



FIRST In College

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND
LOW-INCOME STUDENTS

A background image of a young Black man with short hair, wearing a colorful patterned shirt, sitting at a desk and reading several open books. He is looking down at the books with a focused expression.

Insurance Edition

FEBRUARY 2020

EDITION 6
GENERAL
INTELLIGENCES



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In College**

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editor-in chief's note



Happy New Year to readers of F1RST in College. We hope that 2021 brings you health, happiness and more things to be thankful for.

We wanted to have this edition focus on the complexities of navigating insurance in the US. From co-pays, different providers and more, it is undoubtedly not the most transparent of processes.

Our goal of this issue is to provide a cursory or introductory understanding of how to approach insurance as a student and / or young adult.

For this reason, we want to guide you through everything you need to know. We hope this helps you to learn how to navigate at least a little bit of the paperwork!

Magda Wojtara

**Editor-In-Chief F1rst in
College
Founder General
Intelligences**

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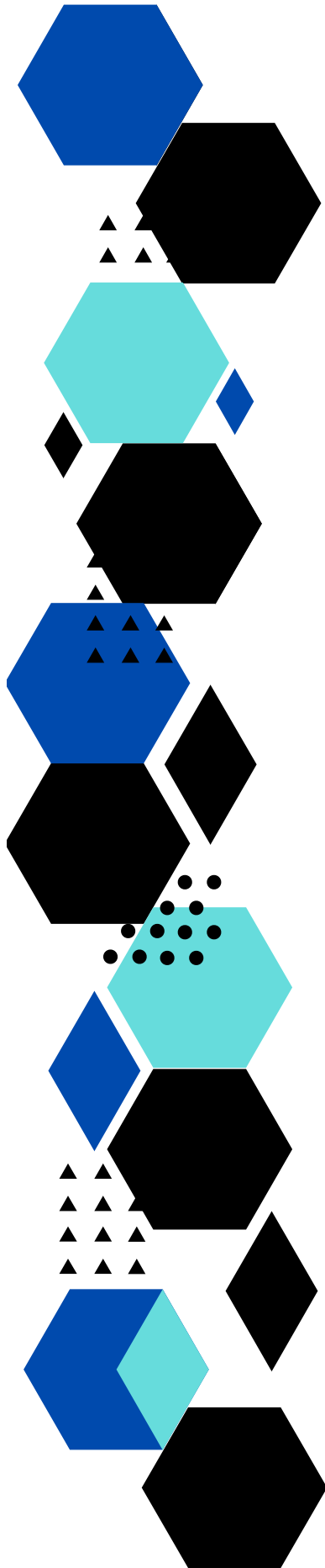
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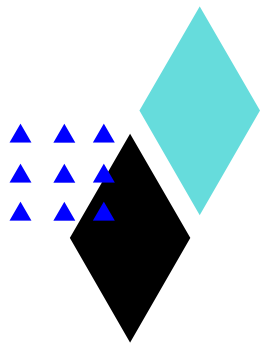
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FINAL THOUGHTS





Insurance Terms



Term Glossary

A

Additional Insured

Any person or party besides the policyholder who is added to a policy, so that they will also be covered by that policy.

Agreed Value

Coverage that will pay the full insured amount of the vehicle or other property in case of a covered total loss, in contrast to stated amount.

B

Beneficiary

This is the person who would receive any insurance benefits in case the policy holder was to pass away while on the insurance plan.

C

Co-Pay

Like a deductible, this is the amount of money you must pay out of pocket before the insurance company begins to pay for your eligible expenses. Typically this is required instead of a deductible or coinsurance, and requires you to pay a set fee for a specific visit.

D

Deductible

amount that you must pay out of your own pocket before the insurance company will begin paying towards any covered expenses. The deductible affects how much money you will pay to the doctor or hospital, and is typically paid at the time of treatment.

E

Emergency Medical Evacuation

provides medically necessary transportation to the nearest qualified medical facility, not necessarily your home country.

P

Provider Network

Provider network (also known as an in-network provider) is a group of medical providers that have contracted with the insurance company to provide health care services. In-network providers typically charge less for the same service compared to non-network providers, so using an in-network provider can save you money and they will usually accept direct payment from your insurance company.

R

Reparation of Remains

On most insurance plans, repatriation of remains covers the cost of returning the insured's body back to their home country in case of death.

S

Scheduled Personal Property

Additional optional insurance coverage for high-value appraised personal property that can be added to a homeowners, renters or condo policy. This can include jewelry, furs, or cameras.

V

Vehicle Identification Number (VIN)

vehicle's unique 17-character VIN can be found on the dashboard and driver's side door jamb. This unique serial number is also included on your vehicle's registration form and insurance card.



PERSONAL PROPERTY

All other property not classified as real property, and which is easily moved. This includes furniture, clothing and household goods.



ORDINANCE OR LAW COVERAGE

Coverage providing increased cost to a covered loss resulting from an ordinance or law.



NAMED PERILS

Covered hazards that are listed in an insurance policy. Also known as specified or named perils.



MALICIOUS MISCHIEF

Deliberate damage or destruction of another person's property. For insurance purposes, it is typically covered under vandalism.



LOSS ASSESSMENT COVERAGE

Coverage providing reimbursement for extra fees assessed by a condominium or homeowners association. It is subject to a deductible and the limit stated in the policy.



LIEN

A creditor's claim against an owner's assets to secure an unpaid debt.



