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 23rd and continues through January 17, 2022. The SHBP premium of $1,398 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 that is 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 for the primary member (the student) and pediatric dependents (under age 19) through Delta Dental. Primary members under the age of 19 are automatically enrolled in pediatric dental benefits which expire at the end of the month in which they turn 19. 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 $663.12 per year and includes restorative dental benefits for services such as emergency treatment, fillings, and tooth removal. Learn more about your dental benefits on our website. You may submit to enroll until October 15th.

ID Cards
You will receive your ID cards from Blue Cross 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. If changes are made, please contact our office to provide your address as well.

You are able to access services before you get your insurance card by creating an account with Blue Cross. To do so, contact the Office of Student Health Benefits (umshbo@umn.edu or 612-624-0627) or Blue Cross (651-662-5004) to get your policy information to create an account. Then download and begin using the BlueCrossMN mobile app by logging in using your member portal information. You will then be able to access your ID card electronically. The app also gives you access to check claims and find a doctor.
If you have previously created an online account, then download and begin using the BlueCrossMN mobile app by logging in using your member portal information for mobile access.

**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  
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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