Dear Student Health Benefit 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 SHBP 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: 11783), 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 are graduating, you will no longer be eligible for the Student Health Benefit Plan (SHBP) and your coverage will end January 15, 2018. You have the option to enroll in a short-term coverage extension, which continues SHBP coverage through the end of January. The deadline to elect this plan is January 15, 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.

Please contact our office with any questions.

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