



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.

Gym discount at RecWell

You can receive a \$80 discount on a gym membership each semester at [RecWell](#) if you **do not** pay the Student Services Fee. 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 on a full semester membership. The gym discount program is structured so the discount is taken off upfront and is in lieu of the Frequent Fitness program. If you have questions, please contact the RecWell Member Services office at (612) 626-9222 and press "0" or email recwell@umn.edu.

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 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](#).

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