



Hello!

Below are some resources and information which may be useful to you as you enjoy your winter break!

Travel Assistance

Your Graduate Assistant Health Plan (GAHP) 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, and 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?

If you are no longer [eligible](#) for the GAHP in the spring semester but will hold your assistantship into the month of January, your coverage will end on January 31, 2023. You have the option to purchase the [Continuation of Coverage](#) plan at your own expense for up to 18 months (including coverage for dependents that were previously covered under your GAHP). Visit our [website](#) for more information.

Thank you,

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