All you need to know about coverage changes

What if I’m already covered?

Reasons to stick with your student Plan:

• Your parent’s insurance plan could stop covering you completely if you’re a student over 21.

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

When can I change my coverage?

Fall term (enrolments and opt outs):
Aug. 15 – Oct. 1, 2021

Winter term (enrolments and opt outs for new students only):
Jan. 3 – Feb. 4, 2022

Spring term (enrolments and opt outs for new students only):
Apr. 27 – May 13, 2022

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 couples are eligible. Visit www.studentcare.ca for instructions.

Add one dependant for $249.90 for full-year coverage*

Add unlimited dependants for $499.80 for full-year coverage*

* Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2022 (for new Winter term students) and from May 1 – Aug. 31, 2022 (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 on your insurer’s website to check your claim’s status and to set up direct deposit.

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

Save more money!

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

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

70% 30% Total coverage: 100%

Exclusive savings from Network Partners

LASIK MD

$50 off per eye on Standard LASIK*

$100 off per eye on Custom LASIK*

*R certain conditions apply.

Clearly

10% off contact lenses

25% off eyeglass frames (excluding certain brands)*

*R certain conditions apply.

RXALL

10% off prescription drugs (max $40)*

20% off select regularly priced Rexall brand non-prescription products*

*R certain conditions apply.

and more!

Dentists, physiotherapists, naturopaths, massage therapists, and chiropractors

Questions about coverage, enrolments, and opt outs:
WWW.STUDENTCARE.CA
Questions about claims:
1-888-711-1119

2021-2022
Your UOSU Student Health & Dental Plan

Make the most out of it

Group Numbers
Health, vision, and dental: UNV (Green Shield Canada)
Accidental death and dismemberment: Q1617 (Desjardins)
Travel: 97180 (Blue Cross)
All you need to know about your Plan

What is a Health & Dental Plan?
- Extended health and dental coverage that can help fill 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 University of Ottawa undergraduate students registered in the Fall, Winter, or Spring term
- Full-time Saint Paul University students

Certain exceptions exist. Please check your student account to confirm if you’ve been charged the Plan fees.

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

Find out more at www.studentcare.ca.

How much does it cost?
Health & Dental Plan Combined
Annual Fee
Full-year coverage
$249.90
Full-Year Fee (Sept. – Aug.)
$249.90
Health: $133.62 + Dental: $116.28

Winter 2022 Fee (Jan. – Aug.)
166.60
Health: $89.08 + Dental: $77.52

Spring 2022 Fee (May – Aug.)
83.30
Health: $44.54 + Dental: $38.76

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:
UNV (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)

Questions about claims:
1-888-711-1119

Questions about coverage, enrolments, and opt outs:
WWW.STUDENTCARE.CA

Check online for updates related to COVID-19.

Health & Dental Plan benefits

Health

Over $10,000

Per Visit/Per Policy Year
Prescription Drugs and Vaccinations
- The dispensing fee is limited to $5 per prescription or refill
- Eligible contraceptives are covered up to a combined maximum of $300.
80%
$1,000

Psychologist/Master of Social Work/Social Worker/Counsellor/Psychotherapist
80%
New!
$2,000

Massage Therapist
Requires a referral from an MD
80%

Chiropractor

Physiotherapist
Requires a referral from an MD or a nurse practitioner every 12 months

Naturopath

Osteopath

Homeopath

Dietitian

Occupational Therapist

Acupuncturist

Speech Therapist

Podiatrist

PLUS! Diagnostic services, tutorial benefit, ambulance, medical equipment, and more

Dental

Up to $750

Basic Services
Recall exams, cleanings

Basic Services
Filling, basic oral surgery

Comprehensive Basic Services
Endodontics (root canals), periodontics (gum treatments) excluding root planning, standard denture services

Travel
Up to $5,000,000

Care Abroad
Includes coverage for the duration of a student exchange/internship
120 days
per trip

Medical Incident
In case of a medical emergency
NEW! Includes eligible COVID-19 medical expenses
$5,000,000
per lifetime

Trip Cancellation
Pre-paid, non-refundable trip expenses in case of a medical emergency or an eligible Travel Advisory
New!
$3,000
per trip

Trip Interruption
In case of a medical emergency or an eligible Travel Advisory
New!
$7,500
per trip

Vision

Up to $200

Eye Exams, Eyeglasses, Contact Lenses, and Laser Eye Surgery

Medically Necessary Contact Lenses

Amount Covered
Eligible
24 months
$150
20%
$30

$200
20%
$40