



Student Dental Buy-Up Plan

If you would like restorative dental benefits (for services such as fillings and tooth removal), you can enroll in the optional Dental Buy-Up Plan (SDP) for an additional fee. The start date for restorative dental benefits is February 1 and continues through August 31, 2024. To enroll, fill out the [online enrollment form](#) or submit an [enrollment form](#) (PDF) to the Office of Student Health benefits by **February 8**. Students who were eligible in the fall semester and are joining the Dental Buy-Up Plan for the spring semester will be billed \$984.48. Students who are newly eligible for the spring semester will be billed \$492.24. [Learn more.](#)

Travel Assistance

Your Student Health Benefit Plan (SHBP) 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 HX Global. 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 & Worrying, Depression, Social Anxiety, Insomnia, or Substance Use—you can 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.

Further Questions? Please contact the Office of Student Health Benefits!

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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