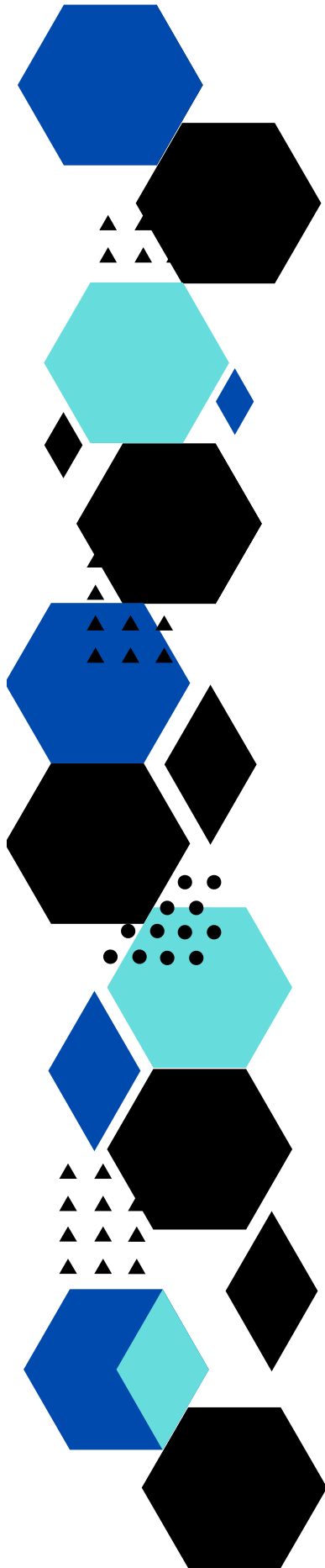
INSURABLE INTEREST

A consideration of value that is insured under a policy. A person with insurable interest will suffer a genuine hardship if a loss should occur to the person or property they've insured. For instance, people have an insurable interest in their own lives and property, but generally do not have insurable interest in their neighbor's life or property. Insurable interest must be present in order for an insurance contract to be legal and valid.

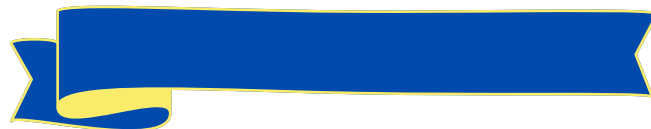


DECLARATIONS PAGE

A page in your policy – usually the front page – with basic information that identifies the policyholder, the property or vehicles covered, the coverages and the premium amounts. In informal conversation, you may hear it referred to as the “dec[k]” page.



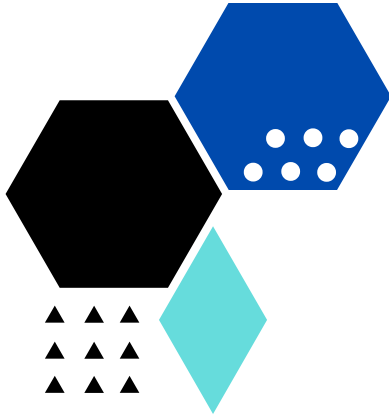
Underinsured



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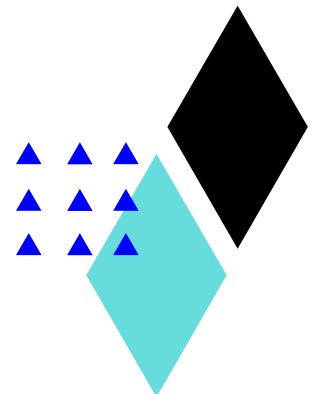


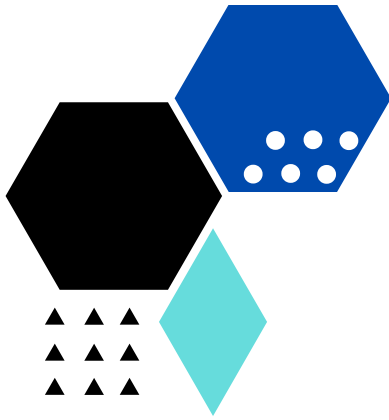


Under- Insured 1

When individuals and families are underinsured, they may have to take on debt to pay deductibles and medical bills. They may postpone needed care, such as not going to the doctor when sick, skipping a test or treatment recommended by a doctor, not seeing a specialist, or not filling a prescription because of the cost.

Source: Investopedia

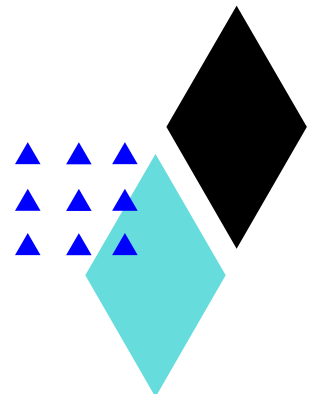




Under- Insured 2

A person is considered underinsured if out-of-pocket health care costs exceed ten percent of their income (five percent when income is less than 200 percent of the federal poverty level, which is \$22,980 for an individual and \$47,100 for a family of four), or if one's insurance deductible is more than five percent of their income.

Source: Health Well Foundation





Medicaid

Discrimination By: Kimberly De Santiago

Having accessible healthcare is a determinant factor for our health status. Therefore, having programs like Medicaid is crucial for numerous people. Medicaid is health coverage that can differ by state. However, their mandatory benefits include Inpatient hospital services, Outpatient hospital services, EPSDT: Early and Periodic Screening, Diagnostic and Treatment Services, and more.

Medicaid eligibility is low-income families, qualified pregnant women, and people who receive other financial assistance. Despite Medicaid being the largest source of health coverage, many people find it challenging to get accepted. To understand this, we have to look at the history of Medicaid.

