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DO Health, Dental, & Vision Check-Up



What To Do BEFORE You Leave Your Home Country

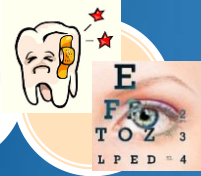


- Studying in the US can be exiting and stressful.
- Your health is a priority!
- We strongly recommend YOU arrive healthy & ready to enroll full-time.
- A **Check-Up** for general health, dental, & vision BEFORE you leave your home country is extremely important.



WHY Do You Must Have Health Insurance?

Because in the US:



Cost of Healthcare is extremely high.
Health insurance is required.

YOU are responsible for all expenses for **Doctors, Hospitals, & all healthcare** if you don't have health insurance.

Dental and Vision care are ***not*** covered by your BC student's medical insurance plan.

**Health
Check-Up**

- Get an annual check-up before you leave
- Bring 3-4 month medication amount with you to the U.S.
- Bring written prescriptions with you for any needed refills
- **IMPORTANT:** Continue your current insurance plan for another 4 months to extend the coverages for your current condition(s) if you are currently being treated for any sickness or any condition and that you are required to take medications by doctor's order

**Dental
Check-Up**

- Get all dental filling and/or major dental work done **BEFORE** you leave
- Bring your dentures and prescriptions, if any

**Vision
Check-Up**

- Get a vision check-up
- Bring your contact lens and/or prescription glasses with you
- Bring an extra pair of glasses, if possible

About BC Student Medical Insurance



- All F-1 students on BC I-20s are required to purchase a medical insurance plan with a *BC-Foundation arranged medical insurance plan*, named *Firebird International Insurance Group, LLC*.
- The quarterly cost is \$369. *The cost is subject to change without prior notice.*
- Pay for medical insurance once you register for your classes.
- New students from overseas are covered for 30 days before the quarter start date.

More information about medical insurance or if you need a plan with additional coverage including a coverage limit of more than \$250,000 USD, please contact Firebird at:

+1-206-909-8550 or admin@fiig-insurance.com

Make Sure YOU Arrive Healthy and Ready to Enjoy Your New Adventure



If you have any questions, please contact
Mrs. Diem O'Rourke at accepted@bellevuecollege.edu



Let Go to the next
Module:

**PLAN MONEY &
FINANCES**