Dependents must maintain the proper insurance coverage from the time they enter the US until the end of the J-1 program or they permanently return home. Temporary travel internationally must also be covered.

Postdocs are eligible to sign up for the Blue Cross Blue Shield (BCBS) health insurance plan through REDE Postdoctoral Affairs. This is available at no cost; however, dependents are not included in the plan.

Gap Insurance Requirement if Postdoc chooses BCBS
BCBS coverage does not start until the 1st of the next month after employment. You are required to purchase J-1 approved health insurance plan from your arrival until the BCBS start date.

Contact us with questions
visitingscholars@ecu.edu | WhatsApp: +1 252 737 5412
While you may have a home country/university health insurance, it will not be accepted.

**ECU’s Contracted Partner**

GeoBlue

**Recommended by Previous Exchange Visitors**

ISO

IMG

CISI

ISI

**Other Approved Options**

COMPASS

World Trips

SEVEN CORNERS

TaiAn

Review health insurance plans based on your health conditions, dental care needs, participation in extreme sports, or are pregnant or planning for pregnancy.