History of Medicaid

A Health coverage plan was introduced in 1935 by President Roosevelt but did some receive backlash. Many Americans wondered how these programs would get paid and if it would disrupt the hierarchy already present in America.

Therefore, in 1935, The Social Security Act was implemented. However, this Act excluded domestic and agricultural laborers. This meant 60 percent Black men and 80 percent Black women were excluded. In 1964 President Lyndon Johnson proposed a series of new programs called "The Great Society," however faced similar problems like Roosevelt. In 1965 Medicaid was signed into law; however, each state offered the program differently.

This caused many southern states to have impossible eligibility requirements, with some as low as 10% of the federal poverty level.

Affordable Health Care Act

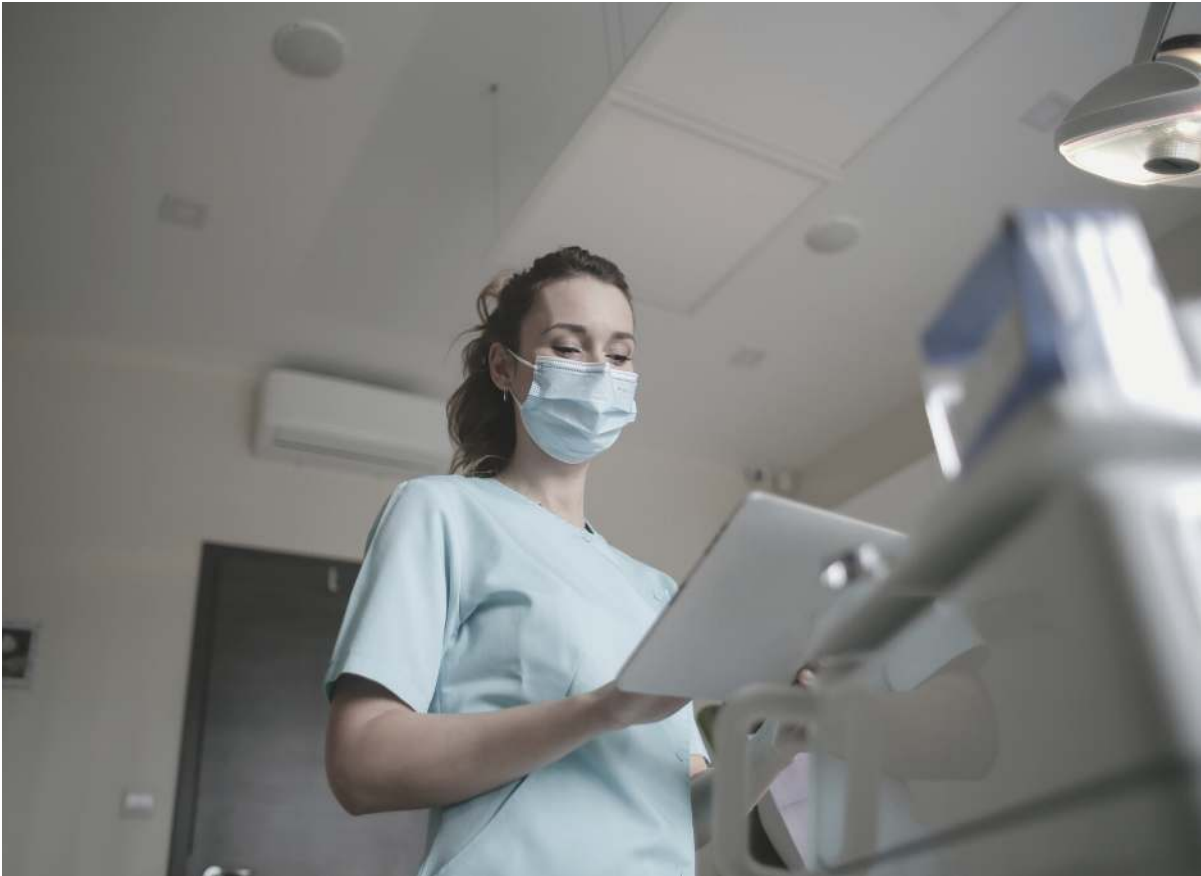
A new and revised program has to be created to solve these disparities. On March 23, 2010, the Affordable Health Care Act (AFCA) was signed. The AFCA is also known as "Obama Care," has three main goals. The AFCA now included adults below 138 percent of the federal poverty line for more people to get coverage and better outreach in the community and lower healthcare in general.

The AFCA includes mandatory laws; an adult will be able to get covered if they meet the income requirement without any other eligibility requirements in each state, which allowed people to have a better chance of getting approved.

However, in 2012, the Supreme court allowed states to decide if they would implement the Medicaid expansion. Today many southern states like Texas, Georgia, Tennessee, to name a few, have not implemented the Medicaid expansion. The decision not to expand has left many people of color without coverage.

Michigan Disparities

Nevertheless, states who have expanded are now trying to advocate for working requirements. In 2018 Michigan's bill would require many of their Medicaid recipients to show they worked at least 30 hours a week to keep their coverage.



States republicans view this bill as an inevitable way for people to support themselves and not depend on subsidized health plans. However, this bill would disproportionately affect black people. A county with an unemployment rate of more than 8.5 percent will be exempt from this; however, when more affluent suburbs surround cities, this can affect the cities' unemployment rate.

If Michigan didn't require an exemption, the work requirements would apply to around 700,000 Michigan residents enrolled in Medicaid. African Americans make up 23 percent of that population, but only 1.2 percent are eligible for the unemployment exemption. White residents make up around 57 percent of the affected people, but 85 percent would qualify for the unemployment exemption.

