



If you've recently submitted enrollment documents, you may disregard this notice.

Hello!

As a reminder, enrollment is now open for 2023-2024 residents, fellows, and interns benefits. All residents, fellows, and interns must enroll in one of the two medical plans for at least single coverage or choose to waive the plan. You can waive the coverage by submitting a [Health Insurance Waiver Request form](#) (pdf) along with documentation of other comparable health insurance **within 30 days of your start date**.

If you choose to enroll, your 2023-2024 benefits will be effective as of your start date. Flexible Spending Accounts can be elected through MyU and will start the first day of the month following your start date. More information is available on the Office of Student Health Benefits [website](#).

Enrollment Forms

- [Medical Plan](#) (pdf)
- [Dental Plan](#) (pdf)
- [Supplemental Life Insurance](#) (pdf)
 - You are automatically enrolled in \$50,000 of life insurance. You only need to submit this form if you would like additional life insurance.

Please contact our office with any 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
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