

## Exclusive Savings from Studentcare Network Partners

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

**Studentcare Networks**  
By consulting a Network member, you'll get additional coverage.

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

70%

+ 30%

Total Coverage: **Up to 100%**

## Save More with Network Members

**Rexall**

New & Improved!

**Coverage of up to 100%\***  
on your out-of-pocket prescription drug costs (max \$40)

**25% off** regular priced Rexall corporate brands when you link your Be Well™ account with Rexall's Preferred Perks Program\*

\*Certain conditions apply.

**LASIK MD**  
VISION

**\$400 off Custom LASIK\***  
(\$200 off per eye)

**\$100 off Standard LASIK\***  
(\$50 off per eye)

\*Certain conditions apply.

**PSYMONTRÉAL**

Preferred rates on 50-minute adult therapy or coaching sessions

**Specsavers**

**10% off contact lenses**

*Independent Vision Specialists*

**30% off** prescription eyeglasses, up to \$75

Discounts on eye exams and contact lenses

**and more!**  
Dentists, physiotherapists, massage therapists, chiropractors, and naturopaths

## An Essential Service for Students

As an eligible student, you're automatically covered by one of the most important services on campus: the UOSU Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs. Eligible students include:

- Full-time and part-time undergraduate students at the University of Ottawa who are 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. See [www.studentcare.ca](http://www.studentcare.ca) for more details.

## Group Numbers

**Health, vision, and dental: UNV**  
(insured by GreenShield)

**Accidental death and dismemberment: Q1617**  
(insured by Desjardins Insurance)

**Travel: 97180**  
(Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Trip Cancellation and Trip Interruption/Trip Delay benefits are underwritten by Canadian Premier General Insurance Company. All other benefits are underwritten by Canadian Premier Life Insurance Company.)

## Questions? Contact Us

**Scan for Plan details**



**UOSU Care Office**  
UCU 031B  
University Centre  
85 University Private

**Submit claims quickly and easily**

Claim through GreenShield's online portal at [app.greenshieldplus.ca](http://app.greenshieldplus.ca) or the **GreenShield+** mobile app.



Submit claims using your Member ID: **your Group Number (UNV) + your Student ID Number + 00** (e.g. UNV123456789100).

**Questions about claims: 1-888-525-7587**



### OUR ENVIRONMENTAL COMMITMENT ON PAPER

This document contains 100% post-consumer fibre, Certified EcoLogo, Processed Chlorine Free, and FSC® Certified Recycled. Manufactured using biogas energy.



2024-2025

## Your UOSU Student Health & Dental Plan

### Group Numbers

**Health, vision, and dental: UNV**  
(GreenShield)

**Accidental death and dismemberment: Q1617**  
(Desjardins Insurance)

**Travel: 97180**  
(Securian Canada)

**STUDENTCARE**

Make the most out of it

## Providing Quality Coverage

### Health Plan

 **Health  
Over \$10,000**

Prescription drugs  
Psychologists  
Physiotherapists

Chiropractors  
Ambulance  
and more!

 **Vision  
Up to \$200**

Eye exams, eyeglasses, contact lenses,  
and laser eye surgery  
or  
Medically necessary contact lenses

### Travel Plan

 **Care Abroad  
Up to \$5,000,000**

120 days per trip, up to \$5,000,000  
per lifetime, trip cancellation and trip  
interruption in the event of a medical  
emergency

Scan for a  
summary of  
benefits



## Plus: more services designed to support students

Virtual  
Health Care

### HI

Powered by **Dialogue**



Virtual health care that  
connects you with nurses and  
physicians from anywhere  
in Canada

Full-Year Fee: **\$45.12**  
Winter 2025 Fee: **\$30.08**  
Spring 2025 Fee: **\$15.04**

Mental Health  
& Wellness

### Empower Me

Powered by **Dialogue**



A student assistance  
program providing mental  
health and wellness services 24/7

For eligibility details,  
see [www.studentcare.ca](http://www.studentcare.ca).

### Dental Plan

 **Dental  
Up to \$750**

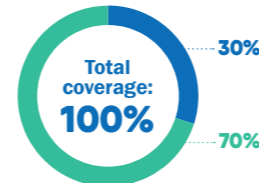
Checkups  
Cleanings  
Fillings

Extractions  
and more!

● Insured Portion ● Studentcare Dental Network Savings

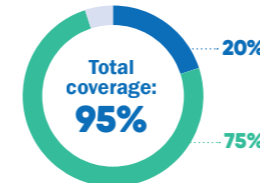
#### Basic Services

- Recall exams
- Cleanings



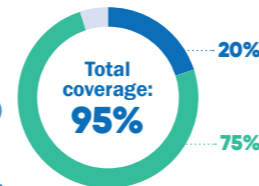
#### Basic Services

- Fillings
- Basic oral surgery

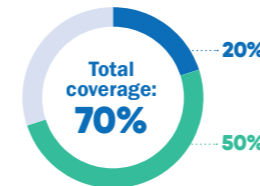


#### Comprehensive Basic Services

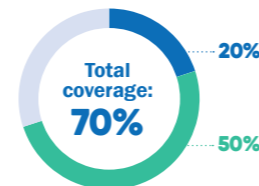
- Endodontics (root canals)
- Periodontics (gum treatments) excluding root planing
- Standard denture services



#### Extractions

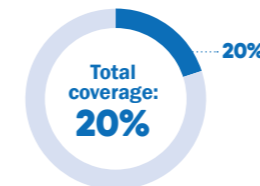


#### Comprehensive Oral Surgery and Root Planing



#### Major Restorative

- Crowns
- Bridges
- Posts



## At a Great Price

### Check it out!

**Health &  
Dental Plan  
Combined**  
Annual Fee  
**\$298.47**



Full-year coverage



Full-Year Fee (September–August)  
**\$298.47**

Health: **\$159.60**  
Dental: **\$138.87**



Coverage for new Winter term students



Winter 2025 Fee (January–August)  
**\$198.98**

Health: **\$106.40**  
Dental: **\$92.58**



Coverage for new Spring term students



Spring 2025 Fee (May–August)  
**\$99.49**

Health: **\$53.20**  
Dental: **\$46.29**

## Change-of-Coverage Periods



Fall term: Aug. 28 – Sept. 27, 2024\*

Winter term (new students only): Jan. 3 – Feb. 5, 2025

Spring term (new students only): Apr. 30 – May 14, 2025

\*NEW this year: If you've registered for courses and completed your opt out by **Sept. 20, 2024**, the Plan fee will be reversed from your student account before the tuition fee payment deadline.

If you're eligible, **the fees for the Plan and HI (Virtual Health Care) are automatically included in your tuition and other fees.** During the applicable period above, you have the following options for these services:

- Health & Dental Plan: Opt out (if you have proof of other coverage), change your coverage, or enrol your family. Some students may also be eligible to enrol themselves in the Plan.
- HI: Opt out

See [www.studentcare.ca](http://www.studentcare.ca) for instructions.

## Introduce Me to Your Family

### Enrol loved ones for less

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](http://www.studentcare.ca) for instructions.



Add one dependant for  
**\$298.47**  
for full-year coverage\*



Add unlimited dependants for  
**\$596.94**  
for full-year coverage\*

\*Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2025 (for new Winter term students) and from May 1 – Aug. 31, 2025 (for new Spring term students) are available online.