



FULBRIGHT

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ASPE Benefits for Fulbright Grantees

About ASPE

As a Fulbright grantee, you will receive a limited health care benefit plan through the U.S. Department of State's **Accident and Sickness Program for Exchanges** (ASPE). The ASPE health benefits plan is NOT an insurance policy. Covered medical expenses are subject to policy limitations and pre-certification is required in some instances. ASPE is secondary to any primary insurance that you may carry and covers you alone during your Fulbright program.

ASPE does not provide routine healthcare coverage; instead, it covers only the expenses incurred by an unexpected illness or injury that requires immediate and relatively short-term treatment. The plan will not cover routine checkups or visits to the doctor. ASPE is administered by Seven Corners; its coverage is detailed in the guide online: <https://www.sevencorners.com/about/gov/usdos>

In addition, ASPE Assist offers a 24-hour hotline for mental health consultation and advice. ASPE Assist offers mental health advice, mental health crisis support, sexual assault response, violent crime response, and advice when Fulbrighters may feel at risk or vulnerable.

ASPE Assist

- Toll Free (within the United States): 1-833-963-1269
- Worldwide: +44-20-3859-4463
- Email: Anvil_ASPEsupport@everbridge.com

Seven Corners “MyPlan”

When you visit a doctor or purchase a prescription, you may be asked to pay a set amount called a “co-pay.” In most cases, the remainder of the cost will be paid by ASPE, and you will receive an “Explanation of Benefits” illustrating the benefit details.

To receive these benefits, you will need your ASPE card, which can be printed out online. To do so, you will need to set up your “MyPlan” account with Seven Corners. Please visit <https://www.sevencorners.com/gov/usdos/my-plan/> for instructions.

All you need is your ASPE ID number and your birth date. Visit <https://www.sevencorners.com/gov/usdos/my-plan/> to set up your MyPlan account, which will:

- Allow you to print your benefit card and review claim history.
- Save paper by receiving notices via email.
- Protect your privacy and allow you to easily update your contact information.

The ASPE health benefits plan requires pre-certification for many treatments including inpatient hospital admissions, skilled nursing, outpatient chemo and radiation therapy, outpatient surgeries and procedures, pregnancies, physical or occupational therapy, dialysis, plasmapheresis, MRI, PET scan, CT, home health care, and home infusion therapy. Your physician must contact Seven Corners at 1-800-461-0430, to obtain pre-admission approval at least one business day before a planned hospitalization in the United States. Certification for emergency admissions or admissions due to an unexpected sickness or injury must be obtained within two business days following admission. A \$300 penalty will be applied if pre-certification is not obtained. **Pre-certification is not a guarantee of coverage.**

It is your responsibility to waive your university health insurance if possible. However, if your university has required that you enroll under a university-sponsored medical insurance plan, you must use the university plan first before you use the ASPE Health Benefit Plan. Contact Amideast with any additional questions regarding your health coverage and policy.



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Printing Your ASPE Card

Set up your personal “MyPlan” account as soon as possible so that you may access your health benefits. You can set up your account at: <https://myplan.sevencorners.com/default.login.cfm>. Setup requires just your **ASPE ID number** and your **birth date**.

1. Go to <https://myplan.sevencorners.com/default.login.cfm>.
2. Click **Setup New Account**.
3. Use the ID sent to you for the MyPlan ID.
4. Put your date of birth (MM/DD/YYYY).
5. Press **Enter**.
6. Click **Yes** to confirm your name, and then **Continue** to get to the next screen.
7. Create a Login Username, Password and provide an email address that you check regularly.
8. Press **Submit**.
9. **Print** this new page for your records.
10. Press **Continue**.
11. Read the Disclaimer and press **Continue**.
12. Click **Forms/ Links**
13. Scroll to **Virtual ID Card** and click **Download**.
14. **PRINT** this page.

The next page shows you a sample ASPE card.



Contact Information

| | |
|---|--|
| Claims: Seven Corners - Attr: Claims P.O. Box 3724 Carmel, IN 46082-3430 Fax: 317-575-6467 | Customer Service: Toll Free: 800-461-0430 Fax: 317-818-2862 Email: info@sevencorners.com www.usdos.sevencorners.com |
|---|--|

MyPlan Information

| | |
|------------|---|
| MyPlan ID | - |
| MyPlan PIN | - |

Welcome United States Department of State Exchange Participants!

