

## Registering to Sécurité Sociale



Are you an international student? Make sure we have you covered for a safe and successful school year!

Membership in the French social security system is **free and compulsory**. It entitles you to coverage of your health care expenses for the duration of your studies...

### How to register

Once you have arrived in France and been issued with your certificate of enrollment by a French institute of higher education, you will be able to register on "l'Assurance Maladie"'s dedicated website, [etudiant-etranger.ameli.fr](https://etudiant-etranger.ameli.fr). At this time, you will need to enter the required information and upload the requested supporting documents, as determined by your circumstances and country of origin. When you have completed all of these steps, a personal account is created for you. You will be able to log in to it using the email address you provided at the time of registration. **For help with registration**, please refer to our online tutorial in the ["Help" section on etudiant-etranger.ameli.fr](#)

### Protecting your health

To make sure you get the most out of your health care coverage, you will need to take the following steps:

- **Declare a doctor** you see in France as your **primary care physician ("médecin traitant")** for optimum follow-up care. Your primary-care physician will prescribe the care you need and refer you to a specialist if appropriate. Your care will also be reimbursed at a higher rate.
- **Take out supplementary insurance** to cover the percentage not reimbursed by "l'Assurance Maladie" and cut down on any out-of-pocket expenses.
- **Order your French health insurance card ("carte Vitale")**: your card will need to be updated once a year, and whenever you have a change in circumstances. You can update it at the terminals available at all local health insurance funds ("CPAM") and at most pharmacies. This guarantees that all of your information is up-to-date and streamlines the reimbursement of your health care expenses.
- **Open an ameli account** (on the ameli app or on [ameli.fr](https://ameli.fr)) to track your reimbursements, update the personal information that is crucial for smooth communications with the French health insurance system, and ask any questions by email.

### [To learn more](#)

*If you are having trouble registering for French health insurance coverage, please call 3646 (no surcharge) Monday through Friday from 8:30 a.m. to 5:30 p.m. You can ask for an English-speaking phone representative who can set up an appointment for you.*

### Where to learn more and how to contact "l'Assurance Maladie"

[ameli.fr](https://ameli.fr) for information on news, entitlements and how to apply, reimbursements, and health

Your [ameli account](#) to use all of the services available through your personal account

The [forum ameli](#) for any general questions

By calling **3646** (no surcharge) Monday through Friday from 8:30 a.m. to 5:30 p.m.

In person, by going to your [local health insurance fund \(« CPAM »\)](#)