



Travel Assistance

Your Student Health Benefit Plan (SHBP) 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 SHBP coverage ends on January 20, 2020. If you need coverage until January 31, you have the option to enroll in a short-term coverage extension, which continues SHBP coverage through the end of January. The deadline to enroll in this option is January 20. Learn more on our [website](#).

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