

Exclusive Savings from Studentcare Network Partners*

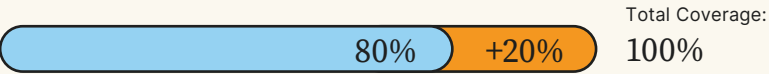
Your Plan Coverage

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:



Save More with Network Members**



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



50-minute virtual therapy sessions for no more than \$130



Discounts on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

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

* Studentcare and the insurers do not endorse or assume any responsibility with respect to the use of their services.
** Certain conditions apply.

An Essential Service for Students

As a registered ICM student, you're automatically covered by the one of the most important services on campus: the ICM Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs or a provincial-equivalent primary plan like the Manitoba International Student Health Plan (MISHP).

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

See www.studentcare.ca for more details.

Group Numbers

Health, vision, and dental: 7654
(Carrier: Manitoba Blue Cross)

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.)

Submit Claims Quickly and Easily

Register to submit claims online through Manitoba Blue Cross's mybluecross® web portal or mobile app. See www.mb.bluecross.ca and download the app from the App Store or Google Play.

Note: To use the app, you must register on the web portal first.



NOTE: This document provides a summary of Plan benefits. It is not a complete description of coverage, restrictions, and exclusions. Please visit www.studentcare.ca to learn about all the applicable conditions and exclusions.



OUR ENVIRONMENTAL COMMITMENT ON PAPER
This paper which contains Sustana's 100% sustainable recycled fiber is processed chlorine free. Bringing paper products full circle with sustainable innovation.

Studentcare is becoming

ALUMO



2025–2026

ICM Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Insurers & Group Numbers

Health, vision, and dental: 7654 (Manitoba Blue Cross)

Travel: 97180 (Securian Canada)



For complete details on coverage, eligibility, and client/group numbers, visit www.studentcare.ca.



Health Plan

Health
Over \$10,000



- Prescription drugs
- Chiropractors
- Vaccinations
- Ambulance
- Psychologists
- Physiotherapists
- and more!

Vision
Over \$250



- Eye exam
- Eyeglasses and contact lenses

Plus: mental health services designed to support students

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.

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



Dental Plan

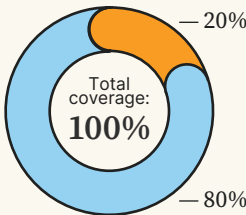
Dental
Up to \$750



(maximum per policy year)

Preventive Services

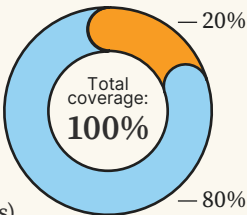
- Recall exams
- Polishing



Restorative Services

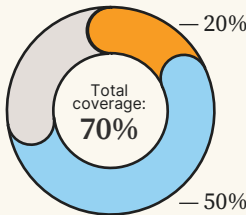
- Fillings
- Extractions
- Oral surgery*
- Periodontics (gum treatments)
- Bridge repairs
- Re-centering of bridges and crowns
- Scaling

*note: not all surgeries are eligible



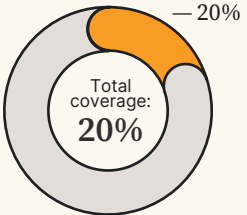
Endodontics

- Root canal



Major Restorative

- Crowns
- Bridges



Obtaining preauthorization is recommended for dental work expected to cost \$500 or more. See www.studentcare.ca for details.

● Insured Portion ● Studentcare Dental Network Savings ● Portion Not Covered

Price

2025-2026
Plan Fee
\$115
Per Term



The Plan fee will be automatically charged per 4-month term (fall/winter/summer), for a total of \$345 for a full year (12 months of coverage).

See www.studentcare.ca for more details.

Change-of-Coverage Periods

Fall Term:

Aug. 29 – Sept. 24, 2025

Winter Term (new students only):

Dec. 26, 2025 – Jan. 22, 2026

Summer Term (new students only):

Apr. 30 – May 31, 2026

If you're automatically covered, the **Plan fee is included in your tuition and other fees**. During the period above, you can change your coverage, enrol your family, or opt out of the Plan if you have proof of other coverage. See www.studentcare.ca for instructions.

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 for instructions.



\$517.50
Add unlimited dependants for 12 months of coverage