In order for waivers to be considered, the completed waiver form and all supporting documentation MUST be received by the Iowa State University, UHR Benefits Office within THIRTY (30) days of your arrival at ISU.

Continuing International students Spring/Summer:
Waiver deadline is January 31st.

Waiver Note:
International F-1 and J-1 degree seeking students are not eligible to waive the ISU Health Insurance plan per ISU Insurance requirements unless they are sponsored by their government or on an ISU official exchange program.