Dear SHBP enrollee,

As the plan year is coming to an end, our office wanted to inform you of Student Health Benefit Plan updates for summer and the upcoming plan year.

**Summer Reminders**
Even if you’ll be away from campus, you can still access the online mental health resource, Learn to Live, over summer. Learn to Live provides online programs to help with stress, depression, social anxiety and insomnia. Visit [learntolive.com/partners](http://learntolive.com/partners) and use code UMN for access.

**Dental Coverage**
Summer is a great time to catch up on your routine health care visits - dental care included. Primary members (students) enrolled in the SHBP have 100% coverage at participating providers for dental cleanings and comprehensive exams. Use Delta Dental’s [Find a Dentist](http://findadentist.com) tool to find a provider convenient for you.

**2018-2019 Rate Change**
The SHBP, administered by Blue Cross and Blue Shield of Minnesota, continues to meet the standards set under the Patient Protection and Affordable Care Act to provide essential health benefits, in addition to being a cost-effective health plan. For the 2018-2019 plan year, the cost of the SHBP will be $1,116 per semester for students, making the average monthly cost $186.

**Are you graduating this semester?**
If you are graduating, you will no longer be eligible for the Student Health Benefit Plan (SHBP) and your coverage will end August 19, 2018. You have the option to enroll in a short-term coverage extension, which continues SHBP coverage through the end of August. The deadline to elect this plan is August 19, 2018. Enrollment in the short-term coverage extension can help to bridge the gap between the end of SHBP coverage and the start of your next plan through other sponsored plans or the health insurance marketplace. Learn more on our [website](http://www.shb.umn.edu).

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