



# Johns Hopkins University Trainee Benefits Overview

As of August 15, 2025

## Eligibility

Trainees at SOM and KKI are automatically enrolled into individual-only medical insurance. They also have the option to purchase dental and vision insurance for an additional fee.

Trainees can enroll dependents (spouse, domestic partner, child(ren)) into coverage within 30 days of their appointment start date or within 30 days of a Qualified Life Event (QLE).

To view, enroll in, or waive coverage, visit [students.care26.com/login](https://students.care26.com/login).

Students with comparable health insurance can submit a waiver. However, visiting students on F-1 or J-1 visas must remain enrolled in the JHU plan.

## Medical Insurance

The medical plan is administered by Wellfleet and utilizes the Cigna PPO network of providers. Prescription coverage is included. For an overview of the plan benefits, please visit: [Wellfleet Medical Plan - JHU Human Resources](#).

Once enrolled, you can create an account on the [Wellfleet site](#) using your JH credentials to access your ID card, claims information, and confirmation of coverage letters.

## Dental Insurance

The dental plan is administered by Delta Dental and utilizes the PPO + Premier network of providers. For an overview of the plan benefits, please visit: [Delta Dental Plan - JHU Human Resources](#).

Once enrolled, you can create an account on the [Delta Dental site](#) using your Hopkins ID, to access a copy of your ID card and review your plan benefits.

## Vision Insurance

The vision plan is administered by EyeMed and utilizes the Insight network of providers. For an overview of the plan benefits, please visit: [EyeMed Vision Plan - JHU Human Resources](#).

Once enrolled, you can create an account on the [EyeMed site](#) using your Hopkins ID, to access a copy of your ID card, find a provider, and review your plan benefits.

*Complete descriptions of the health insurance program, dental insurance, and vision insurance plans are available on following website: [jhu.myahpcare.com](https://jhu.myahpcare.com). The benefits described herein are for the 2025 – 2026 year. Benefit plans and their costs are reviewed annually and are subject to modification. Please direct questions to Academic Health Plans at 855.423.1678 or email [jhustudentbenefits@jhu.edu](mailto:jhustudentbenefits@jhu.edu).*