



Bowdoin College

2025–2026

Student Health Insurance Plan

# Frequently Asked Questions



Student Health &  
Special Risk

Table of Contents

**Contacts ..... 2**

**Getting Started ..... 3**

*How do I log into the portal to enroll in or waive the Student Health Insurance Plan (SHIP)? ..... 3*

*How do I enroll? ..... 3*

*How do I enroll my dependents? ..... 3*

*Waiving SHIP Coverage ..... 3*

*If you successfully waived SHIP coverage but decide to enroll at a later date, you can cancel the waiver form after it's been submitted by following the directions below. .... 4*

*If I waive, but then lose my coverage, can I enroll in SHIP or enroll my dependents if they lose coverage? ..... 4*

*Once enrolled, can I cancel? Get a refund? ..... 5*

*Where can I get more information about my plan? ..... 5*

*How much does my student health insurance cost? ..... 5*

*Have changes been made to this year's plan? ..... 6*

*Am I still covered while traveling? When studying abroad? ..... 6*

*What other services are available to me through my SHIP? ..... 6*

*How do I obtain an ID card? ..... 7*



## Contacts

Answer Needed	Who To Contact	Contact Information
Enrollment, Coverage or Service Concerns	Gallagher Student Health & Special Risk	500 Victory Road Quincy, MA 02171 <a href="http://www.gallagherstudent.com/bowdoin">www.gallagherstudent.com/bowdoin</a> click "Help Center"
ID Cards, Benefits, Claims, Claims Payments Incurred and Tax Forms	Anthem BCBS	Address: P.O Box 105370 Atlanta, GA 30348-5370 Phone: (844) 412-0752
Preferred Provider Network	Anthem BCBS	Phone: (844) 412-0752 <a href="http://www.gallagherstudent.com/Bowdoin">www.gallagherstudent.com/Bowdoin</a> click "Find a Doctor"
Participating Pharmacies	Anthem BCBS	Phone: (844) 412-0752 <a href="http://www.gallagherstudent.com/Bowdoin">www.gallagherstudent.com/Bowdoin</a> click "Pharmacy Program"
Gallagher Student Health Complements (SHIP Plan Enhancements) (if applicable)	Coast to Coast Vision (Discount Vision) 800-252-3059 <a href="http://findbestbenefits.com/student">findbestbenefits.com/student</a>  UNI-CARE (Dental Savings) 800-252-3059 <a href="http://findbestbenefits.com/student">findbestbenefits.com/student</a>  SilverCloud (Behavioral Health) <a href="https://gsh.silvercloudhealth.com/signup/">https://gsh.silvercloudhealth.com/signup/</a>	
Worldwide Assistance Services (Medical Evacuation and Repatriation)	GeoBlue	Call Collect: 1-833-511-4763

## Getting Started

### How do I log into the portal to enroll in or waive the Student Health Insurance Plan (SHIP)?

1. Visit [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Under "Profile," click "Log In" and enter your student login credentials.

### How do I enroll?

1. Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Follow the login instructions.
3. Click on the "Enroll" button under "Plan Summary."
4. Follow the instructions to complete the form.

### How do I enroll my dependents?

1. Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Follow the login instructions.
3. Click on the "Enroll" button under "Plan Summary."
4. Follow the instructions to complete the form to enter and enroll your "dependent spouse/partner" and/or "dependent children."
5. Enrollment confirmation will be sent.

You must purchase dependent insurance for the same coverage period as your own coverage; it can't be for a longer or shorter period than your own. For example, if you enroll for fall coverage, your dependents need to be enrolled for fall coverage; you wouldn't be able to enroll them for annual coverage. If you enroll for fall coverage and do not enroll your dependents at that time, you cannot enroll your dependents unless a qualifying event occurs.

**Note:** *If enrolling a dependent for the first time in SHIP, documentation needs to be uploaded at the time of submission. For example, a marriage certificate for a dependent spouse or birth certificate for a dependent child.*

### Waiving SHIP Coverage

To be eligible to waive your SHIP, you must be currently enrolled in a health insurance plan that meets your school's waiver requirements.

Waiver requirements include being enrolled in a health insurance plan that is fully compliant with all provisions of the Affordable Care Act (ACA), requires you to have access to providers near campus and coverage for services beyond

urgent and emergency services. Therefore, if you are enrolled in an out-of-state HMO or Medicaid plan, your coverage will likely be limited — or unavailable — outside of your state's service area and will not meet your school's waiver requirements. **If a claim is submitted before you have an approved waiver, you will remain enrolled in the plan.**

1. Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Follow the login instructions.
3. Click on the "Waive" button under "Plan Summary."
4. You will need your health insurance information.

**Note:** Your insurance information is required to complete the waiver form; you do not need to upload documents at the time of initial submission. You will receive an email notification if additional documents are needed.

**If you successfully waived SHIP coverage but decide to enroll at a later date, you can cancel the waiver form after it's been submitted by following the directions below.**

This must be completed prior to the waiver/enrollment deadline of August 15, 2025

1. Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Follow the login instructions.
3. Navigate to "Account Details."
4. Click "Click Here to Rescind Your Waiver."
5. Click "Rescind My Waiver."

