



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 eligible University students. You can even get your flu shot right on campus at a [Flu Clinic](#). In light of the coronavirus pandemic, health precautions are in place to provide an environment that is as safe as possible for patients and staff at the Flu Clinics. These include:

- Everyone must make an appointment. Drop-ins are not allowed but same-day [online scheduling](#) is available and easy to do.
- With the exception of three clinics at the St. Paul Student Center, all flu clinics will be held in the lobby of the [Aquatics Center](#)—next door to RecWell.
- Everyone will be screened for symptoms of COVID-19 before being allowed entrance into the flu clinic area.

If you're off-campus, [find where to get your flu shot near you](#).

Gym Membership Discount at RecWell

You can receive an \$80 discount on a gym membership each semester at [RecWell](#) if you **do not** pay the Student Services Fee. 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 on a full semester membership. If you have questions, please contact the RecWell Member Services office at (612) 626-9222 and press "0" or email recwell@umn.edu.

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](#).

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