To keep up with these work requirements, recipients have to fill out forms online; however, many communities that require this follow-up lack internet in their households. These common disparities can lead to many low-income families fail to get coverage or lose it.

Covid-19 and Medicaid Expansion

This pandemic has generated a public health crisis, and therefore an increase in Medicaid enrollment has increased dramatically. After many Americans lost their jobs, this also meant losing their health coverage. However, this spike in enrolment meant implications for both federal and state spending.

Healthcare is essential and is a worry for many Americans. Medicaid and the Affordable Health Care Acts' purpose was to bring relief to Americans who might not afford healthcare otherwise. However, with these exemptions and eligibility requirements that differ in each states many times, the people who need it most don't get coverage. Nevertheless, each state has its programs that can help many low-income college students. These programs are on the Medicaid site and even have tools to see if you qualify.

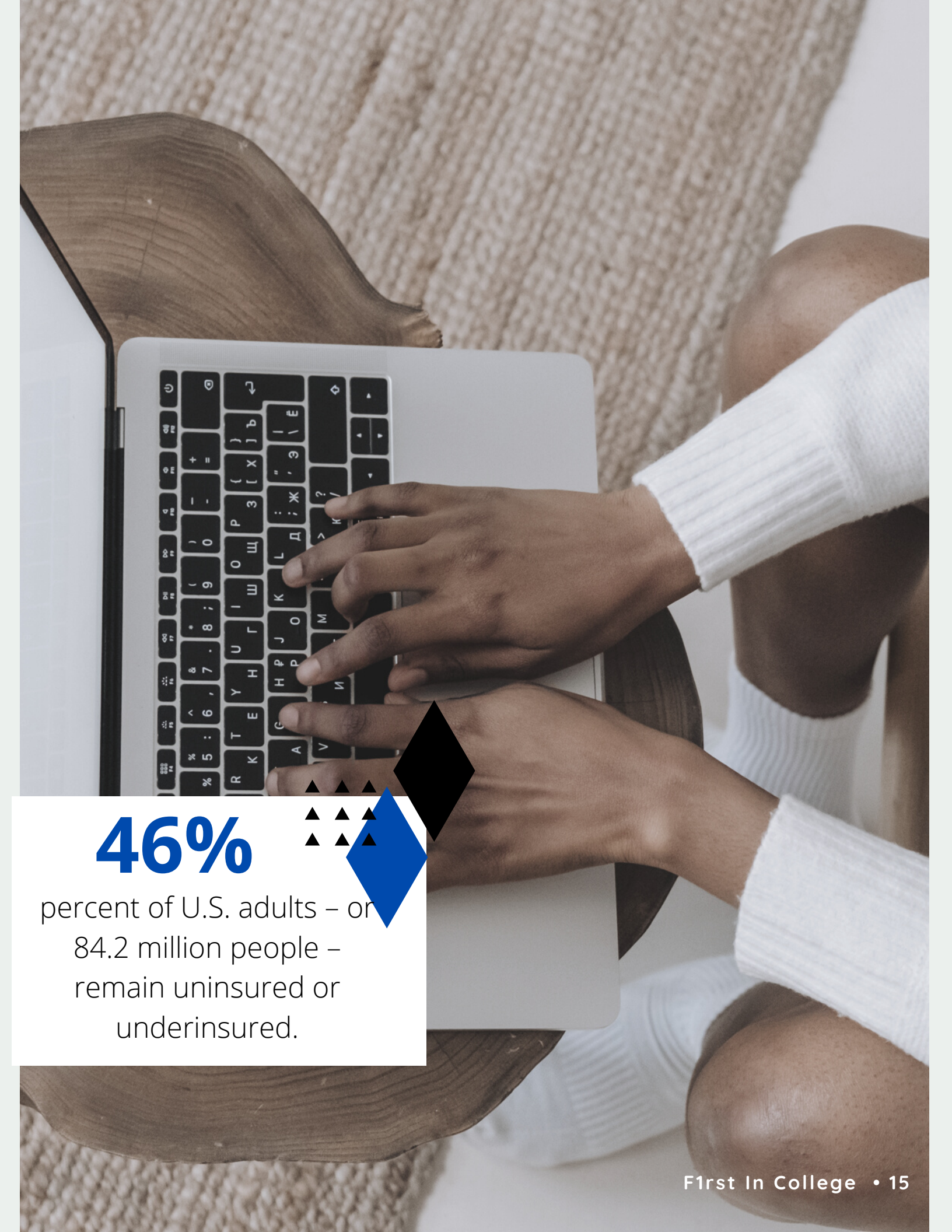
Universal Health Care

Having Universal Health Care consists of individuals and communities being able to receive healthcare without any financial hardships.

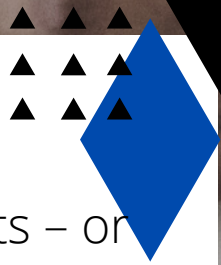
This should include all of the essential healthcare services, from prevention care, specialties, and rehabilitation. However, the quality of care should be just as important. Having a safety net allows individuals to receive healthcare treatment without any burden on their future. In many cases, individuals with an unexpected illness may require them to borrow money, sell their assets, or use up their savings.

This will ultimately destroy their futures and potentially their children. Universal healthcare isn't just about health financing but public health campaigns, clean water, and environmental issues that directly affect health as well. Medicaid discrimination has affected us the most during this global pandemic.

