

Staying Healthy at MSU – Companion Sheet

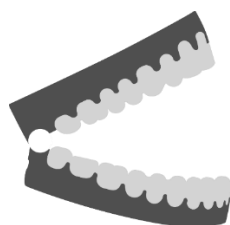
Presented by the Office for International Students and Scholars (OISS)

MSU Student Dental Insurance

Note: You are not automatically enrolled in the dental plan. If you want dental coverage, you must purchase it online before 10/31/2019.

2019-2020 Student Cost: \$480.64

| Plan | Diagnostic/ Preventive | Oral surgery | Perio/Endo- dontics | Major restorative (Crown) |
|-------------------|---------------------------|-----------------|------------------------|------------------------------|
| Maximum | 100% | 80% | 80% | 80% |
| \$1000 per member | \$0 deductible | \$25 deductible | \$25 deductible | \$25 deductible |

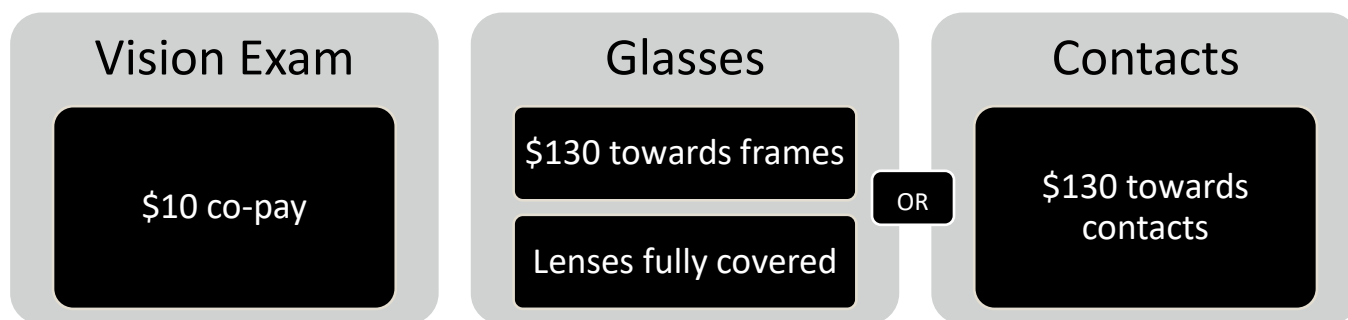


Learn more! <http://tinyurl.com/MSUDental19-20>

MSU Student Vision Insurance

Note: You are not automatically enrolled in the vision plan. If you want vision insurance, you must purchase it. There is no deadline – enrollment is done on a rolling basis.

2019-2020 Cost: \$151.92 per year



To enroll: Visit <http://msustudents.vspforme.com>

Blue Care Network (BCN) Student Health: Your Insurance Card

If you don't have your health insurance card by September 30th, please use the following contacts for assistance:


- Email Sarah Allen SAllen2@bcbsm.com and ask for a card reprint, or
- Contact the MSU Human Resources Solutions Center:
 - 517-353-4434
 - SolutionsCenter@hr.msu.edu
 - 110 Nisbet Building




MSU Counseling and Psychological Services (CAPS) – Help with Difficult Moments in Life

All MSU students get 8 free counseling visits at CAPS each year. All counseling services are **Confidential!** Nothing in the academic record, no parental notification, no sponsor notification. Just friendly, in-person support when you need it most.

→ Located on the 3rd floor of the Olin Health Center ←



For free, confidential, online support, use the “My SSP” app or visit <https://us.myissp.com>



Office for International Students and Scholars – Community Health Program

Contact Information:

| | |
|----------------------|--|
| Walk-in Hours | 1-3pm Monday-Friday (Except Wednesdays in summer) |
| <i>Location</i> | 105 International Center, 427 N Shaw Ln, East Lansing MI 48824 |
| <i>Email</i> | ihealth@msu.edu |
| <i>Web</i> | www.oiss.msu.edu |
| <i>Phone</i> | (517) 353-1720 |

MSU Human Resources – Solutions Center

Contact Information:

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|---------------------|--|
| Office Hours | 8am-5pm Monday-Friday |
| <i>Location</i> | 110 Nisbet Building, 1407 S Harrison Rd, East Lansing MI 48824 |
| <i>Email</i> | SolutionsCenter@hr.msu.edu |
| <i>Web</i> | www.hr.msu.edu |
| <i>Phone</i> | (517) 353-4434 |