Dear Student Health Benefit Plan enrollee,

Did you know most preventive care services are 100% covered under your Student Health Benefit Plan (SHBP)? Preventive care focuses on maintaining your health and establishing your baseline health status, which also includes eye and dental care. Proper preventive care is an important part of maintaining overall health. The resources below can help you get started.

**Primary Health Care**
Primary Care is your first stop for health questions and concerns. Boynton Health Primary Care (East Bank: 612-625-3222, St. Paul: 612-624-7700) specializes in college health with an emphasis on prevention and overall well-being. Contact Boynton Health to schedule your appointment, or Find a Doctor using the Blue Cross and Blue Shield tool to locate a Primary Care provider that is convenient for you.

**Eye Care**
Routine eye exams are also recommended as part of your overall health. Schedule an eye exam at no out-of-pocket cost to you conveniently at the Boynton Health Eye Clinic (612-624-2134), or use Blue Cross and Blue Shield’s Find a Doctor to find another provider.

**Dental Care**
Dental care is also important to your health. Primary members (students) enrolled in the SHBP have 100% coverage at participating providers for dental cleanings and comprehensive exams. Schedule your dental cleaning and exam at the University of Minnesota Faculty Dental Clinic (612-626-9665), Boynton Health Dental Clinic (612-624-9998), or use Delta Dental’s Find a Dentist tool to find a provider convenient for you.

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