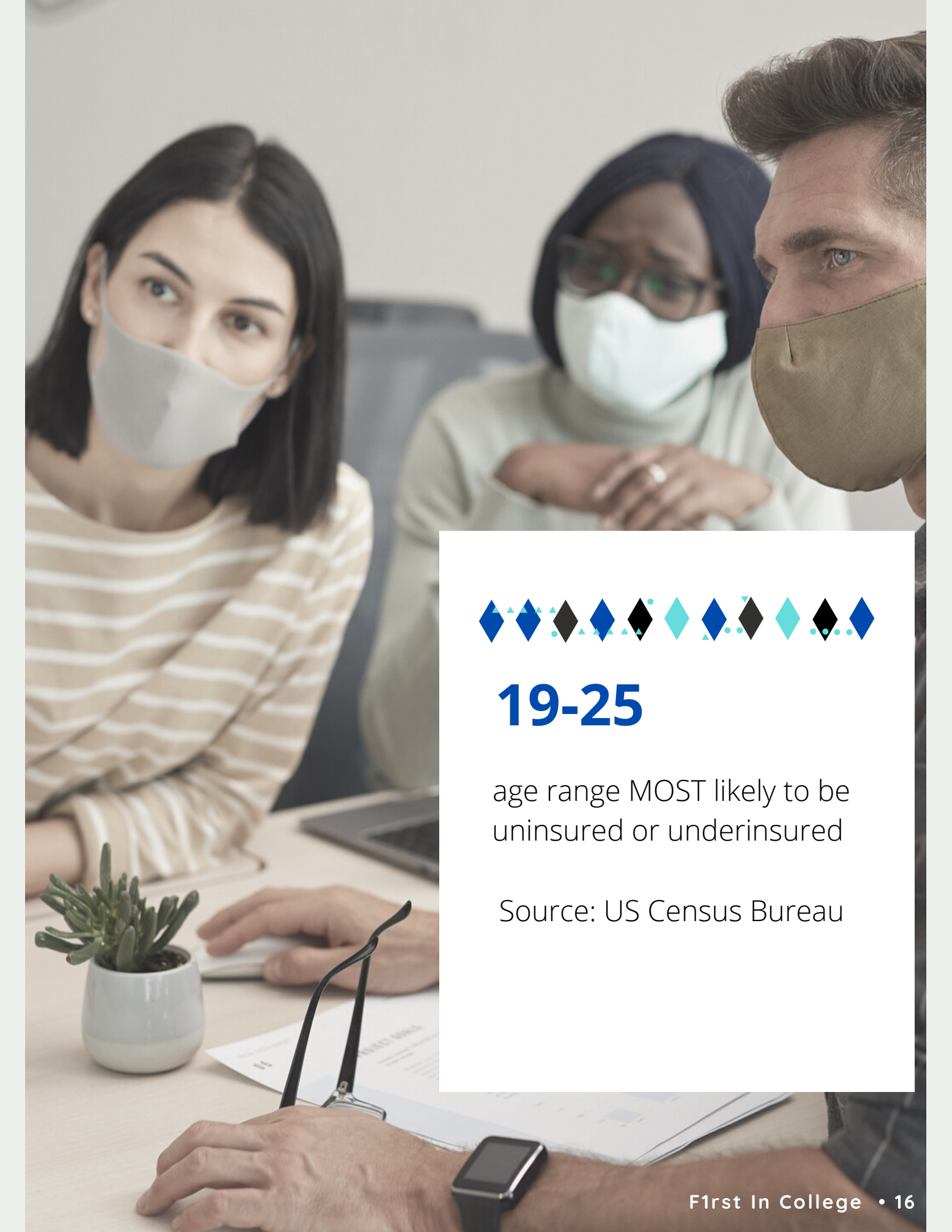
Many people have lost their jobs and, therefore, their healthcare coverage for their families. This pandemic has caused many burdens, but healthcare shouldn't have been a problem in the first place. These burdens the families have faced has shown us the weak links in the healthcare system. Healthcare disparities have affected people of color the most, especially individuals without healthcare coverage at all. The only purpose of healthcare shouldn't just include treating illness but improving the quality of life overall.



46%



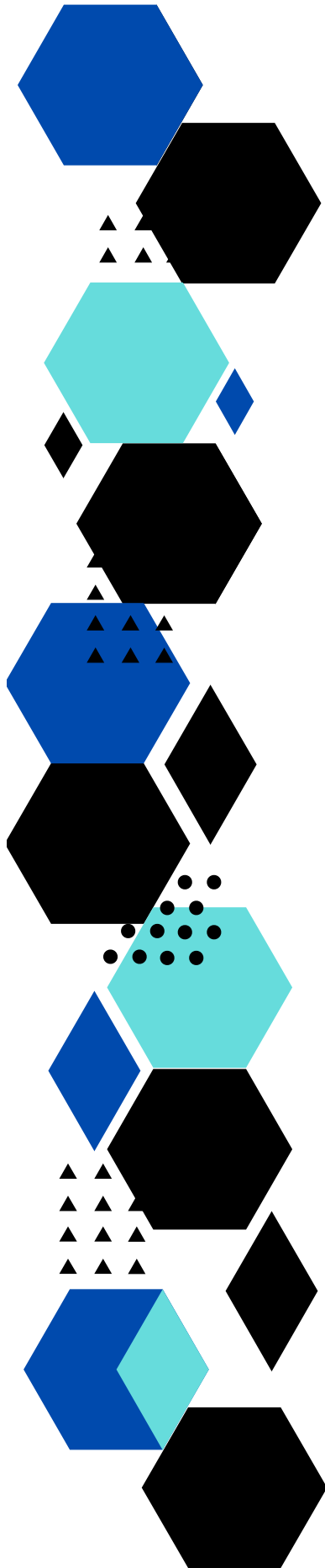
percent of U.S. adults – or
84.2 million people –
remain uninsured or
underinsured.



