U-M Health Insurance Office Hours

How to Reach the International Center’s Health Insurance Advisor

- **By Email:** Most requests and questions can be handled by email: ihi@umich.edu, and you can also refer to the forms and information on our website for some common questions and requests.
  - [OPT waiver request](https://internationalcenter.umich.edu/resources/forms/international-health-insurance-waiver-request-form-opt)
  - [Add/Remove Dependent Request](https://internationalcenter.umich.edu/resources/forms/international-health-insurance-plan-change-form)
- **By Phone:** You can call 734-647-2303 and leave a message and the Insurance Advisor will return your call. You can also request a phone appointment by emailing [ihi@umich.edu](mailto:ihi@umich.edu)
- **By Remote Office Hours Drop-In:** The Insurance Office is hosting virtual “drop-in” advising sessions for students who have quick questions related to their insurance. Drop-in advising hours will not be available when the office is closed, such as on holidays. You may join the “drop-in” advising session by [clicking here](https://officehours.it.umich.edu/queue/848).
  - Tuesday: 2pm - 3pm
  - Wednesday: 2pm - 3pm *(No virtual drop-in hours on Wednesday, July 28).*
  - Thursday: 10am - 11am

**Source URL:** https://internationalcenter.umich.edu/resources/healthins/hours

**Links**

[1] mailto:ihi@umich.edu
[3] https://internationalcenter.umich.edu/resources/forms/international-health-insurance-waiver-request-form-opt
[5] https://officehours.it.umich.edu/queue/848