



## Health Insurance

All J-1 Exchange Visitors are required to have insurance for themselves and their J-2 dependents while present in the U.S. The special health insurance requirements for J visa holders are:

- Medical benefits of at least \$100,000 per accident or illness.
- **Repatriation of remains** in the amount of \$25,000.
- Expenses associated with the **medical evacuation** of the exchange visitor to their home country in the amount of \$50,000.
- A deductible not to exceed \$500 per accident or illness.

<https://bechtel.stanford.edu/arrive-campus/new-scholars-arriving-campus/health-insurance-scholars>

Postdocs, Visiting Student Researchers and Knight Fellows are offered health insurance through a Stanford plan; Visiting Scholars and Fellows are responsible for purchasing their own J-1 compliant health insurance.



## Confirming your Arrival at Stanford

As soon as you arrive on the Stanford campus, it is critical that you submit your Arrival Confirmation to validate your SEVIS record:

<https://bechtel.stanford.edu/arrive-campus/new-scholars-arriving-campus/mandatory-confirmation-arrival-stanford>



You will receive an email within two weeks of submitting the Arrival Confirmation, inviting you to a J Scholar Orientation at Bechtel International Center.

J Scholar Orientations take place twice a month. Please see our website for the latest schedule.

## Contact us

Bechtel International Center  
584 Capistrano Way  
Stanford, CA 94305

[internationalscholars@stanford.edu](mailto:internationalscholars@stanford.edu)

Stanford University

J-1 Exchange Visitors

## Preparing for Your Arrival At Stanford



### Contents:

- DS-2019 and applying for your visa stamp
- Planning for your health insurance
- Arrival Confirmation
- J Scholar Orientation
- Two-year home country residency requirement 212(e)



<https://bechtel.stanford.edu/>





## Before you arrive at Stanford

### ☐ **Check your DS-2019**

Make sure all the information on the form is correct. If it is not, email your department so that a correct form can be issued.

### ☐ **SEVIS fee**

You must pay this fee at least three days before your appointment at the embassy or consulate. You may pay online at:

[www.ice.gov/sevis/i901/index.htm](http://www.ice.gov/sevis/i901/index.htm)

Please print out the receipt.

### ☐ **Apply to U.S. consulate or embassy**

Follow all the procedures and pay all fees required by that particular post. Canadian nationals do not need a visa stamp. For a list of U.S. embassies, please see [www.usembassy.gov](http://www.usembassy.gov)

Before you leave to come to Stanford, please make sure you have the following documents with you in order to enter the U.S.:

- Passport
- J visa stamp (Canadians are exempt)
- DS-2019 from Stanford
- Academic Appointment letter from Stanford
- Proof of health insurance (if Stanford is not providing insurance for you)
- SEVIS fee receipt (if you are a Canadian national)

For more information pertaining to scholars in the Exchange Visitor Program at Stanford, please see <https://bechtel.stanford.edu/immigration/visa-types/j-1-scholar>

## Two-Year Home Country Residency Requirement 212(e)

The purpose of this requirement is to compel J scholars who are subject to the requirement to return to their country of origin for two years after the J program has been completed. Not all J scholars are subject to this requirement.

This requirement limits the ability of those who are subject to change their status or obtain certain kinds of entry visas after participation in the J program.

Consular officers are unlikely to inform applicants "up front" if they decide the two-year rule applies at the time the scholar applies for his or her entry visa. Prospective scholars can count on being liable under the rule if the DS-2019 shows government funding, or if the scholar's field of research and country of citizenship match the Skills List. The Skills List compiles various disciplines according to certain countries that have a need for those disciplines. Some countries have a Skills List, others do not. Please understand that Stanford and Bechtel International Center are not responsible for your liability under the two-year rule, nor can they facilitate or process waiver applications. For more information on the two-year rule, please see:

<https://bechtel.stanford.edu/navigate-international-life/visas/j-1-scholar-visa/two-year-home-country-physical-presence>