

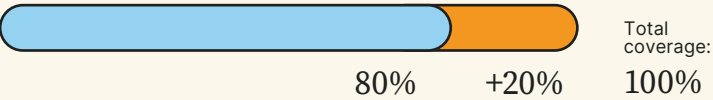
Exclusive savings from Alumo Network members*

- Your Plan coverage

Alumo 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 Alumo Dental Network practitioner:



Save more, spend less 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

*Alumo 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 UMSU Enhanced Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

Full-time graduate students who are UMGPS members are automatically covered by the Plan. Some other students are eligible to opt into the Plan during the Change-of-Coverage & Opt-Out Period.

Certain exceptions exist. Please check your student account to confirm if you've been charged the Plan fees. See alumo.ca for more details.

Manitoba Blue Cross
PO Box 1046 Stn Main,
Winnipeg, Manitoba R3C 2X7
204-788-6800 or
1-888-596-1032 (toll free)
Health, vision, and dental
benefits are insured by
Manitoba Blue Cross.
Group number: 7654

Securian Canada
1400-25 Sheppard Avenue West
Toronto, Ontario M2N 6S6
1-888-852-2419 or
1-514-904-4730 for travel claims
Group number (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 mb.bluecross.ca and download the app from the App Store or Google Play.

*Login details will apply to both the mobile app and web portal. Coverage must be in effect before account registration.



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

Plan Support Office
Room 102C
UMSU University Centre
65 Chancellors Circle
Winnipeg, Manitoba R3T 2N2



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

UMGPS/BRO/09-26

ALUMO

UNIVERSITY OF MANITOBA
GRADUATE & POSTDOCTORAL
SOCIETY
UMGPS

2026–2027

UMSU Enhanced Health & Dental Plan

Insuring today.
Ensuring tomorrow.

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 alumo.ca.



Health Plan

Health
Over \$10,000

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



Vision
Over \$250



- Basic
Over \$150
- Enhanced
Over \$250

- Eye exam
- Eyeglasses and contact lenses

Extra support when you need it

Mental Health & Wellness

Student Assistance Program

Powered by Dialogue

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



For eligibility details, see [alumo.ca](#).

Travel Plan

Travel
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



Save more, spend less!

See an Alumo Network professional to get extra discounts on health services.

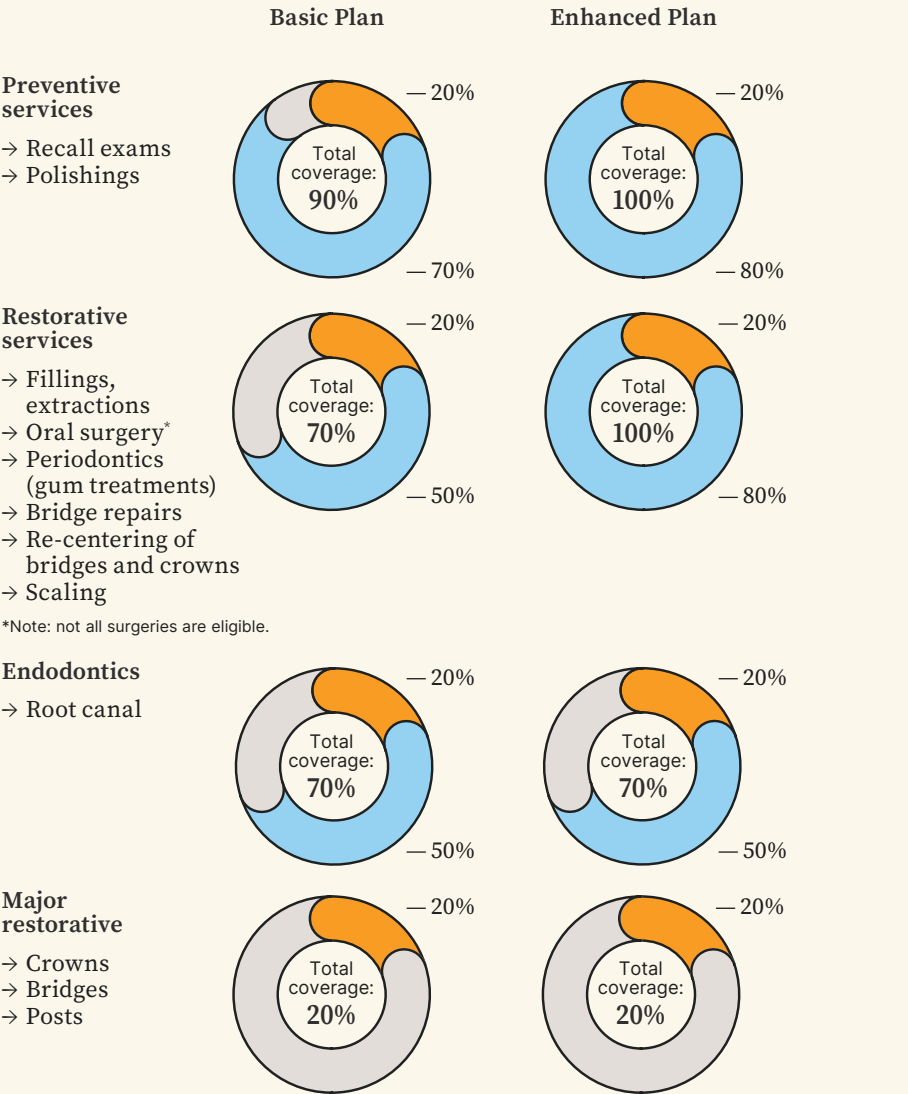
Dental Plan

Dental

- Basic
Up to \$500
- Enhanced
Up to \$750



- Recall exams
- Fillings
- Polishings
- Root canals
- and more!



- Insured portion
- Alumo Dental Network Savings
- Portion not covered

Plan fees

Enhanced Health & Dental Plan combined annual fee **\$381.60**

Health: \$205.86
Dental: \$175.74

Winter 2027 fee
\$254.40

Winter 2027 fee (January-August)

Health: \$137.24
Dental: \$117.16

Looking for a different level of coverage?

Try the Basic Plan for \$281.60 or mix and match portions of the Enhanced and Basic Plans. See [alumo.ca](#) for details.

Change-of-Coverage & Opt-Out Periods

Fall Term:
August 28 – September 23, 2026

Winter Term
(new students only):
December 25, 2026 – January 21, 2027

If you're eligible, the fees for the Plan and Legal Protection are automatically included in your tuition and other fees.

During the applicable period, you can opt out of these services (you must have proof of other coverage to opt out of the Health & Dental Plan Plan) or change your Plan coverage. See [alumo.ca](#) for instructions.

University of Manitoba Graduates & Postdoctoral Society (UMGPS) members are covered by the UMSU Plan, but you have a separate website for changing your Plan coverage. Visit [alumo.ca](#) and select UMGPS instead of UMSU in the student association search bar.

Family add-on

You can add coverage for 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 [alumo.ca](#) instructions.

\$572.40
Add unlimited dependants for full-year coverage*

*Family add-on fees for coverage from January 1 – August 31, 2027 for new Winter Term students are available online.