



Student Health Benefits

UNIVERSITY OF MINNESOTA

Your current benefits will terminate at the end of the month in which you complete your residency or internship, but you are eligible for COBRA benefits on the first day of the following month.

COBRA enrollment must be completed within 60 days of your last day of coverage. Enrollment information, forms and the full COBRA notice will be mailed to you and can also be found on the Office of Student Health Benefits [website](#).

You may stay enrolled in COBRA for up to 18 continuous months. COBRA coverage must be with the same plan option you had as of the date of coverage termination. COBRA payments and cancellation are administered by 121 Benefits.

As part of your University-sponsored disability insurance plan you have a time-sensitive and unique opportunity to convert to an individual disability policy, the Guaranteed Standard Issue (GSI) option, through Foster Klima.

You may enroll in the conversion opportunity anytime during or up to 90 days after completion of your residency or internship. For more information or to schedule a meeting, contact the University-designated representative for your program:

Hao Hou | hao.hou@fosterklima.com | 612-746-2306

Please contact our office with any questions.

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