

# HEALTH COVERAGE

You have just arrived in France to do a PhD at the Université Grenoble Alpes?  
You will find here all the steps to take to be well insured and take care of your health.

## YOUR HEALTH INSURANCE IN FRANCE

Having a health insurance is mandatory for the whole duration of your stay.

### Step 1 • Check whether you need to register for French state health insurance

The procedures depend on your nationality and your professional situation in France.

To find out if you need to register, how, and with which organization, please visit the UGA international web portal :

> [international.univ-grenoble-alpes.fr/getting-organized/](https://international.univ-grenoble-alpes.fr/getting-organized/)

Section Insurances > Health insurance > Health insurance and complementary health coverage

- You do not need to register ? Directly go to step 3.
- Otherwise, follow the steps below.



### Step 2 • Complete your registration

Follow the registration procedure that corresponds to your situation.

You will first obtain a certificate ('attestation de droits à l'assurance maladie'), and later on your 'carte Vitale'.

Please note that the form for ordering your carte Vitale will be sent to you by post. Therefore, it is essential to notify your health insurance organization of any change of address.

#### Declare a referring doctor

To get a better rate of reimbursement, you need to choose and declare to the health insurance a referring (primary care) doctor.

### Step 3 • Take a complementary health insurance ('mutuelle')

The health insurance, also called social security, only covers part of your medical expenses. To cover the remaining costs, it is strongly recommended that you take out an individual complementary health insurance contract with an insurance company. In some cases, particularly if you have a French employment contract, you may have to join your employer's group complementary health insurance scheme.

#### Limited budget?

Check your eligibility, and apply for the 'Complémentaire Santé Solidaire' with the CPAM.

REIMBURSEMENT RATE



## TAKING CARE OF YOUR HEALTH

### Health centers

PhD students can consult doctors, nurses, or psychologists, without having to pay in advance, at the Student health service or Youth health center.

#### In Grenoble : Student health service (Service de santé étudiante)

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-grenoble-le-service-de-sante-etudiante/>

#### In Valence : Youth health center (Centre santé jeunes)

> <https://etudiant.univ-grenoble-alpes.fr/sante-et-bien-etre/vous-soigner/trouver-un-medecin/a-valence-le-centre-sante-jeunes/>



#### FIND OUT MORE +

> [international.univ-grenoble-alpes.fr/getting-organized/](https://international.univ-grenoble-alpes.fr/getting-organized/)  
Section Insurances > Health insurance  
Section Daily life > Health

#### NEED HELP?

Contact the International Students & Scholars Office (ISSO)

In Grenoble : [isso@univ-grenoble-alpes.fr](mailto:isso@univ-grenoble-alpes.fr)

In Valence : [isso-valence@univ-grenoble-alpes.fr](mailto:isso-valence@univ-grenoble-alpes.fr)