All international Post-Doctoral Associates (F and J Visa) are required to carry health insurance for themselves for any semester in which they are registered at Iowa State University. Accompanying dependents must also be enrolled in the health insurance.

Internationals Post-Doctoral Associates are defined for this purpose as students who are not U.S. citizens, U.S. permanent residents or refugees.

The Post-Doctoral Associates ISU Plan is mandatory as a condition of your enrollment to the University. You will be automatically enrolled in the ISU Plan for the health - Wellmark PPO (Alliance Select)/Express Scripts (prescription drug) and the dental - Delta Dental - Basic.