ALL YOU NEED TO KNOW ABOUT COVERAGE CHANGES

WHAT IF I’M ALREADY COVERED?

3 reasons to stick with your student Plan:

1. Most plans don’t offer coverage for vaccinations, travel, or vision, but your student Plan covers those benefits—and for much less!

2. You can combine plans to maximize your overall coverage—up to 100%.

3. Your parent’s insurance plan could stop covering you completely if you’re a part-time student over 21 or a full-time student over 25.

WHEN CAN I CHANGE MY COVERAGE?

Fall term (enrolments and opt outs): AUG. 16 – SEPT. 17, 2019

Winter term (enrolments and opt outs for new students only): JAN. 2 – 31, 2020

Spring term (enrolments and opt outs for new students only): APR. 27 – MAY 13, 2020

FAMILY ENROLMENTS

You can enrol your family (spouse and/or dependent children) each year by paying an additional fee, over and above your fee as a member of the Plan. Common law and same-sex couples are eligible. Visit www.studentcare.ca for instructions.

ADD ONE DEPENDANT FOR $245.00 FOR FULL-YEAR COVERAGE*

ADD UNLIMITED DEPENDANTS FOR $490.00 FOR FULL-YEAR COVERAGE*

*Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2020 (for new Winter term students) and from May 1 – Aug. 31, 2020 (for new Spring term students) are available online.

OPTING OUT

1. Use the secure online opt-out processing system at www.studentcare.ca to opt out of the health portion, the dental portion, or the Plan in its entirety.

2. Upload proof of your alternative health and/or dental coverage (such as a copy of your benefits card or a letter from your parent’s or spouse’s employer). Provincial health care is not considered acceptable alternative coverage.

3. Receive a credit to your student account for the amount of the Plan shortly after the Change-of-Coverage Period.

HOW DO I CLAIM?

CLAIMING MADE SIMPLE

- Instructions and claim forms are available at www.studentcare.ca.

- You can register online to check your claim’s status and to set up direct deposit.

- Download your Pay-Direct Card for immediate processing of prescription drug claims.

EMPOWER ME: FREE MENTAL HEALTH RESOURCES

As a student covered by the UOSU Health Plan, you can call 1-844-741-6389 to connect with consultants, counsellors, and life coaches 24/7 from anywhere in North America.

Powered by Aspiria

SAVE MORE MONEY!

- Your Plan Coverage: You’re covered for the insured portion of your Plan regardless of the health-care practitioner you choose.

- Using the Studentcare Networks: By consulting a Network member, you’ll get additional coverage.

Example of a claim made using a Studentcare Dental Network practitioner:

<table>
<thead>
<tr>
<th>75%</th>
<th>20%</th>
<th>TOTAL COVERAGE: UP TO 95%</th>
</tr>
</thead>
</table>

EXCLUSIVE SAVINGS FROM NETWORK PARTNERS

LASIK MD

$50 OFF PER EYE ON STANDARD LASIK*  
$100 OFF PER EYE ON CUSTOM LASIK*  
*Certain conditions apply.

clearly

10% OFF CONTACT LENSES

WITH COUPON CODE STUDENTCARE19

PSYVITALITI

25% OFF EYEGLASS FRAMES (EXCLUDING CERTAIN BRANDS)

Rexall

10% OFF PRESCRIPTION DRUGS (MAX $40)

20% OFF SELECT REGULARLY PRICED REXALL BRAND NON-PRESCRIPTION PRODUCTS

Questions about coverage, enrolments, and opt outs: www.studentcare.ca 1-833-851-1361

Questions about claims: 1-888-711-1119

2019-2020

NEW!

YOUR UOSU STUDENT HEALTH & DENTAL PLAN

Group Numbers

- Health, vision, and dental: UNV (Green Shield Canada)
- Accidental death and dismemberment: Q1617 (Desjardins)
- Travel: 97180 (Blue Cross)

EXCLUSIVE SAVINGS FROM NETWORK PARTNERS

- Independent vision specialists

- 30% OFF PRESCRIPTION EYEGASSES, UP TO $75
- DISCOUNTS ON EYE EXAMS AND CONTACT LENSES

- PREFERRED RATES ON 50-MINUTE ADULT THERAPY OR COACHING SESSIONS

- 25% OFF EYEGLASS FRAMES (EXCLUDING CERTAIN BRANDS)

- $50 OFF PER EYE ON STANDARD LASIK*
- $100 OFF PER EYE ON CUSTOM LASIK*
- *Certain conditions apply.

