



Wellbeing is the combination of many aspects, including physical, emotional, financial, and social health. As a Graduate Assistant Health Plan member, you have access to the resources below to support your overall health and wellbeing.

### **Learn to Live, an online mental health resource**

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

### **Sharecare, an 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 to live your healthiest life 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

[Register or continue to use Sharecare.](#)

### **Health and wellness discounts**

[Blue365](#) offers health and wellness deals for Graduate Assistant Health Plan members.

Improve your health and be well, find more information on wellbeing resources available to you on our [website](#).

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](mailto:umshbo@umn.edu)  
[www.shb.umn.edu](http://www.shb.umn.edu)

*Copyright © 2019 Regents of the University of Minnesota, all rights reserved.*  
The University of Minnesota is an equal opportunity educator and employer.

**This message was sent from:**  
Office of Student Health Benefits  
410 Church St. SE  
Minneapolis, MN, 55455

[mass email privacy statement](#)