Dear University of Minnesota student,

Welcome to the Student Health Benefit Plan (SHBP)! You are enrolled for fall semester 2017 and a charge of $1050 has been added to your student account.

**Health Coverage Basics**
Your fall semester coverage is effective August 21 through January 15, 2018. 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. There is no deductible on the SHBP, 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.](#)
- Additional restorative dental coverage, the [Student Dental Buy-Up Plan](#), is available for an added cost of $138 per semester. The deadline to enroll in the Buy-Up Plan has been extended to October 12. Head to our [website](#) for enrollment forms and detailed information.

**New Online Mental Health Resource**
Online programs to help with Stress, Depression and Social Anxiety are now available to you through Learn to Live. The programs are confidential, available at no cost and completed at your own pace. Visit [Learn to Live](#) and enter code “UMN” to get started.

**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.

Have a great semester!
Office of Student Health Benefits
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