Make the most out of it
ALL YOU NEED TO KNOW
ABOUT YOUR PLAN

WHAT IS A HEALTH AND DENTAL PLAN?
- Extended health and dental coverage that fills the gaps in provincial health care and other basic health-care programs
- Service provided by your students’ union, the UOSU, and administered by Studentcare, the leading provider of student health and dental plans in Canada

WHO’S COVERED?
Students automatically covered by the UOSU Health & Dental Plan:
- Full-time and part-time on-campus University of Ottawa undergraduate students registered in the Fall, Winter, or Spring term
- Full-time Saint Paul University students

Some students may be eligible to enrol themselves in the Plan.

WHAT ARE MY GROUP NUMBERS?

HOW MUCH DOES IT COST?

HEALTH & DENTAL
PLAN BENEFITS

HEALTH OVER $10,000

Health Coverage

<table>
<thead>
<tr>
<th>Item</th>
<th>Per Visit / Purchase</th>
<th>Per Policy Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESCRIPTION DRUGS* AND VACCINATIONS</td>
<td>80%</td>
<td>$1,000</td>
</tr>
<tr>
<td>PSYCHOLOGIST/MASTER OF SOCIAL WORK/SOCIAL WORKER/COACH</td>
<td>80%</td>
<td>$1,500</td>
</tr>
<tr>
<td>MASSAGE THERAPIST</td>
<td>80%</td>
<td>$1,500</td>
</tr>
<tr>
<td>CHIROPRACTOR</td>
<td>100%</td>
<td>$1,500</td>
</tr>
<tr>
<td>PHYSIOTHERAPIST Will all registered for each 12 months</td>
<td>100%</td>
<td>$1,500</td>
</tr>
<tr>
<td>NATUROPATH</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>OSTEOPATH</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>HOMEOPATH</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>DIETITIAN</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>OCCUPATIONAL THERAPIST</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>HOMEOPATH</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>SPEECH THERAPIST</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>PODIATRIST</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

PLUS: DIAGNOSTIC SERVICES, TUTORIAL BENEFIT, AMBULANCE, MEDICAL EQUIPMENT, DENTAL ACCIDENT, AND MORE

DENTAL UP TO $750

Healthcare & Dental Network Savings

TRAVEL UP TO $5,000

Travel Coverage

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount Covered</th>
<th>Eligible</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRAVEL HEALTH COVERAGE</td>
<td>120 DAYS</td>
<td>PER TRIP</td>
</tr>
<tr>
<td>MEDICAL INCIDENT</td>
<td>$5,000</td>
<td>PER LIFETIME</td>
</tr>
<tr>
<td>TRIP CANCELLATION</td>
<td>$1,500</td>
<td>PER TRIP</td>
</tr>
<tr>
<td>TRIP INTERRUPTION</td>
<td>$5,000</td>
<td>PER TRIP</td>
</tr>
</tbody>
</table>

Questions about coverage, enrolments, and opt outs:
WWW.STUDENTCARE.CA
1-833-851-1361

Care Office
9 am to 5 pm on weekdays
UCU 031B (University Centre) 85 University Private
Ottawa, ON K1N 9A7

If you’re eligible, the Plan fee for coverage from Sept. 1 – Aug. 31 will be automatically included in your tuition and other fees. New Winter and Spring term students pay a pro-rated fee for coverage until Aug. 31. Find more details online.

WHAT ARE MY GROUP NUMBERS?

- Health, vision, and dental:
  - UNIV (insured by Green Shield Canada)
  - Accidental death and dismemberment: Q1617 (insured by Desjardins Insurance)
  - Travel: 97180 (administered by Blue Cross Life Insurance Company of Canada)

Vision Coverage

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount Covered</th>
<th>Eligible Every</th>
</tr>
</thead>
<tbody>
<tr>
<td>EYE EXAMS, EYEGLASSES, CONTACT LENSES, AND LASER EYE SURGERY</td>
<td>$150</td>
<td>24 MONTHS</td>
</tr>
<tr>
<td>MEDICALLY NECESSARY CONTACT LENSES</td>
<td>$200</td>
<td>24 MONTHS</td>
</tr>
</tbody>
</table>

Find more details online.