**BEFORE YOU START AT SFU**

**STEP 1**
- Apply for the [BC Medical Services Plan (MSP)](https://www.gov.bc.ca/vmservices/) if you are a permanent resident or citizen and have not already done so. If you will be residing in BC for six months or longer, it is mandatory for you to enroll yourself and any accompanying family members in BC MSP.
  - If you have a TA or TM contract at SFU, see SFU Human Resources for MSP application information
- If you do not yet have BC MSP, arrange for primary insurance coverage to cover you until your MSP application is processed:
  - If you have not yet landed as a permanent resident, you will be automatically enrolled in a 4-month primary medical insurance plan with [Guard.me@SFU](https://guard.me) for your first term of studies.
  - Opt out of the Guard.me@SFU plan when your BC MSP takes effect (after the waiting period). You may be eligible for a partial refund of the Guard.me@SFU fee if there is more than one month remaining in the term, and you have not used the plan
- If you are a refugee and do not yet have BC MSP, apply for Interim Federal Health (IFH) and BC MSP. IFH will provide coverage while you wait for your MSP to take effect.

**STEP 2**
- **Undergraduate Students:**
  - Complete the [University Prep](https://www.sfu.ca/students/isap/) online transition course.
  - Sign up and attend [Welcome Day](https://www.sfu.ca/students/isap/).
  - Sign up for the [Global Connections Program](https://www.sfu.ca/students/isap/): When you join the Global Connections Program, you can request to be matched with a Community Leader to support you and answer your questions one-on-one about all aspects of life at SFU. You will also be meeting other SFU students through various events, activities, and trips over the course of one term. See photos of our past events on our [Facebook](https://www.facebook.com/ISS.SFU) and [Instagram](https://www.instagram.com/gscsfu).
- **Graduate Students:**
  - Check out the Graduate and Postdoctoral Studies [Virtual Orientation](https://www.sfu.ca/students/isap/).

**AFTER YOU START AT SFU**

**STEP 3**
- Make changes to your secondary insurance if necessary (i.e. opt down to basic plan, opt out with equivalent coverage, add family members) during the opt-out period for Studentcare.

**STEP 4**
- For details of how to apply, review the information on how to apply for a [Social Insurance Number](https://www.irs.gov): You must provide your SIN to your employer within three days of starting work

**STEP 5**
- If you are an Undergraduate student, complete [SFU 101](https://www.sfu.ca/students/isap/) to help you transition to SFU and prepare for academic success.
- Sign up for [Event and Programs](https://www.sfu.ca/students/isap/) offered by International Services for Students.
- Read our ISS Newsletter sent to your SFU email account to stay up-to-date on advising, immigration, medical, opportunities, and important reminders. To subscribe to the newsletter, please email isap@sfu.ca.
- Get involved in your SFU community!

**STEP 6**
- The transition to life in a new country can be exciting, but isn't always easy. SFU has a number of supports available to you if you are struggling. Please do not hesitate to reach out if you are having a difficult time at any stage of your SFU degree -- we're here to help. Contact us at intl_advising@sfu.ca