19-25

age range MOST likely to be uninsured or underinsured

Source: US Census Bureau



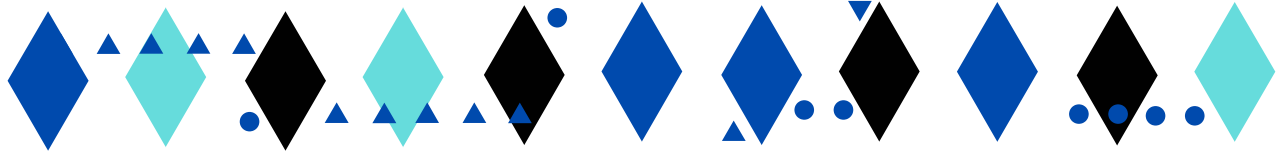
Types of Insurance & Student Deals



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By: Trishal Muthan



HEALTH INSURANCE

Health insurance is a type of insurance coverage that covers medical, surgical, prescription drug, and often dental expenses. Health insurance allows those who are insured to be partially or fully reimbursed for costs related to illness and injury and also sometimes for expenses from the care provider. Health insurance is often included in specific packages from employers with the employer partially paying the premium (amount paid to a health insurance company to keep coverage active). Individual health insurance (not given by an employer) is also available. Deductibles are set amounts that must be paid before your insurance company starts paying for any expenses.



HOMEOWNERS INSURANCE

Homeowners insurance is a type of insurance coverage that offers financial protection in the event of an accident that involves your home. It often covers damage and losses to an individual's residence, along with furnishings and other items. You will often need some sort of homeowners insurance when you are applying for a mortgage on a home before the financial institution provides you with a loan. Similar to health insurance, the homeowner will need to pay a deductible every time a claim is made to the insurance company. Homeowners insurance policies also contain a liability limit, the amount of coverage an individual has should an incident occur.



AUTO INSURANCE

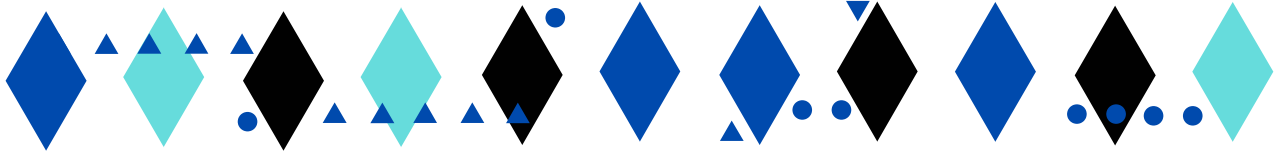
Auto insurance is a type of insurance coverage that covers costs associated with accidents involving automobiles. People pay annual or monthly premiums to an insurance company in exchange for the company paying either most or all of the expenses involving the vehicle crash, depending on the specific plan and company. Different types of expenses include medical, property, and liability (legal expenses for any damages caused). The premium for auto insurance varies heavily depending on various factors including gender, age, years of driving experience, driving history, and the vehicles themselves. Similar to home insurance, when applying for car loans, banks may require that you carry auto insurance for the vehicle.



LIFE INSURANCE

Life insurance is a type of insurance coverage that aims to ensure the financial stability of certain individuals after one's passing. In exchange for paid premiums, the insurance company will pay a certain amount of money known as a death benefit to named recipients after the policyholder passes away. These recipients are also known as beneficiaries and are able to use the money for whatever purpose they desire. This can include things like monthly bills, mortgages and loans, or college payments. Life insurance often allows friends and family to have a safety blanket in case you pass away. When it comes to life insurance, there are two types: universal life insurance (which provides lifetime coverage) and term life insurance (which provides coverage for a certain period of time).

By: Trishal Muthan



TRAVEL INSURANCE

Travel insurance is a type of insurance coverage that covers any expenses involved with traveling. Those who frequently travel, either domestically or abroad, or are going on lengthier visit could benefit from travel insurance. Travel insurance policies cover a variety of things: damage to personal property, rented items, trip cancellation/delays, property loss, medical issues, and more. Many travel insurance policies also include services such as flight rebooking, replacement of items, and money transfers. Travel insurance is commonly obtained through travel companies who offer the insurance along with their own travel packages. It can also be purchased independently for premiums paid to the insurance company.



PET INSURANCE

Pet insurance is a type of insurance coverage that covers any costs related to the wellness of an animal. Pet insurance is more or less similar to human health insurance but it does have some key differences. Some similarities they share are that they both usually have deductibles and copays. However, the system of payment is different when it comes to pet insurance. Pet insurance has various options when it comes to coverage and is usually more simple than human health insurance. Also, owners must pay out of pocket to the healthcare provider directly and then afterward will be reimbursed by the insurance provider, contrasting with most health insurance policies. Pet insurance can be useful in maintaining the health of your pet at a lower cost.



DISASTER INSURANCE

Disaster insurance (also known as catastrophe insurance) is a type of specialized insurance coverage that covers residences and businesses from both natural disasters, such as earthquakes, floods, hurricanes, and fires, and manmade disasters, such as bombings or riots. Coverage for incidents such as these are typically not covered in homeowners insurance plans and because of this, the need for disaster insurance exists. Specific catastrophe insurance is available because some disasters (volcano eruptions, earthquakes, etc.) only occur in some parts of the country. Disaster insurance can be obtained through insurance companies and sometimes the federal government.



