

# Health Coverage for Visiting Scholars

August 15, 2025 – August 14, 2026

## Health Coverage Requirement

Health coverage is required for UK students and Visiting Scholars on a J-1 or J-2 visa within three (3) days of arrival in the United States. A list of UK's minimum requirements for health coverage are available upon request. These requirements must be met throughout your entire stay at UK.



### UK Student Health Plan (SHP)

As a service to our students and scholars, UK offers a customized health plan. Full details on how the plan works, what it includes, and what it does not include are available at [uky.myahpcare.com](https://uky.myahpcare.com), via the "Benefits" tab.

### Enrolling in the plan

You will need a local address, a UK ID number (ask your department for assistance if necessary), and a credit or debit card to enroll in the UK Student Health Plan online. Enrollment link can be located at <https://uky.myahpcare.com/enrollment>.

**Note:** If you must purchase health coverage before you have been assigned a UK ID number, use your 8-digit date of birth (for example: if your birthday is May 31, 1978, you would enter "05311978") to enroll in the plan. Once you use this number it will continue to serve as your ID number for the purpose of health insurance.

You can purchase the total number of periods you need all in one day, or you may return to the website to purchase additional coverage periods later. Remember, you must have qualifying coverage for your entire stay at UK.

## Coverage beginning and ending dates

Although the dates of this plan may not match your stay exactly, the SHP permits Visiting Scholars to purchase coverage for less than the entire benefit year (8/15/2025 - 8/14/2026) when needed. The UK plan is available in six (6) 2-month periods per benefit year. These dates and rates cannot be changed to match your arrival or departure dates.

	1 <sup>st</sup> Special 8/15/25 - 10/14/25	2 <sup>nd</sup> Special 10/15/25 - 12/14/25	3 <sup>rd</sup> Special 12/15/25 - 2/14/26	4 <sup>th</sup> Special 2/15/26 - 4/14/26	5 <sup>th</sup> Special 4/15/26 - 6/14/26	6 <sup>th</sup> Special 6/15/26 - 8/14/26
Scholar	\$554	\$554	\$554	\$554	\$554	\$554
Scholar & Spouse	\$1,108	\$1,108	\$1,108	\$1,108	\$1,108	\$1,108
Scholar & Child	\$1,108	\$1,108	\$1,108	\$1,108	\$1,108	\$1,108
Scholar & Children	\$1,662	\$1,662	\$1,662	\$1,662	\$1,662	\$1,662
Scholar & Spouse & Child	\$1,662	\$1,662	\$1,662	\$1,662	\$1,662	\$1,662
Scholar & Spouse & Children	\$2,216	\$2,216	\$2,216	\$2,216	\$2,216	\$2,216

## Health Care in the United States

The health care system in the United States is quite complicated. Scholars who purchase the UK Student Health Plan have access to an on-campus advocate for Visiting Scholars to work through any questions about enrolling in the plan, using the plan and understanding the paperwork that follows. Contact [studenthealthplan@uky.edu](mailto:studenthealthplan@uky.edu) for questions about the UK Student Health Plan.