Dear Graduate Assistant Health Plan enrollee,

As you prepare for the end of the semester and winter break, here are a few reminders from the Office of Student Health Benefits.

**Travel Assistance**
Your GAHP coverage includes 24/7 emergency travel assistance through UnitedHealthcare Global. Services include assistance with lost or stolen travel documents, political evacuation and emergency language interpretation. Before you travel, create an account with UnitedHealthcare Global (policy number: 328261), view travel alerts (under “World Watch” after login) and print your ID card (pdf) to bring with.

**Online Mental Health Resource**
Even if you're away from campus, you are able to access Learn to Live. Learn to Live provides online programs to help with Stress, Depression, Social Anxiety and Insomnia. The programs are confidential, available at no additional cost and completed at your own pace. Visit Learn to Live and enter code “UMN” to get started.

**Are you graduating this semester?**
If you were enrolled in the GAHP last semester and are no longer eligible for the plan, you may purchase the Continuation of Coverage plan at your own expense for up to 18 months (including coverage for dependents that were previously covered under your GAHP). To enroll in the Continuation of Coverage, submit an enrollment form no later than March 31, 2018. Visit our website for more information.

Please contact our office with any questions.

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