RENTERS INSURANCE

Renters insurance is a type of property insurance that provides coverage specifically for those who are renting or subletting an apartment, condo, home, or anything else. The policy mostly protects customers from losses to the tenant's property that is inside the rented residence. It can also protect you from things like liability claims which would fall onto the owner's insurance policy rather than the renter's policy. There is a distinction between when renters policies apply and when homeowners policies apply. For example, if a natural disaster destroys the home, the home itself would be covered by the homeowners policy while the belongings inside would be covered by the renters policy. Proof of renters insurance is usually required by landlords if one wants to rent a residence.



Good Student Discount

Every major insurance company offers a good student discount. This discount is for around 10% to 15% off your premiums, and is given to student drivers who can demonstrate that they do well in school. Both high schoolers and full-time college students below age 25 are eligible.



University and Alumni Discounts

In addition to discounts for belonging to a sorority, fraternity, or honors society, you may get a discount simply for going to certain universities or for being an alumni of one. Not every university participates in this program, so you should check with your insurance company or university administrative office for more information.



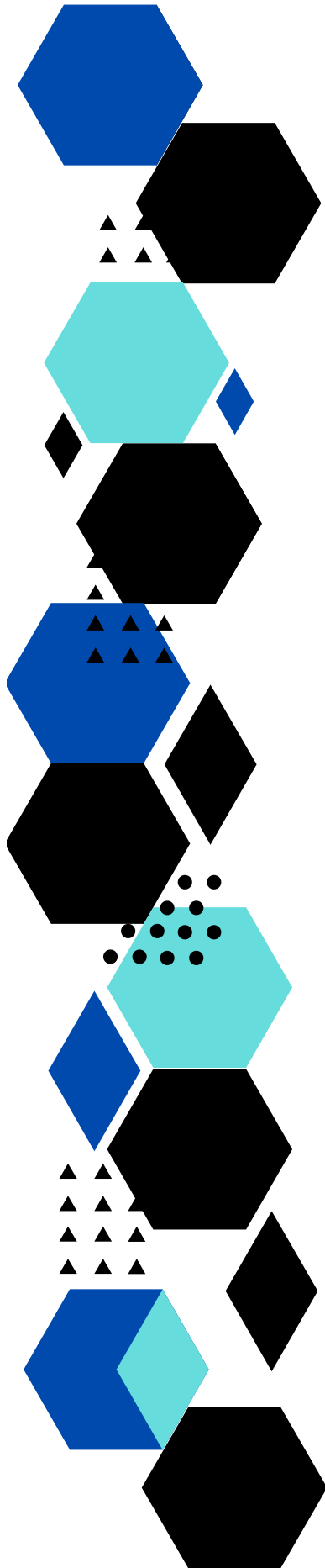
Bundling Discounts

Depending on the insurance company, if you bundle your policy with another insurance policy you can get a discount on your premiums. For example, if your parents bundle their homeowners insurance with their auto policy the insurance company likely offer a discount.



Health Insurance

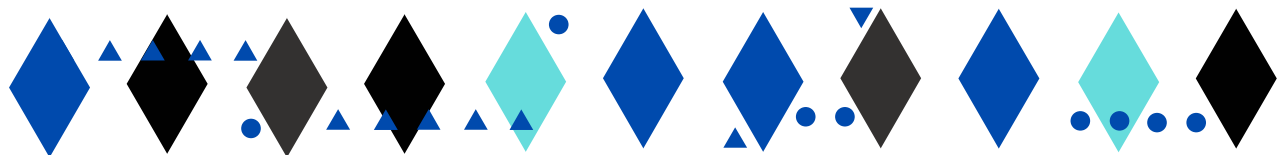
How much health insurance costs as a college student is dependent on your income, state, and student status. For example, low-income students who qualify for Medicaid may pay \$0 per month for coverage, while school-offered insurance typically costs between \$1,500 and \$2,500 per year. Keep an eye out for any deals or promotions

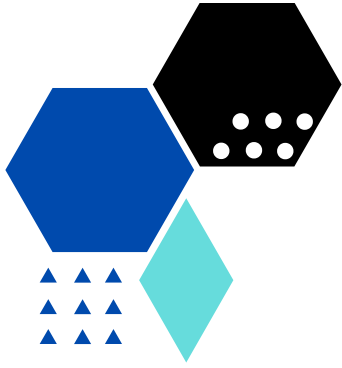


Final Thoughts

The unexamined life is not worth living

Socrates





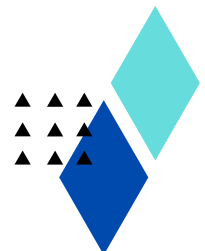
Voices of FGLI: Highlighting First-Generation and Low-Income narratives

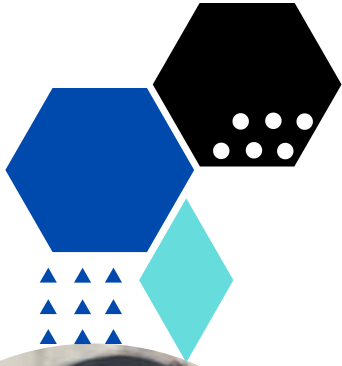


Lacei Hansen- Modesto High School

When was a time you felt like you struggled with imposter syndrome?
How did you overcome that?

