not expect to need health care services frequently, are looking for essential coverage at reasonable cost, and are interested in a “pay-as-you-go” strategy. Students on this plan pay a lower insurance premium at the outset, but a higher portion of the cost of services as they are utilized. The total maximum aggregate lifetime benefit available is \$300,000.

COMPREHENSIVE LEVEL

The Comprehensive level of the Columbia Plan includes all of the benefits provided by the Basic level, as well as additional benefits for prescription drugs, physical therapy, and other services.

Who is this plan for?

For students with chronic health conditions or who take prescription drugs regularly, this level of the Columbia Plan may be appropriate. Students will pay a higher insurance premium up front, but pay lower out-of-pocket expenses as services are utilized. The total maximum aggregate lifetime benefit available is \$1,000,000.

Go to www.health.columbia.edu for a complete list of benefits under each plan.

Tip: If you are injured or become ill while you are not in NYC, please call your PCP so that they can determine appropriate treatment. You will be eligible for coverage if you get a referral in advance of receiving services (or if it is an emergency).

REFERRALS

A referral from Primary Care Medical Services (PCMS) or Counseling and Psychological Services (CPS) is **required for ALL off-campus services**, except in emergencies. Services rendered without an appropriate referral will not be covered under the Columbia Plan.

- You don't need separate referrals each time you see the same provider for an ongoing condition. Referrals for medical conditions need to be updated each plan year by your PCP. Referrals for mental health conditions of off-campus counseling and psychiatric services are valid as long as you remain continuously insured by the Aetna Student Health Plan.
- Even with a referral, you will be responsible for copayments and possible coinsurance charges when seeing an off-campus provider.
- Advance consultation with a Health Services clinician is not required in a true medical emergency.

Tip: Remember that for off-campus services you need to get a referral from your Health Services provider **FIRST**.

Enrollment in the Columbia Plan

Tip: Students must confirm, upgrade or request a waiver from automatic enrollment in the Columbia Plan every year at www.health.columbia.edu by September 30 (or August 31 for Journalism Masters students).

FULL-TIME STUDENTS

All registered full-time students are **automatically** enrolled in the Basic level if no valid waiver request is submitted and approved.

Enrollment in the Columbia Plan, either by automatic enrollment or online selection, is effective only upon the student's academic registration for the term for which coverage will be active.

Fall term decisions will carry over to the Spring term, as long as the student remains registered at the University. It is not possible to change the level of coverage in the Spring term. For students completing their program in December 2008, insurance coverage will terminate on January 19, 2009.

PART-TIME STUDENTS

Part-time students are encouraged to enroll in the Columbia Plan. Enrolling in the Columbia Plan will include signing up for the Health Service Program.

Part-time students who have been insured under the Columbia Plan in previous years and wish to enroll again must re-enroll by September 30, 2008 to avoid a break in coverage for conditions that existed in the prior policy years.

EARLY ARRIVAL

For students arriving on campus earlier than September 1 and beginning classes in the Fall, Aetna Student Health offers an optional early arrival insurance plan. This plan is recommended for students who will have no other coverage during this period. The plan is offered to students planning on enrolling in the Columbia Plan for the full benefit period from September 1, 2008 through August 31, 2009. The Early Arrival Plan is available for 2 months (July 1-August 31 for \$379) or for 1 month (August 1-31 for \$189.) The benefits are comparable to those provided through the Basic level of the student insurance plan.

FUNDED GRADUATE STUDENTS

Contact your departmental administrator, Financial Aid Office, or Fellowship Office for information about whether your school provides funding to cover any portion of the Columbia Plan premium for you and your dependents.

STUDY ABROAD STUDENTS

Full-time students expecting to participate in an undergraduate Study Abroad Program are automatically enrolled in the Columbia Plan if no waiver request is submitted by the annual enrollment deadline. Students may consult with an Insurance Specialist at Health Services for assistance on which plan they should rely on while traveling.

PLAN ID CARDS

You can expedite receipt of your ID card by confirming your decision prior to the deadline. After your online selection has been entered, a card is issued within 14 days. ID cards are not mailed to addresses outside the United States. To ensure that your ID card will be issued in a timely manner, go to <http://ssol.columbia.edu> to enter your local address.

FALL TERM PHARMACY BENEFITS

	DATE OF INSURANCE ENROLLMENT	DATE PHARMACY BENEFITS ARE AVAILABLE WITH COPAY ONLY
Online selection entered before Sept. 30, 2008	June 25 - Aug. 17, 2008	Sept. 1, 2008 (Journalism Masters students Aug. 1, 2008)
	Aug. 18 - Sept. 30, 2008	15 days after online selection
No online selection entered before Sept. 30, 2008	Automatic enrollment is confirmed upon expiration of the enrollment/waiver period on Sept. 30, 2008	Oct. 15, 2008

If you need to use the pharmacy benefit before you receive your insurance card, you will have to pay the full cost of any prescription and then submit a claim to Aetna Pharmacy Management for reimbursement. Information about prescription drug claims procedures is available at www.health.columbia.edu.

