

MAINTAINING HEALTH COVERAGE

While you are an **international student**, UHIP covers many health care services. You have access to medical and mental health care at Health & Wellness during your time as a U of T student. This resource is for international students at Health & Wellness looking to extend UHIP coverage after university.

Why do I need to extend health coverage?

UHIP provides coverage for services at Health & Wellness, and many clinics around Toronto, while you are a student at U of T. Once you leave the university, your UHIP coverage will automatically expire. If you plan to stay in Ontario after leaving university, it is important to extend UHIP so you can continue to access services in the community. (**Note: Health & Wellness can only provide services to registered students on the St. George campus**)

How do I extend my UHIP coverage?

You can request an extension of UHIP coverage of up to six months, for \$63 per month, through the Centre for International Experience. The extension starts when you complete your course requirements. If you are requesting an extension, you will need to submit the request one month before you will need it.

Submit a request to extend coverage at uoft.me/uhip

Or watch a short video outlining 5 things to know about UHIP extensions: uoft.me/5-things-uhip

| Complete Degree Requirements | Deadline to Request Extension | UHIP 6-Month Extension Period (maximum) |
|------------------------------|-------------------------------|---|
| December | December 1 | January 1 - June 30 |
| April | April 1 | May 1 - October 31 |
| August | July 1 | September 1 - December 31 |

If you have questions about UHIP, reach out to uhip.information@utoronto.ca

What happens once my UHIP extension period ends?

While you can extend UHIP for up to 6 months, the coverage will expire at the end of that period.

During that time, if you are staying in Ontario, it is best to be working towards getting covered under OHIP, Ontario's public health plan for all residents. You will need to meet OHIP eligibility requirements.

For details, visit ontario.ca/page/apply-ohip-and-get-health-card

There are also private insurance options available for purchase, such as CoverMe.

Where can I go for support if I do not have health insurance?

| Resource | Description | Where to go next |
|--|---|---|
| Ontario Council of Agencies Serving Immigrants | Provides information on options for accessing health care in Ontario without OHIP coverage. | settlement.org/ontario/health/ohip-and-health-insurance/if-you-don-t-have-ohip/where-can-i-get-health-care-if-i-don-t-have-ohip |
| Canadian Centre for Refugee and Immigrant Health Care | This is a free-of-charge centre that is available to all newcomers who are uninsured or precariously insured. | healthequity.ca |
| Non-Insured Walk-In Clinic | Offers confidential primary care services to people who do not have health insurance. | accessalliance.ca/programs-services/primary-health-care-services/non-insured-walk-in-clinic |
| Youth Wellness Hubs | Provides support for the well-being of young people aged 12 to 25, including mental health and substance use supports, primary health care, community and social supports, and more | youthhubs.ca |
| Health Network for Uninsured Clients | Provides information about options to access health services for uninsured residents in the Greater Toronto Area | hnuc.org/healthcare-services |
| Toronto Public Health | Provides information and allows you to chat live or talk on the phone with a nurse for information on a range of health topics. It also provides a range of services that can be accessed without health insurance. | toronto.ca/community-people/health-wellness-care/health-programs-advice/health-services-for-newcomers |

What other options are there?

There are other health care providers that offer services at a cost.

If you are planning to stay in Canada and you are no longer a UofT student, please connect with isa.cie@utoronto.ca to ensure you are supported according to your circumstances.