



Your health plan through Blue Cross and Blue Shield of Minnesota (Blue Cross) offers many resources to give you the opportunity to learn more about your current health and participate in wellbeing activities.

RecWell Gym Discount

You can receive an \$80 discount on a gym membership each semester at [RecWell](#). Visit Member Services at the University Recreation and Wellness Center - Minneapolis campus to update or start your membership, and let them know you would like the Boynton Discounted Rate. The gym discount program is in lieu of the previous Gym Reimbursement/Fitness Rewards Program, and it is structured so that the discount is taken off upfront. If you are already a RecWell member and have not been receiving the discount, you can go to RecWell and fill out a reimbursement request form. If you have further questions, please contact the RecWell Member Services office at (612) 626-9222 and press "0" or email recwell@umn.edu.

Online Health and Wellbeing Platform - Sharecare

Sharecare provides tools, insights, and information on how to improve your health and live your healthiest life. Discover how old your body thinks it is by taking the RealAge® test, then get personalized tools and resources including:

- A highly customized timeline with personalized content to help you meet your goals
- AskMD® to help you find medical providers specializing in what you need
- Daily trackers to measure how healthy you are each day
- Access to coaching and other programs to keep you motivated
- Your personal health profile

Log in or register at bluecrossmn.com/umnrfi and click on Sharecare to get started.

Online mental health resource

[Learn to Live](#) provides online programs to help with stress, depression, social anxiety, and insomnia. The programs are confidential, available at no cost to you, and can be completed at your own pace. Visit learntolive.com/partners and enter code "UMN" for access.

do.® health and wellbeing app

The *do.* app gives you the tools and resources to take charge of your health. From lowering stress and managing weight to comparing treatment options, *do.* is the place to begin. Search for "[do. Blue Cross](#)" at the App Store or Google Play.

Voluntary Retirement Plans

Optional retirement plans are available through the Office of Human Resources. For more information regarding these plans, please contact the Office of Human Resources directly by emailing ohr@umn.edu or calling 612-624-8647 or 1-800-756-2363.

Additional information can be found on our [website](#).

Thank you,

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