**Note:** Once your waiver is rescinded, this action cannot be reversed. You may not edit your form after August 15, 2025

**If I waive, but then lose my coverage, can I enroll in SHIP or enroll my dependents if they lose coverage?**

**Standard (for hard waiver schools):**

If you waive SHIP and then lose coverage, you can enroll in the plan. Losing coverage is categorized as a Qualifying Life Event. Other Qualifying Life Events include:

- Reaching the age limit of another health insurance plan.
- Involuntary loss of coverage from another health insurance plan.

**You can only add eligible dependent(s) outside of the enrollment period if one of these qualifying events occurs:**

- You get married
- You have a child

- You get divorced
- Your dependent enters the country for the first time
- Your dependent loses coverage under another insurance plan

**To initiate the Qualifying Life Event process:**

1. Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin).
2. Follow the login instructions.
3. Click on “Enroll-Qualifying Life Event.”
4. Complete the online form and upload the required supporting document, such as the loss of coverage letter from your prior health insurance company showing your name and the last day of coverage.

***Note:** Read the form carefully as it contains very specific information on the Qualifying Life Event process.*

**If your enrollment in SHIP is on a voluntary basis, there is no option for the Qualifying Life Event process if you lose coverage with your current health insurance plan.**

**Once enrolled, can I cancel? Get a refund?**

Once you are enrolled in SHIP, you will remain enrolled in the plan for the full coverage period. You have no option to terminate coverage unless you enter the armed forces. In that case we will refund — or your student account will be credited — a pro-rated share of your premium. If you are an international student withdrawing or graduating from your school and returning to your home country, you may qualify for a refund of premium.

**Where can I get more information about my plan?**

Go to [www.gallagherstudent.com/Bowdoin](http://www.gallagherstudent.com/Bowdoin) or <https://student.anthem.com/student/schools/bowdoin>

**How much does my student health insurance cost?**

See chart below:

	Annual 08/15/2024 - 08/14/2026	Spring/Summer 01/01/2026 - 08/14/2026
Enrollment/Waiver Deadline	August 15, 2025	January 23, 2026
Student	\$3,732	\$2,299
Spouse/Domestic Partner*	\$3,732	\$2,159
One Child	\$3,732	\$2,159

Please note that the above rates are pending state approval and subject to change

## Have changes been made to this year's plan?

No changes were made to the plan for the 2025–2026 Policy Year.

## Am I still covered while traveling? When studying abroad?

### With Travel Assistance:

Yes, your plan covers you wherever you are. If you are enrolled in SHIP and paid the premium, you'll be covered. Your plan also provides you with 24-Hour Worldwide Travel Assistance, which includes services ranging from a lost passport to helping with emergency medical assistance or arranging emergency medical evacuation or repatriation of remains. It's important to contact **GeoBlue** at 1-833-511-4763 before making arrangements on your own. Otherwise, these services will not be covered.

### Other information about seeking medical care abroad:

- Always keep your SHIP ID card with you.
- Save a copy of the plan brochure and/or bookmark your student health website.
- If you get sick while abroad, you will likely need to pay for your care first and then submit bills for reimbursement. Your covered expenses will likely be considered an out-of-network expense.
- Before you submit claims for reimbursement, have the itemized bill(s) translated into English. Also include a letter informing the claims administrator you already paid for the healthcare service and need to be reimbursed.
- Write your name, ID number, address and school name on your bill(s). This will help the claims company process your reimbursement request correctly and promptly.

## What other services are available to me through my SHIP?

### **Coast to Coast Vision™**

This is a discount program— not insurance— that will help make vision care more affordable. Students save 10% to 60% off eyeglasses, contact lenses and other retail eyewear items, as well as 10% to 30% off eye examinations at any participating Coast to Coast Vision™ provider and 40% to 50% off the national average on LASIK. For more information, to access your Coast to Coast Vision™ membership card, visit student, or for questions about the discount plan, call 800-252-3059.

### **UNI-CARE**

This is a discount program— not insurance— that will help make dental care more affordable. Students save 10% to 50% on dental care expenses at any participating UNI-CARE dental provider nationwide. For more information, to access your UNI-CARE membership card, visit student, or for questions about the discount plan, call 800-252-3059.

**SilverCloud Behavioral Health**

SilverCloud Health offers online, self-guided programs designed for young adults to address anxiety, depression, stress, resilience, or insomnia. Based on cognitive behavioral therapy principles, these self-guided programs are available any time, on any device. To start on your path to better managing your well-being, visit <https://gsh.silvercloudhealth.com/signup/>.

**How do I obtain an ID card?**

ID cards are usually available 5-7 business days after your enrollment is processed by Anthem.

To access your ID card:

- Register on [www.anthem.com/ca](http://www.anthem.com/ca) or the Sydney Health mobile app with your student I.D.
- Once you are logged in, check to make sure your ID Card preference is set to 'digital'.

Here you will have instant access to:

- Your member ID card.
- The Find a Doctor tool.
- More information about your plan benefits.
- Health tips that are tailored to you.
- LiveHealth Online and 24/7 NurseLine.
- Student support specialists