

# HEALTH COVERAGE

You have just arrived in France and registered as a student with 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

Registering for French state health insurance, known as social security, is mandatory (and free) for all international students, except if there is an agreement between your country and France.

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

To know if you need to register or not, visit the platform:

<https://etudiant-etrananger.ameli.fr/#/>

- > You do not need to register? You are already covered for your stay. Directly go to step 3.
- > Otherwise, follow the steps below.

### Step 2 • Complete your registration

To register on the platform, enter your information and provide the requested documents. You will first obtain a provisional certificate of entitlement to health insurance ('attestation de droits à l'assurance maladie'), and later on your medical card ('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 CPAM 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 be better covered, it is highly recommended to subscribe to a complementary health insurance contract with an insurance company or a specialized mutual insurance company for students.

#### Limited budget?

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

#### To contact the French state health insurance (CPAM)

- By phone : 09 74 75 36 46
- CPAM offices :- in Grenoble : 2 rue des Alliés, 38045 Grenoble (Tram A, Malherbe) / - in Valence : 6 avenue du président Herriot, 26000 Valence

## TAKING CARE OF YOUR HEALTH

### Health centers for students

Students can consult doctors, nurses, or psychologists, without having to pay in advance, at the Student's health centers or Youth health center.

#### In Grenoble : University health center (Centre de santé universitaire)

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

#### 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 +

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  
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)

