

Dear {{Person-First}},

Your health and finances are crucial to your studies and a successful academic career. To ensure you are ready to arrive in the U.S., be sure to prepare the following:

Health Requirements

- Review the [health requirements for enrollment](#).
- Review [health insurance options](#).
- Optional - students with disabilities may request [learning accommodations](#) and [more](#). Learn more about [disability](#) related accommodations on UO's [Accessible Education Center](#) site.

Financial Requirements

- Read and accept [Student Billing account terms](#).
- Review page 18 in the [International Student Arrival Handbook](#).
- Estimate your monthly budget to prepare for the [cost of attending](#) and continue saving as much as possible beforehand for unexpected expenses.
- Stay informed about [scholarships](#) and [support](#) for international graduate students.
- [Financial coaching](#) is available free to UO students.



Wondering about basic needs budgeting?

UO's Financial Aid and Scholarships estimates the [cost of attendance](#) for graduate students. Basic needs are estimated at \$1,286 for housing and \$420 for food. This does not include transportation, miscellaneous personal expenses, or your course materials, which can vary. [Create a budget](#) with free tools from UO so that you know what to expect.

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.

Be well!

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