Welcome to the Student Health Benefit Plan (SHBP)!

Health Coverage Basics
Your health coverage is effective January 18 and continues through August 21, 2022. The SHBP premium of $1,398 is billed to your student account.

Blue Cross and Blue Shield of Minnesota (Blue Cross) 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 the Blue Cross Find a Doctor tool.

To check coverage for healthcare services or find resources to help manage your health, visit the Blue Cross website or call 651-662-5004.

Dental Benefits
Students under the age of 19 who are enrolled in the Student Health Benefit Plan (SHBP) are automatically provided with Pediatric Dental Benefits at no extra cost. Pediatric coverage includes preventive and periodontal dental benefits, covered at 100% once every six (6) months such as teeth cleanings, deep cleanings, x-rays, and comprehensive exams. It also includes restorative dental benefits, covered between 50-80%, such as emergency treatment, fillings, and tooth removal.

Students ages 19 and older are provided Preventive and Periodontal Benefits, also at no extra cost. This standard coverage provides services such as teeth cleanings, x-rays, and comprehensive exams covered at 100%, and non-surgical periodontal coverage such as deep cleanings, covered at 80%. Use Delta Dental's Find a Dentist tool to locate a dentist.

If you would like restorative dental benefits (for services such as fillings and tooth removal), you can enroll in the optional Dental Buy-Up Plan for an additional fee. The start date for restorative dental benefits is February 1 and continues through August 31, 2022. To enroll, fill out the online enrollment form or submit an enrollment form to the Office of Student Health benefits by February 3. Students who were eligible in the fall semester and are joining the Dental Buy-Up Plan for the spring semester will be billed $663.12. Students who are newly eligible for the spring semester will be billed $331.56. Learn more about your dental benefits.

ID Cards
You will receive ID cards from Blue Cross 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. If you need policy information prior to receiving your ID cards, please contact Blue Cross and/or Delta Dental.
If you need to update your address, please contact the Office of Student Health Benefits below with your new, complete address.

**Have Questions?**

[Blue Cross and Blue Shield of Minnesota](tel:651-662-5004)
Blue Cross can answer questions about your health coverage and services, in-network providers and resources to help manage your health.

[Delta Dental of Minnesota](tel:651-406-5916)
Delta Dental can answer questions about your dental coverage, services and in-network providers.

[Office of Student Health Benefits](mailto:umshbo@umn.edu) | 612-624-0627

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