

J-VISA EXCHANGE VISITORS HEALTH INSURANCE OPTIONS

Health insurance is a requirement of the J-1 Exchange Visitor Program. While you may have a home country/university health insurance, it will not be accepted.

FEDERAL REGULATIONS

Minimum per injury/ illness	\$100,000
Repatriation of Remains	\$25,000
Emergency Medical Evacuation to home country	\$50,000
Deductible <i>Does not exceed per accident or illness</i>	\$500
Pre-existing Conditions	6 months or less

Underwriting by an insurance corporation with an A.M. Best rating of "A-" or above, an Insurance Solvency International, Ltd. (ISI) rating of "A-I" or above, a Standard and Poor's Claims Paying Ability rating of "A-" or above, or a Weiss Research, Inc. rating of B+ or above

ADDITIONAL INFORMATION

POSTDOC

Postdocs are eligible to sign up for the Blue Cross Blue Shield (BCBS) health insurance plan through REDE Postdoctoral Affairs. This is available at no cost; however, dependents are not included in the plan.

Gap Insurance Requirement if Postdoc chooses BCBS

BCBS coverage does not start until the 1st of the next month after employment. You are required to purchase J-1 approved health insurance plan from your arrival until the BCBS start date.

Visit <https://rede.ecu.edu/postdoctoral/benefits> or contact REDE for further information.

J-2 DEPENDENTS

Dependents must maintain the proper insurance coverage from the time they enter the US until the end of the J-1 program or they permanently return home. Temporary travel internationally must also be covered.

Contact us with questions
visitingscholars@ecu.edu | WhatsApp: +1 252 737 5412



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THE COMPANIES BELOW ARE ACCEPTED

ECU's Contracted Partner



Recommended by Previous Exchange Visitors



Other Approved Options



Review health insurance plans based on your health conditions, dental care needs, participation in extreme sports, or are pregnant or planning for pregnancy