I am currently a Junior in High School. Our school has what is called the IB program, and because the classes are so challenging, it is assumed you have to take at least some of them in order to look good to colleges. So, this year I decided to take IB psychology. Right off the bat I felt like I didn't belong in the class. I felt everyone was smarter than me and I just didn't get it enough. The teacher oftentimes didn't like my answers in the class, I was failing the quizzes, and I was always comparing my in-class answers to my peers. As such, I immediately wanted to drop the class because I didn't feel good enough to be there, I was intimidated by the advertised "difficulty" of the class and felt like a fraud since I was one of the very few non-IB students in there. The way that the IB teaches classes is different than College Prep classes (which is the standard non-advanced classes at our school). In my other classes, I feel like it had more to do with memorization and it didn't take much to succeed. However, the IB wanted more comprehension of the material and you to be able to expand on your learning and answer questions in paragraphs to show you understood the material, instead of sentences. I felt out of my league, I had never had to understand the material on such a deeper level and was struggling learning how. In order to overcome these difficulties, I asked a friend to join the class with me. This helped me feel less alone in the class because they understood what I was going through. We would talk about the class work together and would help each other come up with the best answers as we depended on one another. Eventually I learned the best way to overcome the Imposter syndrome was to stop comparing myself to others. They had already gone through a majority of the IB program and had learned how to learn that curriculum and succeed. They had already learned how to comprehend material instead of simply memorizing. I was new to it and that was okay, there was going to be difficulties and I learned to be okay with it. I instead started doing the class for purely just enjoying the material. I learned I loved psychology. It was no longer about getting an A or comparing myself to everyone else, it was about learning the material and enjoying the class and bettering myself as a person. I wasn't going to be like everyone else, I am my own person and will succeed in my own ways.





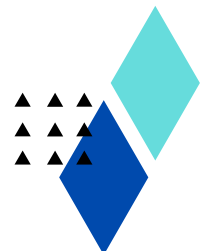
Voices of FGLI: Highlighting First-Generation and Low-Income narratives



Emahlia Power- San Francisco State University

When was a time you felt like you struggled with imposter syndrome?
How did you overcome that?

The last time I had imposter syndrome was probably when I visited Asia for the first time. The summer of 2019, I went with my partner who's Chinese to Singapore, Malaysia, and Taiwan. Being Cambodian, Malaysian food, appearances and culture was somewhat similar to Cambodian culture. I was surrounded by all Asian people, but I felt so alone and stranded. I didn't recognize myself in these people with the same skin tone and hair, the food tasted different, and my tank top stood out like a sore thumb in comparison to everyone's modest clothing. I've always taken pride in being Asian, but there is a different kind of identity to take on being Asian American and acknowledging that difference is how I felt I overcame that struggle. I came back to the states, ended up changing my major to Asian American studies from Journalism, and began to cultivate my identity as an Asian American more so than I had before. I also realized, it's ok to not completely resonate with people even though you're told you're supposed to, acknowledging similarities and celebrating differences is the only way to build community and by finding my identity through college as an Asian American I felt at home in my ethnicity and nationality. I realize though this opportunity to find my identity came later in life, since being Asian American and ethnic identity wasn't a common discussion in the K-12 system, and while I'm thankful I had the opportunity to explore this many people don't get the chance to.





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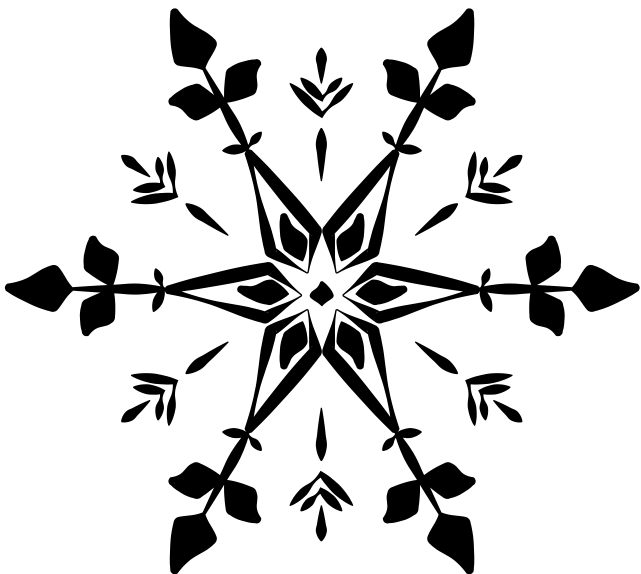
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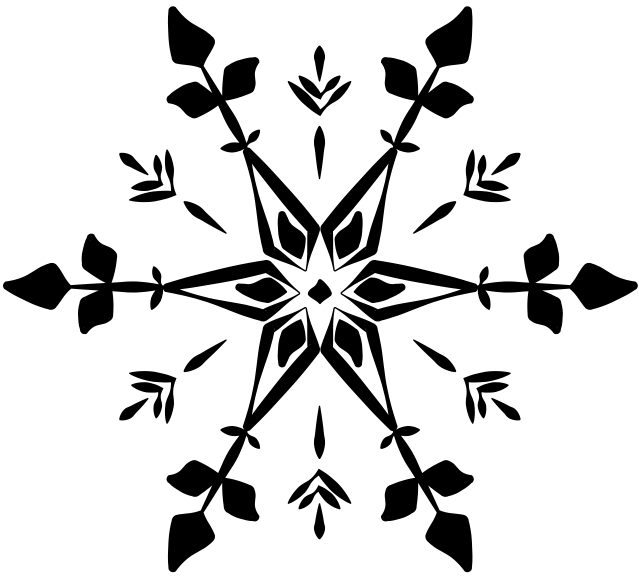
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Making Common Sense More Common





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