



Health Insurance Action Flowchart

I want to opt out of T-SHIP.

I want to enroll in T-SHIP.

Review the University's [standards for adequate insurance](#). Then, submit a waiver request for approval. For instructions, see [How to Opt Out of T-SHIP](#).

Change your existing coverage to meet [University standards](#).

OR

Purchase a different health plan that meets [University standards](#).

For instructions, see [How to Request T-SHIP Coverage](#).

Yes.

Was your waiver request approved?

No.

Enroll in T-SHIP, so you don't need to change existing coverage or find alternative coverage.

Congratulations! You have finished the process. You'll need to follow the same steps next academic year.

Please note that if you do not receive an approved waiver request by the deadline, you will be automatically enrolled in T-SHIP and charged for the premium. [Learn more.](#)

For more information, visit campushealth.tulane.edu/insurance.