Virtual Coffee Chat

April 7: Immigration Q&A
Questions?
Submit them in the chatbox at any time!
International Center Updates (3/26):

TO SUBMIT REQUESTS/DOCUMENTS: For any requests previously requiring an in-person meeting with an advisor OR requiring physical document drop off (examples: Extension/ OPT/CPT requests), you may attach all of the required documents to an email and send to icenter@umich.edu.

If you cannot email your requests/documents, please let us know and we can provide you alternate options.

TRAVEL SIGNATURES: If you need a travel signature, you can submit an I-20 reprint request using “travel” as the reprint reason. We will reprint your form, and you will arrange to have it shipped to you by using eShip Global. J-1 students and scholars can submit a DS-2019 reprint request.

TO RECEIVE DOCUMENTS: Once requests have been fully processed, documents will be sent to you based on your preferred shipping method in eShip Global (available for mailings within and outside the US). We do not recommend using DHL as an option at this time due to logistical issues involving the pick-up of documents from the IC.

HEALTH INSURANCE: All health insurance questions and requests including waiver requests should be submitted via email to ihi@umich.edu. An advisor will respond and can arrange a phone appointment if necessary. U-M Health Insurance Office Hours has links to forms for some common health insurance requests, including summer waivers.

IMMIGRATION RELATED QUESTIONS, ADVISING, AND APPOINTMENTS: Email icenter@umich.edu. An advisor will respond and can arrange a phone appointment if necessary.

UPDATES: Please check the International Center’s COVID-19 update page for important information and updates.
Q&A From the Session:  
(not covered in previous slide)

**How long does it take to get a response from the International Center to my request?:** Due to COVID-19, we are short staffed as many advisors have needed to prioritize family care. Because of this, our response time has slowed, but we should get to your requests within 7 business days. As soon as we begin working on cases, you should get an email.

**If I don’t get a response in a few days, should I send a follow-up email?:** No. Doing this will actually slow down response times. If you have submitted an email, please do not send another because it will move you further away from the top of the queue. For example, if you emailed on March 29, and then emailed again to follow up on April 1, our system only shows that your ticket was submitted on April 1, and we will prioritize all other messages received before that date first.

**How do I make an appointment with an advisor?:** Email icenter@umich.edu. An advisor will respond to set up a time to video chat, or, if needed, they can arrange a phone appointment.

**When will I receive updated shipping information?:** You will receive this information as soon as your package has been picked up by the shipping provider (FedEx, UPS, etc.)

**How do I get a SSN issued right now since the Social Security Offices are closed?:** The only way to apply for a SSN while the offices are closed is to mail your original documents to the local office. We DO NOT RECOMMEND you do this. The SSN offices only use regular mail, so your original documents may easily be lost. You do not need a SSN to begin working. We RECOMMEND YOU WAIT to apply for your SSN once the offices reopen.

**How do I update my I-9 now that the I-9 offices are closed?:** The I-9 office should contact you to update or complete a new I-9 form (if working through U-M). [Here is a link to the updated process on their page](#).
University of Michigan Updates

Because of Michigan’s “Shelter-in-Place” ruling:

- All spring and summer courses will be online
- Most offices are closed/staff working remotely.
- Departments/Operations still open:
  - DPSS
  - Michigan Medicine/UHS
  - Housing/Dining
  - CAPS
  - International Center
  - Dean of Students Office
  - Fraternity & Sorority Life
  - Maize & Blue Cupboard

- [https://coronavirus.umich.edu/](https://coronavirus.umich.edu/)
International Student Health Insurance

International Center Announcement about COVID-19 coverage through Blue Cross.

- The U-M health insurance plans, including the International Student/Scholar Health Insurance Plan, and the health insurance plans administered by U-M (GradCare, U-M Premier Care, etc.) all cover medically necessary health care costs related to testing and treatment for infectious diseases and medical conditions, including COVID-19.

Blue Care Network said the International Student/Scholar Plan will cover all medically necessary testing with no cost.

International Student/Scholar Plan coverage numbers to remember:

- Co-Pay: $20 (Urgent Care/Primary Physician)
- Co-Pay: $75 (ER)
- Deductible: $100
- Out-of-Pocket Maximum: $3,500
Health & Wellness Services

- Go for walks/runs outside. Going outside is allowed as long as you stay 6ft away from anyone not from your home/apartment.
- CAPS is still available for mental health services.
  - CAPS Mental Health Care Package
- Many free exercise apps/videos available online:
  - FitOn
  - Yoga by Adriene
  - Calm guided meditation
- Well-being for U-M Students (Canvas Page)
- Dance Fitness with Damilare (IC Advisor)
- Remote Routines with RecSports
Grocery and Food Shopping During Shelter-in-Place

- Many stores have home delivery/curbside pick-up if you do not feel comfortable going into a store to shop:
  - Whole Foods (free for Amazon Prime Members), Kroger, Busch’s Fresh Market, Meijer
  - Argus Farm Stop (online ordering, pick-up/delivery)
- Stores have dedicated hours for those with underlying health conditions or those aged 60+:
  - Meijer - Tuesday/Thursday 7-8am
  - Whole Foods - one hour before store opens
- Restaurants with drive-throughs can remain open
- **Maize & Blue Cupboard** will remain open:
  - Hours: Tuesday–Friday (3-7pm); Saturday (10am-2pm)
- [How to Sanitize Your Groceries](#)
Other Helpful Resources:

- U-M Center for Positive Organizations
- CDC Guidance on COVID-19 Testing
- U-M COVID-19 Updates
- University Health Services
- Dean of Students Office Emergency Relief Funds
- Rackham Graduate Emergency Funds
- GEEA Engagement Survey!
  - Please complete the GEEA Virtual Engagement Survey to help us improve programs!
  - Will be collecting recipes for an exchange - Look for it in this week’s newsletter!
  - Special photo project for graduating student. Stay tuned!