Welcome to the Student Health Benefit Plan (SHBP)!

**Health Coverage Basics**
Your spring semester health coverage will begin January 22 and continue through August 18, 2019.

Blue Cross and Blue Shield of Minnesota provides the health plan network and claims administration services for the SHBP, giving you access to thousands of providers in their worldwide network. To find an in-network provider convenient for you, use Blue Cross and Blue Shield’s [Find a Doctor](#) tool.

To check coverage for healthcare services or find resources to help manage your health, visit the Blue Cross and Blue Shield [website](#) or call 651-662-5004.

**Dental Benefits**
The SHBP includes preventive dental benefits for the primary member (the student) and pediatric dependents (under age 19) through [Delta Dental](#). Use Delta Dental's [Find a Dentist](#) tool to locate a dentist. [Learn more](#) about your dental benefits.

If you would like additional dental benefits, you can enroll in the optional Dental Buy-Up Plan with coverage beginning February 1. The Buy-Up Plan is an additional $326 and includes restorative dental benefits for services such as emergency treatment, fillings and tooth removal. Find more information on our [website](#).

**ID Cards**
If you are a new enrollee, you will receive ID cards from Blue Cross and Blue Shield and Delta Dental at your University mailing address. You will need to bring your ID card to any medical or dental appointment you may have, as this is proof that you have coverage.

**Have Questions?**

Blue Cross and Blue Shield | 651-662-5004
Blue Cross and Blue Shield can answer questions about your health coverage and services, in-network providers and resources to help manage your health.

Delta Dental of Minnesota | 651-406-5916
Delta Dental can answer questions about your dental coverage, services and in-network providers.

Office of Student Health Benefits | umshbo@umn.edu | 612-624-0627
The Office of Student Health Benefits can answer questions about eligibility, enrollment and billing.

Have a great semester!

Office of Student Health Benefits
University of Minnesota
410 Church Street SE, N323
Minneapolis, MN 55455
Phone: 612-624-0627 or 1-800-232-9017