



Travel Assistance

Your Graduate Assistant Health Plan (GAHP) coverage includes 24/7 emergency travel assistance. Services include assistance with lost or stolen travel documents, political evacuation and emergency language interpretation. Redpoint provides this service until 12/31. Beginning 1/1, your emergency travel assistance will be provided through Generali. Find more information on our [website](#).

Learn to Live Programs and Mindful Eating Webinar

Learn to Live offers support at no cost to you. Take a confidential assessment, start a self-paced program for Stress, Anxiety & Worry, Depression, Social Anxiety, or Insomnia—and even connect with a coach. Visit learntolive.com/partners and use the code UMN to get started. If you're already a member, simply sign-in with your username and password.

Learn to Live's mindful eating webinar explores the relationship between stress and food, and how you can take helpful action when you feel overwhelmed. Find a webinar date and time convenient for you below.

- Tuesday, December 10th at 10:00am, 11:00am or 12:00pm CST
- Wednesday, December 11th at 11:00am CST

To register for one of the webinar dates and times, visit the webinar page learntolive.com/webinars and enter your access code: UMN.

Graduating or not returning next semester?

Fall semester GAHP coverage for eligible students ends on January 31, 2020. If you are no longer [eligible](#) for the plan in the spring semester, you may purchase the [Continuation of Coverage](#) plan at your own expense for up to 18 months (including coverage for dependents that were previously covered under your GAHP). Visit our [website](#) for more information.

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