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 the below deadlines.

**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.

- **New International Students:**
  - **Within THIRTY (30) days** of their arrival at Iowa State University.

- **Spring/Summer Continuing International Students:**
  - Within thirty (30) days from the start of the Spring semester.

- **August Continuing International Students:**
  - **Must complete a new waiver each August.**
  - Within thirty (30) days of the start of the Fall semester.

If the insurance premium is placed on the student’s university bill after this 30 day window above:

The student will be given the opportunity to turn in the waiver documents within thirty (30) days of the billing date of the insurance premium on their university bill.