Seven Corners is the administrator of the United States Department of State (USDOS) Accident and Sickness Program for Exchanges (ASPE) Health Benefit Plan.

We are here to answer any questions you may have regarding your USDOS ASPE coverage and to process your healthcare claims. Our overall goal is to provide member satisfaction through access to quality health care and excellent customer service, assisting you in a better understanding of all of the elements of ASPE.

Provider Network - Your Provider Network in the US is ChoiceCare and can be accessed online by going to usdos.sevencorners.com. It is a good idea to verify with the provider that they are still participating in the network. Using a PPO provider will save you money.

To find a provider outside of the US - call customer service TOLL FREE at (800) 461-0430 OR COLLECT FOR EXCHANGE PARTICIPANTS OUTSIDE OF THE US at (317) 818-2867 for assistance in finding a provider in your host country area and to coordinate scheduling of care. ASPE Health Benefit Plan has a \$15 co-pay for office visits. This co-pay is payable at time of service.

Pharmacy Network - Your prescription drug plan is through BeneScript. Network pharmacies may be viewed online by going to www.usdos.sevencorners.com. Note: for maintenance medication, you will need to use BeneScript's Direct Mail Service Pharmacy. You may download a form at this website.

Pre-existing Condition Exclusion - USDOS ASPE does not provide benefits for any diagnosis that is considered a pre-existing condition. A pre-existing condition is any condition which: a) had its origins prior to the Exchange Participant's effective date of coverage; b) a Physician was consulted prior to the Exchange Participant's effective date of coverage, c) treatment or medication was received prior to the Exchange Participant's effective date of coverage; or d) would have caused any prudent person to seek medical advice or treatment, prior to the Exchange Participant's effective date of coverage.

Prerenotification - Seven Corners must be contacted: a) to confirm coverage and benefits, b) as soon as non-emergency hospitalization is recommended, c) within 48 hours of the first working day following an emergency admission, d) when your physician recommends any surgery including outpatient, e) for emergency evacuation, repatriation and assistance services, f) if in the United States, call 1 (800) 461-0430, g) if outside the United States, call (317) 818-2867 (collect)

MyPlan - MyPlan is a web site designed to allow secure access to your health benefit plan and claim information. Please use the MyPlan ID and MyPlan PIN Number assigned above to activate your account. Additional information regarding MyPlan is included in the enclosed materials. MyPlan web address: <https://myplan.sevencorners.com>

Claims - Please send all claims to the claims address in the Contact Information section above.

IMPORTANT INFORMATION ABOUT YOUR BENEFITS

The person named on the front of this card is eligible for certain Services and Benefits. Seven Corners must be contacted:

- To confirm coverage and benefits
- As soon as non-emergency hospitalization is recommended
- Within 48 hours of the first working day following an emergency admission
- When your physician recommends any surgery including outpatient
- For emergency evacuation, repatriation and assistance services
- If in the United States, call 1-800-461-0430
- If outside the United States, call 317-818-2867 (collect)

To obtain a list of U.S. network providers call Seven Corners Assist or visit usdos.sevencorners.com
SEND ALL CLAIMS TO: Seven Corners - Attr: Claims CO-PAY: \$15 co-pay for office visits
P.O. Box 3724
Carmel, IN 46082-3724

CUSTOMER SERVICE: Toll free: 1-800-461-0430 Fax: 317-575-6467 Collect: 317-818-2867
www.usdos.sevencorners.com

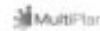
To obtain a medication: Present this card and your prescription at a BeneScript Network Pharmacy

Attr: Pharmacy - enter the Policy Number and Group Number and forward the data through your point-of-service system. Ben 989117 Group Number: RX257
Pharmacy benefits questions call BeneScript toll free at 800-531-4351 24/7

Seven Corners provides administrative claims payment services only and does not assume financial risk or obligation with respect to claims.



United States Department of State
Accident and Sickness Program for
Exchange Participants



Insured:
ID#: _____
Coverage Period: _____
Home Country: _____
Program/Project: Fulbright Foreign Student



Please peel and fold.