

Dear {{Person-First}},

Your health is crucial to your studies and a successful academic career. To ensure you are ready to arrive in the U.S. and will have access to healthcare services during your time as a graduate student, be sure to prepare the following:

- Review the [health requirements for enrollment](#).
- Review [health insurance options](#).
- Optional - students with disabilities may request [learning accommodations](#) and [more](#).



#### What is health insurance?

In America and at the University of Oregon, students are required to have [health insurance](#). There is no universal health care in the United States, so health insurance comes from a specific provider and typically covers various medical expenses such as doctor visits, prescriptions, and dental and vision care. It can be complex, but our [University Health Services](#) are here to help you figure out your coverage and help you to understand costs when you need care.

#### Disability at the University of Oregon

[U.S. legislative history](#) surrounding [disability](#) has led to changes in higher education. There is still much work to do. Today, at the UO, the [Accessible Education Center](#) leads support for diverse dimensions of disability to ensure that students are able to access educational opportunities to make the most of their experience at the university.

More information is available on our [International Student Portal](#), and we are here to help you along the way. Please contact your program directly for support -or- view this [list of contacts](#) for various types of questions.

Take good care!

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