



Prescription Benefits

Remember, your [prescription benefit](#) is only available at Boynton Pharmacy. If you are leaving campus for winter break, be sure to refill and pick up your prescriptions before you go. Boynton Pharmacy is open Mondays, Tuesdays, Wednesdays and Fridays 7:45am to 4:30pm, and Thursdays 9am to 4:30pm. Call 612-624-7655 to request your refill.

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](#).