



## 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: [ih@umich.edu](mailto:ih@umich.edu) [1], and you can also refer to the forms and information on our website for some common questions and requests.
  - [COVID-19 Insurance Coverage Information](#) [2]
  - [OPT waiver request](#) [3]
  - [Add/Remove Dependent Request](#) [4]
- **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 [ih@umich.edu](mailto:ih@umich.edu) [1].

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

#### Links

[1] <mailto:ih@umich.edu>

[2] <https://internationalcenter.umich.edu/health-insurance-and-covid-19-insurance-information-international-students-and-scholars>

[3] <https://internationalcenter.umich.edu/resources/forms/international-health-insurance-waiver-request-form-opt>

[4] <https://internationalcenter.umich.edu/resources/forms/international-health-insurance-plan-change-form>