Dear Graduate Assistant Health Plan enrollee,

Well-being is the combination of many aspects, including your physical, emotional, financial, and social health. As part of your health plan, you have access to HealthPartners’ Well-being Program. The program helps you learn more about your current health and provides resources to support your health and well-being goals.

You can complete a biometric health screening at no cost to you, where trained health professionals do a few simple tests and help you interpret the results. Next, you can take a health assessment and access well-being activities to move you toward your health goals. The assessment and activities can be found on the myHealthPartners portal after logging in.

**New Online Sleep Program**
Learn to Live, an online cognitive behavioral therapy program, introduced a new tool to help with insomnia. Additional programs include help with stress, anxiety and depression. Learn to Live is confidential, available at no cost and completed at your own pace. Visit learntolive.com/partners and enter code UMN.

Find out about additional benefits on our website.

Office of Student Health Benefits  
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Minneapolis, MN 55455  
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