



Hello!

Open enrollment for the University-sponsored Residents, Fellows, and Interns (RFI) benefits began May 1st and continues through the first 30 days of your start date.

**All residents, fellows, and interns must either enroll in the RFI medical plan or waive coverage by providing documentation of other comparable health insurance coverage.**

If you choose to enroll in an RFI benefit plan, benefits will be effective as of your start date. Flexible Spending Accounts (FSAs), which can be elected via [MyU](#), will start the first day of the month following your start date. If you choose to waive RFI benefits, you are required to submit a [Health Insurance Waiver Request form](#) (pdf) and documentation of other comparable health insurance coverage by the applicable deadline.

#### Enrollment Forms

- [Medical Plan](#) (pdf)
- [Dental Plan](#) (pdf)

Detailed enrollment information, forms, and rates are available on the Office of Student Health Benefits [website](#).

Please contact our office with questions.

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  
[nshbo@umn.edu](mailto:nshbo@umn.edu) | [www.shb.umn.edu](http://www.shb.umn.edu)

*Copyright © 2023 Regents of the University of Minnesota, all rights reserved.  
The University of Minnesota is an equal opportunity educator and employer.*

**This message was sent from:**  
Office of Student Health Benefits  
410 Church St. SE  
Minneapolis, MN, 55455  
[mass email privacy statement](#)