

**Health Insurance while on OPT**

Health insurance is highly recommended. The cost of health care in the U.S. is extremely high. The International Center does not endorse any plan & students are responsible for researching insurance options.

The following companies have F-1 OPT health insurance options:

- [Compass Student Insurance](#)
- [Cultural Insurance Services International](#)
- [International Student Insurance](#)
- [International Student Protection](#)
- [ISO Insurance](#)
- [PGH Global](#)