If you've recently submitted a waiver for spring 2017, please disregard this email.

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Dear University of Minnesota student,

Welcome! You are enrolled in the University-sponsored Student Health Benefit Plan (SHBP) for spring semester 2017.

Waiver Information

If you are covered by another health plan and did not intend to enroll in the SHBP, you have until February 2 to provide your current health plan information online, using the Health Coverage Declaration in the MyU Student Center. For detailed instructions on how to request a waiver, see our website. Once your health plan information has been verified, your enrollment in the SHBP will be reversed.

Coverage Basics

Your spring semester coverage is effective January 17, 2017 through August 20, 2017. Blue Cross and Blue Shield of Minnesota provides the health plan network and claims administration services for the SHBP, which gives you access to thousands of providers and hospitals in their worldwide network.

In addition to having no deductible and 100% coverage for preventative care, the SHBP has many additional benefits, such as:

- Doctor on Demand: an app that connects you to a video visit to diagnose and treat common medical issues
- Stop Smoking Support: a program that supports your journey to being tobacco-free
- Emergency travel assistance: gives you access to assistance 24-hours a day while traveling

Learn more about your coverage. We recommend that you explore the pharmacy benefits, additional benefits and the SHBP full benefits summary. You will also receive a health plan card and information at your U.S. mailing address on file in MyU.

If you have any questions, please contact our office.

Have a great semester!

Office of Student Health Benefits
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