FINDING a DOCTOR for Non-Students

All Duke Students’ basic health care needs are provided by the Duke Student Health Center. The annual Student Health Fee covers these services. This is the good news. Unfortunately, the Student Health Fee DOES NOT cover health care for a student’s or scholar’s family. Health care in the USA is very expensive and quite different from other countries! The US has a pay-for-services system. This means that an individual is responsible for one’s own health care costs. Without insurance, an office visit to see a doctor for a minor illness will cost around $200; a normal pregnancy and delivery will cost at least $20,000; an appendectomy with 2 nights in the hospital can cost at least $25,000. – This is why you must purchase health insurance! Health Insurance is required for all J-1 and J-2 visa holders.

Health Insurance for Dependent Visa Holders

- F-2 dependents: Sign up for the Duke Student Health Insurance Family Plan.
- J-2 dependents of students: Are required to enroll in the Duke Student Health Insurance Family Plan.
- J-2 dependents of visitors who are not Duke employees: See Duke Visa Services website for required enrollment details.
- H-4 visa holder: Sign up for a Duke Employee Health Insurance Plan.

Duke Urgent Care

If you become ill (cold/flu) or have minor injuries (that are not life threatening), go to Duke Urgent Care. You do not need an appointment for urgent care (although you can), although you can schedule one per phone or online. Visiting an Urgent Care facility costs much less than visiting the Emergency Room (ER), which might you at least $2000 - $3000. DO NOT go to the Emergency Room unless you have a serious Emergency.

What services do Urgent Care facilities provide?
They provide diagnosis, treatment and management of urgent medical conditions and minor trauma when a patient’s primary care physician is unavailable. If you do not drive, you will have to take a taxi or ask a friend to drive you. See our handout Taxis.

Durham Locations:

  1821 Hillandale Road, Suite 24-A, Durham 27705. 919.383.4355, Hours: daily 8am- 8pm (incl. weekends and holidays)
  5716 Fayetteville Road, Durham 27713. 919.572.1868, Hours: Daily 8am- 8pm

Chapel Hill Location:

  1407 East Franklin Street, Chapel Hill 27514. 919.913.0996, Hours: Mon-Fr 8am–8pm | Saturday, Sunday, and Holidays1: 8am–4pm

How to find a doctor for you or your family?

It may take several weeks or more to see a doctor for the first time. It is wise to schedule a basic checkup for you, your spouse and/or children with a doctor soon after you arrive to Durham.

- Call the Patient Referral Center at 919.416.3853.
- Ask for Basic/General Check-up appointment. Tell them you are new to the country and don’t have a primary care physician (doctor) yet. They will ask for your address and find a doctor who can take new patients.

Clinics affiliated with Duke University Medical Center (for both children and adults)

- Duke Primary Care Timberlyne 77 Vilcom Center Drive, off of Weaver Dairy Road in Chapel Hill 27514. 919.942.8500

Dental and Eye

Dental and regular eye check-ups are not included in many basic insurance policies. A visit to the dentist for cleaning will cost at least $150. A major dental problem will be much more costly. For information about dental care, see the International House handout, Finding a Dentist. DUKE STUDENTS, unfortunately your Duke University Student Health Plan DOES NOT include any coverage for basic dental care. However, you can purchase a dental plan called Dental Blue through Blue Cross/Blue Shield. For more information, go to http://www.bcbsnc.com/content/plans/dentalblue/index.htm. Students enrolled in the Student Health Insurance Plan are also eligible for discounted dental visits through ha program called BAIX, Visit the website for more details and participating practices (http://www.basixstudent.com/duke/providers.html). – An eye check-up will cost at least $80. In addition, patients must pay for prescription glasses. See the International House handout Eye Exams, Glasses and Contact Lens.