

# Graduating Students



## Quick Reference Guide

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# I graduate soon. How long can I access **Columbia Health services?**



**First, congratulations on graduation!**  
**As you approach the end of your time at Columbia, here are some dates to keep in mind:**

Your last day of access to services through Columbia Health and the last day of coverage under the Student Health Insurance Plan are always the same day.

<b>Graduation Date</b>	<b>Last Day of Access</b>
December February	Dec 31
May July October	August 14

These dates are determined by the last semester you were enrolled in classes, taken directly from the Registrars Office.



## **What about other services through the University?**

Generally, you lose access to most University services shortly after graduating. However, some schools will continue to provide select services to alumni, like access to the library digital catalogues or career services.

**Contact your academic advisor or your program's alumni association to understand specifics.**



# How do I transfer care **off-campus?**

Transferring care, or switching to off-campus providers, can be tricky to navigate on your own! That's why your providers at Columbia Health can help you through the process.

1.

To start, request your medical records by submitting an [Authorization for the Release of Health Information](#) from on the Columbia Health website. You should do this after you finish any appointments with Columbia Health providers so the record is complete.

Be sure to store these records in a safe, secure location: in a password-protected folder on your computer, a locked drawer, or safe in your room.



**See our guide on [Medical Records](#) for more information.**

2.

Next, start by looking for a primary care provider, or PCP, that accepts your new insurance and is located nearby wherever you live and work. Your PCP will be your new starting point for many of your non-emergency medical concerns. They'll be able to review your health history (be sure to bring your medical records with you!) and give you referrals to any medical specialists or prescriptions for medications that you need.

3.

Need help finding a primary care provider off-campus after you graduate? Check out the Wayfinding Guides on [Finding a Primary Care Provider](#) or schedule a [Health Promotion Appointment](#) for support.



# I don't have health insurance lined up. What can I do?

Most people with health insurance in the US have insurance coverage through their job. If your job doesn't offer insurance plans, or if you're still in the application or interview process, there are other options available.

In the US, each state has a health insurance marketplace where you can review and purchase plans, or you may be eligible for programs like Medicaid, Medicare, or coverage through Veteran's Affairs that are managed by the federal government and individual states.

## As you think about what plan best meets your needs, here's some things to keep in mind:

- How long are you going to be without health insurance? A few weeks without insurance coverage is very different than a few months. Health insurance keeps cost down for both routine care and for health emergencies.
- Are you planning to move after graduation? If so, you'll want to look at plans with coverage near where you're planning to live.
- How often do you use health services? If you see health providers a lot, you may want to purchase a more expansive plan, whereas if you only go for your yearly visit, you may be satisfied with a High-Deductible Health Plan or other lower-cost plan

**Need help with finding an insurance plan or reviewing options that meet your needs?** Check out our Wayfinding Guides on [Finding Insurance](#) or contact the [Columbia Health Student Insurance Office](#) for support.

# What should I consider as I get ready to graduate?

## As you approach graduation and the end of your time at Columbia, here are some things to keep in mind about your health & well-being needs:

- Consider scheduling a final visit with your providers in Medical Services and Counseling & Psychological Services. You can do all your routine health screenings and get recommendations for transferring care off-campus!
- If you take any prescription medicine, be sure to get a final refill before your health insurance expires. This helps cover any gaps you may have until your new insurance kicks in and you can establish care with off-campus providers.
- If you regularly see any medical specialists, check with their billing specialists to see if they're in-network with your new health insurance plan. Do any routine visits with them before your insurance ends.

## Have questions about your health needs after graduation?

Schedule a [Health Promotion Appointment](#) for support.

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