Dear University of Minnesota student,

Welcome to the Student Health Benefit Plan (SHBP)! You’re enrolled for spring semester 2018 and your coverage is effective until August 19, 2018.

**Health Coverage Basics**
Blue Cross and Blue Shield of Minnesota provides the health plan network and claims administration services for the SHBP, giving you access to thousands of providers in their worldwide network. To find a doctor, use the Blue Cross and Blue Shield’s [Find a Doctor](#) tool. The SHBP has no deductible and 100% coverage for preventive care.

**Dental Benefits**
- Preventive and periodontal dental benefits, services such as teeth cleanings, x-rays and comprehensive exams, are included in the SHBP for primary members (students).
- Pediatric dental benefits are included for all primary members (students) up to the age of 19, as well as dependent children up to the age of 19. [Learn more](#).

**Online Mental Health Resource**
Online programs to help with stress, depression, social anxiety and insomnia are available to you through Learn to Live. The programs are confidential, available at no cost to you and completed at your own pace. Visit [learntolive.com/partners](https://learntolive.com/partners) and enter code “UMN”.

**Have Questions?**
- [Blue Cross and Blue Shield](#) | 651-662-5004
  Blue Cross and Blue Shield can answer questions about your health coverage and services, in-network providers and resources to help manage your health.

- [Delta Dental of Minnesota](#) | 651-406-5916
  Delta Dental can answer questions about your dental coverage, services and in-network providers.

- [Office of Student Health Benefits](#) | umshbo@umn.edu | 612-624-0627
  The Office of Student Health Benefits can answer questions about eligibility, enrollment and billing.

Office of Student Health Benefits
University of Minnesota
410 Church Street SE, N323
Minneapolis, MN 55455
Phone: 612-624-0627 or 1-800-232-9017
Fax: 612-626-5183 or 1-800-624-9881
[umshbo@umn.edu](mailto:umshbo@umn.edu)
[www.shb.umn.edu](http://www.shb.umn.edu)