



Student Health Benefits

UNIVERSITY OF MINNESOTA

Hello!

You were recently enrolled in the Graduate Assistant Health Plan. Coverage is effective 9/1/2023. Please be aware that it can take up to 3-5 business days for benefits to reflect in the Blue Cross system.

ID Cards

ID cards will be sent to your University mailing address. You are able to access services before you get your card. To do so, contact [Blue Cross](#) (651-662-5004) to get your policy information. Next, create an account with [Blue Cross](#), then download and begin using the [BlueCrossMN mobile app](#). After you have that, you will be able to access your ID card electronically in the [BlueCrossMN mobile app](#). The app also gives you access to check claims or find a doctor.

Health Benefits

Blue Cross gives you access to thousands of providers and hospitals. Use the Blue Cross online portal to [find a provider](#). For more information, visit our [website](#).

Dental Benefits

The primary member may receive preventive services such as routine exams, x-rays, and cleanings at no cost to you at your campus' designated dental clinic. Find out more [here](#).

Wellbeing Resources

You also have access to no-cost resources to help with your overall health, which includes physical, emotional, financial, and social aspects.

- [Wellbeing resources](#) to help you learn about current health and support your health goals
- Online mental health resource: [Learn to Live](#) provides online programs to help with stress, depression, substance use, social anxiety, and insomnia
- [Emergency travel assistance](#): World-wide emergency medical, travel, and personal security assistance available 24 hours a day

If you have questions about your policy information, coverage, services, in-network providers, or resources to help manage your health, contact Blue Cross at 651-662-5004.

If you have questions about eligibility, enrollment, or billing, contact us at the Office of Student Health Benefits at umshbo@umn.edu or 612-624-0627.

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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