

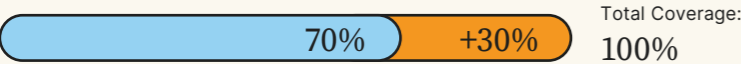
# Exclusive Savings from Studentcare Network Partners\*

- Your Plan Coverage

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

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\*\*

Rexall

up to 100% off

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

Specsavers

10% off

contact lenses

Independent Vision Specialists

30% off

prescription eyeglasses, up to \$75

Discounts on eye exams and contact lenses

LASIK MD VISION

\$550 off

on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

PSYVITALITI

Preferred rates on 50-minute adult therapy or coaching sessions

and more!  
Dentists, physiotherapists, massage therapists, chiropractors, naturopaths, and gender-affirming care practitioners

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

Full-time and part-time graduate students are eligible, including international 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/Prefixes

Health, vision, and travel: UWH  
Dental: UWD  
(Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Health, vision, dental, and travel benefits are underwritten by Canadian Premier Life Insurance Company.)

Gender Affirmation Care: GCU  
(Medical coverage insured by GreenShield)

Member ID Number for claiming: Use the prefix UWH (for health claims) or UWD (for dental claims), followed by your 8-digit student ID number.

For Pay-Direct or paper form claims, add your 2-digit dependent code\* at the end. For example: UWH12345678-00

\* The 2-digit dependent code is: 00 for the member (i.e. the student), 01 for the member's spouse (21, 31, etc. for subsequent spouses), and 02-20 for dependent children (oldest is 02, second oldest is 03, and so on).

## Submit Claims Quickly and Easily

Register to submit claims online by downloading the **Securian Canada Student Health Portal** mobile app or by visiting [students-healthportal.securiancanada.ca](http://students-healthportal.securiancanada.ca)

securian CANADA

Download the Securian Canada mobile app.

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](http://www.studentcare.ca) to learn about all the applicable conditions and exclusions.

Care Office  
University of Waterloo  
Health Services, Room 1006

OUR ENVIRONMENTAL COMMITMENT ON PAPER  
This paper which contains Sustana's 100% sustainable recycled fiber is processed chlorine free. It is designated Ancient Forest Friendly™ and FSC® certified. Bringing paper products full circle with sustainable innovation.

WTRL\_GSA/BRO/09-25

Studentcare is becoming

ALUMO

GRADUATE STUDENT ASSOCIATION  
UNIVERSITY OF WATERLOO

2025–2026

# GSA Health & Dental Plan

Insuring today.  
Ensuring tomorrow.

## Group Numbers/Prefixes

Health, vision, and travel: UWH  
Dental: UWD  
(Securian Canada)

Gender Affirmation Care: GCU  
(GreenShield)

New

For complete details on coverage, eligibility, and group numbers, visit [www.studentcare.ca](http://www.studentcare.ca).

Health Plan

Health  
Over \$10,000



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

Vision  
Over \$350



- Eye exam
- Eyeglasses and contact lenses
- Laser eye surgery

Travel Plan

Care Abroad  
Up to \$1,000,000



150 days per trip, up to \$1,000,000 per lifetime in the event of a medical emergency, with coverage for the duration of a student exchange/internship

Scan for a summary of benefits



Plus: More Services Designed to Support Students

2SLGBTQIA+ Support

**Gender Affirmation Care**

Coverage for gender-affirming medical care and legal assistance for students on their gender affirmation journeys

New

**Legal Care Program**

**The Essentials**

A consultation service for all your legal questions, and legal representation for disputes related to housing, employment, academic rights, and more

**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

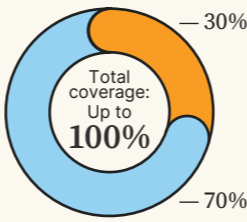
Dental  
Up to \$750



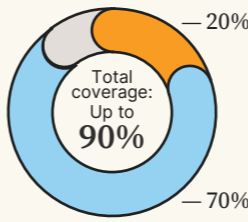
- Checkups
  - Fillings
  - Cleanings
- Root canals
  - and more!

Preventive Services

- Recall exams
- Cleanings
- Root planing

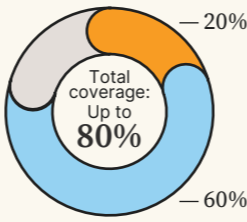


Impacted Wisdom Tooth Extractions



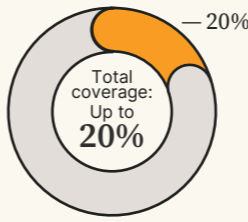
Basic Services

- Fillings
- Oral surgery
- Endodontics (root canals)
- Periodontics (gum treatments)



Major Restorative

- Crowns
- Bridges



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

How much does it cost?

The cost of the Plan and the Legal Care Program (The Essentials) is part of your student association-administered fees. You're responsible for verifying if you're automatically covered by the Plan and if you have access to the Program by checking your tuition statement.

Please note that different categories of students are billed differently and have different coverage/access periods during the year.

Visit [www.studentcare.ca](http://www.studentcare.ca) for more information on fees.

Change-of-Coverage Periods

Fall Term: Sept. 3 - 23, 2025

Winter Term (new students only):  
Jan. 5 - 23, 2026

Spring Term (only new students and co-op students who weren't on academic term in Fall Term or Winter Term):  
May 11 - June 1, 2026

If you're eligible, the fees for the Plan and the Legal Care Program (The Essentials) are automatically included in your tuition and other fees.

During the applicable period, you can change your Plan coverage, enrol your family in the Plan, or opt out of these services (you must have proof of other coverage to opt out of the health portion of the Plan). Some students may also be eligible to enrol themselves in the Plan. See [www.studentcare.ca](http://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](http://www.studentcare.ca) for instructions.



Add unlimited dependants for full-year coverage\*

\*Eligibility details, coverage periods, and family enrolment fees are available online.