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. Your emergency travel assistance will be provided through Generali. Find more information on our website.

Learn to Live Programs
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, Insomnia, or Substance Use—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.

Graduating or not returning next semester?
Fall semester SHBP coverage ends on January 18, 2021. 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 18. Learn more on our website.