



Student Health Benefits

UNIVERSITY OF MINNESOTA

Good day!

According to our records, you are currently enrolled in class 0999. This email is to inform you that our office recently reviewed your registration and enrolled you in the University-sponsored Student Health Benefit Plan (SHBP) according to the University of Minnesota requirements. A charge for the Student Health Benefit Plan has been placed on your student account and will be visible within 24 hours.

As an international student, you are required by the University of Minnesota to maintain health plan coverage at the University of Minnesota for the period you are on a **UMN-sponsored F1 or J1 visa**. This includes those who are on their Academic Training (AT) and Occupation Practical Training (OPT). If registered for the term, the coverage is a mandatory fee. More information about the insurance requirement for international students can be found [here](#).

The Student Health Benefit Plan may be waived if you are:

1. Currently covered by a United States-based employer health plan or the University-sponsored Graduate Assistant Health Plan; or
2. In residence in your home country for the entire semester.

If you fall into one of these two categories and wish to waive the Student Health Benefit Plan, you must submit a completed [international waiver request form](#) along with supporting documentation. More info about waiving the Student Health Benefit Plan (SHBP) can be found [here](#).

To verify your U.S. employer-based coverage, please submit either a copy of the front and back of your insurance card **or** a letter from your human resources office confirming the effective date of your coverage.

To verify that you will continue your studies physically in your home country please submit one of the following:

- a recently requested copy of your travel history from the [U.S. Customs and Border Protection I-94 website](#)
- a copy of your flight ticket/itinerary showing your departure from the United States within the last 3 months
- a copy of your passport showing a stamped entry date into your home country.

Alternative documentation may be discussed with a representative of the Office of Student Health Benefits should any of the above be unattainable. OSHB reserves the right to request additional information if the original submission is insufficient.

The deadline to submit a waiver is February 8, 2024.

If you do not intend to waive, please expect an insurance card to arrive if you're newly enrolled. If you are continuing enrollment, you may request a new one with Blue Cross Blue Shield or our office. If you have recently updated your mailing address, please let our office know right away to ensure the timely arrival of your card.

It is important to explore your benefits. Information about the Student Health Benefit Plan and international student insurance requirements can be found [here](#).

Please contact us with any questions.

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