



### **New substance use program from Learn to Live**

Did you know that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help? It can be difficult to take the first step, and that's where [Learn to Live](#) can help with their new Substance Use program.

Learn more or get started at [learntolive.com/partners](http://learntolive.com/partners) and enter code UMN. Learn to Live also provides programs to help with social anxiety, depression, anxiety and worry, and insomnia.

### **Gym discount at RecWell**

You can receive a discount of \$80 on a gym membership each semester at [RecWell](#) if you **DO NOT** pay the Student Services Fee. Visit Member Services at the University Recreation and Wellness Center - **Minneapolis** campus to update or start your membership, and let them know you would like the Boynton discounted rate on a full semester membership.

The gym discount program at RecWell is structured so the discount is taken off upfront. This is in lieu of the Frequent Fitness program, which is no longer available with Blue Cross. This discount is available for the Spring Semester full membership until May 1st. After May 1st, no refunds or discounts will be available for Spring Semester. Dependent spouses of current GAHP enrollees are also eligible for the Boynton discounted rate. If you have questions, please contact the RecWell Member Services office at (612) 626-9222 and press "0" or email [recwell@umn.edu](mailto:recwell@umn.edu).

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  
Fax: 612-626-5183 or 1-800-624-9881  
[umshbo@umn.edu](mailto:umshbo@umn.edu)  
[www.shb.umn.edu](http://www.shb.umn.edu)

*Copyright © 2020 Regents of the University of Minnesota, all rights reserved.  
The University of Minnesota is an equal opportunity educator and employer.*

**This message was sent from:**  
Office of Student Health Benefits  
410 Church St. SE  
Minneapolis, MN, 55455

[mass email privacy statement](#)