



Well-being is the combination of many aspects, including physical, emotional, financial, and social health. As a Graduate Assistant Health Plan member, you have access to the resources below to support your overall health and wellbeing.

As a reminder, vaccination is the best defense against the flu for you and everyone else too.

Getting a flu shot is fast, easy, and there's no out-of-pocket cost to you. You can get your flu shot at your doctor's office, some pharmacies, and other flu shot clinics. [Find where to get your flu shot near you.](#)

Learn to Live, an 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 completed at your own pace. Visit learntolive.com/partners and enter code "UMN" for access.

Sharecare, an online health and wellbeing platform

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 to live your healthiest life 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

[Register or continue to use Sharecare.](#)

Health and wellness discounts

[Blue365](#) offers health and wellness deals for Graduate Assistant Health Plan members.

Improve your health and be well, find more information on wellbeing resources available to you on our [website](#).

Office of Student Health Benefits
University of Minnesota
410 Church Street SE, N323
Minneapolis, MN 55455
Phone: 612-624-0627 or 1-800-232-9017
Fax: 612-626-5183 or 1-800-624-9881
umshbo@umn.edu
www.shb.umn.edu

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Minneapolis, MN, 55455
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