



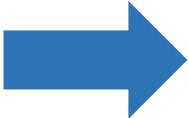
## CAREFIRST STUDENT HEALTH INSURANCE PLAN (SHIP) ENROLLMENT INSTRUCTIONS

- 1) Obtain a health insurance letter from ISSS. Please contact Ash Reynolds (ashrey3@umd.edu) if you do not already have this letter.
- 2) Go to this website: <https://umd.myahpcare.com/enrollment>
- 3) Scroll to the middle of the page and select **“Click Here to Enroll Online”** under the **Research Scholars** headline

### Online Enrollment

#### Research Scholars and Exchange Students

##### Research Scholars



[Click Here to Enroll Online](#)

##### Dependents of Exchange Students

[Click Here to Enroll Online](#)

##### Academic Emergency Services (AES)

[Click Here to Enroll Online](#)

- 4) Sign into an existing account or create a new account.
- 5) Follow the instructions to enroll. You will need to upload your ISSS insurance letter. Note that your dependents must be enrolled at the same time as you.
- 6) Save a PDF of your enrollment proof and upload it to [iTerp](#) by submitting the “J-1 Health Insurance Confirmation” e-form.