

J1 Visitor Health Insurance Tips

Any individual coming to USA on J1 visa for Exchange program as visitor, scholar, au-pair, trainee, research student etc., must definitely have a valid health insurance which meets certain basic criteria set by the U.S Dept of State. Below are certain tips for J1 visa holder's health insurance

1. Along with proof of financial security, adequate proof of health insurance is to be provided.
2. All dependents of J1 Visa holders who are in J2 Visa should also produce proof of health insurance.
3. Check if the health insurance coverage meets certain minimum benefits like repatriation benefits and medical evacuation.
4. Check if the medical insurance policies meet the norms underwritten by the specified insurance corporation.
5. Confirm if the insurance corporation meets the specified norms and rated good.

General Tips

- Always carry common medication and instructions for medicines from your home country.
- Always have some copies of insurance ID card and Passport.
- Before leaving for any international destination, keep sufficient amount of local currency of the country that you are visiting.
- Familiarize yourself with local language and traffic rules. A general orientation on some common phrases and traffic rules will be useful.
- Check the safety of your staying place.