



Student Health Benefits

UNIVERSITY OF MINNESOTA

If you are an international student with a pending waiver, please disregard this email.

Welcome to the Student Health Benefit Plan (SHBP)!

Health Benefits

Your health coverage became effective August 24 and continues through January 18, 2021. The SHBP premium of \$1,272 is billed to your student account. Student Health Benefit Plan coverage is provided by Blue Cross and Blue Shield of Minnesota (Blue Cross), which gives you access to a broad network of providers, both on and off campus. To find an in-network provider convenient for you, use 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. Learn more about your coverage [here](#).

Dental Benefits

The SHBP includes preventive dental benefits provided by Delta Dental for the primary member (the student). Services such as routine cleanings and exams are included in the preventive dental benefits. Preventative benefits will be effective as of your SHBP start date. Use Delta Dental's [Find a Dentist](#) tool to locate a dentist.

If you would like additional dental benefits, you can enroll in the optional Dental Buy-Up Plan. The Buy-Up Plan is an additional \$498 per year and includes restorative dental benefits for services such as emergency treatment, fillings, and tooth removal. Learn more on our [website](#).

ID Cards

You will receive your ID cards from Blue Cross and Blue Shield and Delta Dental at your University mailing address. **Please note that you will want to verify that your address is up to date through your MyU portal to ensure that your ID cards are sent to the correct mailing address.** You are also able to access your ID card electronically in the [BlueCrossMN mobile app](#). Once you create an account with [Blue Cross](#), then download and begin using the mobile app. The app also gives you access to check claims or find a doctor. The mobile app can be downloaded in the app store.

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!

Office of Student Health Benefits
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