Additional Options under the Columbia Plan

You can also take advantage of the following services, discounts and programs. For detailed information about any of these programs, please visit <http://www.aetnastudenthealth.com/columbiadirect.html>.

VISION ONE DISCOUNT PROGRAM

The Vision One Discount Program helps you save on many eye care products, including sunglasses, contact lenses, non-prescription sunglasses, contact lens solutions, and other eye care accessories. A listing of participating providers is available through the “Docfind” feature at <http://www.aetnastudenthealth.com/columbiadirect.html>.

The Vision One Providers closest to the Morningside Campus are:

Columbia Opticians, Inc.
1246 Amsterdam Avenue
(at 121st Street)
212 316 2020

The Spec Shop
2868 Broadway
(between 111th and 112th Streets)
212 865 9825

TRAVEL ASSISTANCE AND EMERGENCY SERVICES

These services are provided by On Call International and designed to protect Columbia University students and/or eligible dependents while traveling more than 100 miles from home, anywhere in the world. Contact On Call International for more information at 866-525-1956.

Dental Care Options

AETNA ADVANTAGE DENTAL PLAN

This optional plan provides preventative dental care with a \$5 copay per visit. The annual premium is \$251 per student or \$913 for the student and family plan. You must select a primary care dentist to receive services. To enroll, go to <http://www.aetnastudenthealth.com/columbiadirect.html>.

DISCOUNTED SERVICES FOR STUDENTS ENROLLED IN THE COLUMBIA PLAN

Specially discounted rates for a select group of services are available at:

Morningside Dental Associates
1244 Amsterdam Avenue at 121st Street
New York, NY 10027
212-865-8467

TIP: When considering health insurance options, don't forget to factor in things like prescription copays for birth control.

Waiver From Columbia Insurance

All full-time students are automatically enrolled in the Basic level of the Columbia Plan. To request a waiver from automatic enrollment, you must submit a request at www.health.columbia.edu before September 30, (or February 1 for new Spring enrollment or June 14 for full-time Summer students). All requests are considered but approval is not guaranteed.

CRITERIA FOR COMPARABLE ALTERNATE MEDICAL INSURANCE COVERAGE

The University verifies the information you provide. If you have not provided sufficient information or if your plan does not meet all of the requirements of the criteria, you will be contacted by the Health Services Insurance Office and enrolled in the Basic level of the Columbia Plan.

Your alternate plan **must meet all** of the following six criteria:

- My plan provides coverage for all medically necessary care including routine and emergency services while I am in New York City, or traveling or studying in the United States or abroad.
- The maximum benefit for my coverage is at least \$300,000 per lifetime.
- My coverage will remain in force as long as I am a registered student (until 8/31/09 or 7/30/09 for JNMS), including during approved leave of absence for medical reasons and non-degree status at Columbia University.
- My coverage is effective as of September 1, 2008, (January 20, 2009 for new Spring enrollees and June 1, 2009 for new Summer enrollees) and the plan will cover me for any pre-existing conditions.
- My plan covers all of the following types of care: treatment for injuries resulting from the practice or play of athletics, inpatient and outpatient psychiatric care, and treatment for chemical dependency.
- My coverage is provided by a company licensed to do business in the United States and has a U.S. claims office and telephone number. Foreign state government plans do NOT meet this requirement.

Please note that Medicaid plans are not considered comparable to the Columbia Plan.

Tip: When considering your alternate insurance plan, inquire if you will “age-out” of your current insurance plan carried by parents or legal guardians at any time from September 1, 2008 through August 31, 2009. This may occur when you reach 19, 21 or 23 years of age.

Questions?

If you have questions, please contact us.

Health Services at Columbia

John Jay Hall, 3rd & 4th Floors (Primary Care Medical Services)

Alfred Lerner Hall, 7th & 8th Floors (Counseling and Psychological Services)

Wien Hall, 1st Floor (Insurance and Immunization Office)

New York NY 10027

212-854-2284 (General Information)

212-854-3286 (Insurance Office)

www.health.columbia.edu

Aetna Student Health

1 Charles Park Cambridge, MA 02142 800-859-8471 (Customer Service)

<http://www.aetnastudenthealth.com/colmumbiadirect.html>

On Call International

Toll free within the US: 866-525-1956

Outside the U.S., call collect (dial U.S. access code): +603-328-1956

 **COLUMBIA UNIVERSITY**
IN THE CITY OF NEW YORK

<http://www.health.columbia.edu>
