



As the semester wraps up, our office wanted to inform you of Student Health Benefit Plan updates for summer and the upcoming plan year.

### Online Care

[Doctor on Demand](#) offers virtual visits. Medical care visits are available 24/7 and mental health care visits are available by appointment from 7 a.m. to 11 p.m. local time, seven days a week.

Online programs to help with stress, depression, social anxiety and insomnia are available through Learn to Live. The programs are confidential, available at no cost and completed at your own pace. Visit [learntolive.com/partners](http://learntolive.com/partners) and enter code "UMN" for access.

### 2020-2021 Rate Change

For the 2020-2021 plan year, the cost of the SHBP will be \$1,272 per semester for students, making the average monthly cost \$212.

### Are you graduating this semester?

If you are graduating, you will no longer be eligible for the Student Health Benefit Plan (SHBP) and your coverage will end August 23, 2020. You have the option to enroll in a short-term coverage extension, which continues SHBP coverage through August 31, 2020. Enrollment in the short-term coverage extension can help to bridge the gap between the end of SHBP coverage and the start of your next plan. The deadline to elect this plan is August 23, 2020. Learn more on our [website](#).

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