In order to maintain J-1 status, you must have medical/health insurance for yourself and for your dependents.

- Within 15 days of your arrival, you must provide the following documentation to the OISS:
  - Proof of the policy from the health insurance plan; or
  - Proof of the URI Health Insurance policy plus medical evacuation and repatriation coverage.

U.S. Government regulations require J-1 scholars and J-2 dependents to have health insurance. As of May 15, 2015, the J-1 regulations require the following with respect to health insurance coverage:

- Medical benefits of at least $100,000 per accident or illness
- Payment for repatriation (preparation and transportation of remains to home country) in case of death in the amount of $25,000
- Payment for medical evacuation (transportation to home country on advice of attending physician) in the amount of $50,000
- A deductible not to exceed $500 per accident or

**Failure to purchase and maintain insurance coverage that meets with the State Department and the Affordable Care Act (ACA) requirements will be considered a willful violation of your J-1 status and grounds for immediate termination of your J-1 program.**

Below is a list of health insurance plans that satisfy the U.S. Department of State health insurance requirements and comply with the Affordable Care Act for J visa holders.

1. ISO Insurance- [www.isoa.org](http://www.isoa.org)
2. Compass Benefits Groups- [www.compassbenefits.com](http://www.compassbenefits.com)
3. HTH Worldwide Insurance Services- [https://www.hthstudents.com/](https://www.hthstudents.com/)
4. URI Health Insurance- [https://www.uhcsr.com/](https://www.uhcsr.com/)