



Student Health Benefits

UNIVERSITY OF MINNESOTA

If you have recently waived the Student Health Benefit Plan, please disregard this email.

Welcome to the Student Health Benefit Plan (SHBP)!

Health Coverage Basics

Your health coverage became effective August 19 and continues through January 20, 2020. The SHBP premium of \$1,170 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

The SHBP includes preventive dental benefits for the primary member (the student) and pediatric dependents (under age 19) through [Delta Dental](#). Services such as routine cleanings and exams are included in the preventive dental benefits. 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. The Buy-Up Plan is an additional \$326 per year and includes restorative dental benefits for services such as emergency treatment, fillings and tooth removal. The deadline to enroll in the Dental Buy-Up Plan is September 26. Find more information on our [website](#).

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.

Have Questions?

[Blue Cross and Blue Shield of Minnesota](#) | 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](#) | 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!

Enrollees who hold an eligible graduate assistantship or fellowship: If you submitted a Graduate Assistant Health Plan (GAHP) enrollment form to the Office of Student Health Benefits within the last 5 days, you may disregard this email. The benefits will change once the enrollment request has been completed.

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
www.shb.umn.edu

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Office of Student Health Benefits
410 Church St. SE
Minneapolis, MN, 55455

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