BEFORE YOU START AT SFU

STEP 1
- Apply for the BC Medical Services Plan (MSP) if you are a permanent resident or citizen and have not already done so:
  - 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 Guard.me (primary insurance). 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
- Complete the University Prep online transition course.
- Sign up and attend orientation and welcome events.

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 Social Insurance Number handout:
  - You must provide your SIN to your employer within three days of starting work
- Learn about filing a Canadian Income Tax return.

STEP 5
- Complete SFU 101 to help you transition to SFU and prepare for academic success.
- Sign up for workshops and events offered by International Services for Students: www.sfu.ca/students/isap/events
- Bookmark ISS News and Updates to get up-to-date information for students from international pathway on advising, immigration, medical, opportunities, and important reminders: www.sfu.ca/students/isap/news
- 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