There is a deep connection between oral and overall health and it is important to keep up with routine dental care. Find tips on how to create healthy home routines from Delta Dental [here](#) (pdf). To find a dentist, learn more about your dental benefits or look up your ID card, visit Delta Dental’s website. Your mental health also plays a part in your oral health, learn more [here](#) (pdf).

Additionally, your health plan through Blue Cross and Blue Shield of Minnesota (Blue Cross) offers many resources to give you the opportunity to learn more about your current health and participate in wellbeing activities.

**RecWell gym discount**
You can receive an $80 discount on a gym membership each semester at [RecWell](#). 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. If you are already a RecWell member and have not been receiving the discount, you can go to RecWell and fill out a reimbursement request form. If you have further questions, please contact the Member Services office at (612) 626-9222 and press “0” or recwell@umn.edu.

**Sharecare online health and wellbeing platform**
Sharecare provides tools, insights and information on how to improve your health and live your healthiest life. Discover how old your body thinks it is by taking the RealAge® test, then get personalized tools and resources including:

- A highly customized-timeline with personalized content to help you meet your goals
- AskMD® to help you find medical providers specializing in what you need
- Daily trackers to measure how healthy you are each day
- Access to coaching and other programs to keep you motivated
- Your personal health profile

Log in or register at [bluecrossmn.com/umnrf](#) and click on Sharecare to get started.

**Online mental health resource**
[Learn to Live](#) provides online programs to help with stress, depression, social anxiety, substance use, and insomnia. The programs are confidential, available at no cost to you and completed at your own pace. Visit [learntolive.com/partners](#) and enter code “UMN” for access.

**Blue Cross health and wellness discount program**
You also have access to a health and wellness discount program through Blue Cross, called [Blue 365](#), which includes other gym membership discounts and wellbeing savings.
do® health and wellbeing app
The do. app gives you the tools and resources to take charge of your health. From lowering stress and managing weight to comparing treatment options, do. is the place to begin. Search for “do. Blue Cross” at the App Store or Google Play.

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