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.

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

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

<table>
<thead>
<tr>
<th>Coverage</th>
<th>70%</th>
<th>30%</th>
<th>Total coverage: 100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>LASIK MD</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$50 off per eye on Standard LASIK*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$100 off per eye on Custom LASIK*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Certain conditions apply.</td>
<td></td>
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<tr>
<td>clearly</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Independent Vision Specialists</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10% off contact lenses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25% off eyeglass frames (excluding certain brands)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Certain conditions apply.</td>
<td></td>
<td></td>
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<tr>
<td>Rexall</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10% off prescription drugs (max $40)*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20% off select regularly priced Rexall brand non-prescription products*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Certain conditions apply.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and more!</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dentists, physiotherapists, naturopaths, massage therapists, and chiropractors</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Exclusive savings from Network Partners

- $50 off per eye on Standard LASIK*
- $100 off per eye on Custom LASIK* (Certain conditions apply)
- 30% off prescription eyeglasses, up to $75 off discount on eye exams and contact lenses
- 25% off eyeglass frames (excluding certain brands)* (Certain conditions apply)
- 10% off prescription drugs (max $40)*
- 20% off select regularly priced Rexall brand non-prescription products* (Certain conditions apply)
- Preferred rates on 50-minute adult therapy or coaching sessions
- WELL-BEING RESOURCES: EMPOWER ME
  - A confidential support service available 24/7 to students covered by the UOSU Health Plan.
  - Visit www.studentcare.ca for more info: 1-888-711-1119
  - Powered by Optima Global Health
- VIRTUAL HEALTH CARE
  - Students and dependents covered by the UOSU Health Plan can connect with nurses and physicians via a mobile or web app from anywhere in Canada.
  - Find out more at www.dialogue.co/signup-studentcare
  - Powered by Dialogue
- 10% off prescription drugs (max $40)*
- 20% off select regularly priced Rexall brand non-prescription products* (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

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

If you’re eligible, the Plan fee for coverage from Sept. 1 – Aug. 31 will be

How much does it cost?

<table>
<thead>
<tr>
<th>Health &amp; Dental Plan Combined Annual Fee</th>
<th>$249.90</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-Year Fee (Sept. – Aug.)</td>
<td>$249.90</td>
</tr>
<tr>
<td>Winter 2022 Fee (Jan. – Aug.)</td>
<td>166.60</td>
</tr>
<tr>
<td>Spring 2022 Fee (May – Aug.)</td>
<td>83.30</td>
</tr>
<tr>
<td>Health: $133.62 + Dental: $116.28</td>
<td></td>
</tr>
<tr>
<td>Health: $89.08 + Dental: $77.52</td>
<td></td>
</tr>
</tbody>
</table>

Travel Up to $5,000,000

<table>
<thead>
<tr>
<th>Travel</th>
<th>Amount Covered</th>
<th>Eligible</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care Abroad</td>
<td>120 days</td>
<td>per trip</td>
</tr>
<tr>
<td>Medical Incident</td>
<td>$5,000,000</td>
<td>per lifetime</td>
</tr>
<tr>
<td>Trip Cancellation</td>
<td>New! $3,000</td>
<td>per trip</td>
</tr>
<tr>
<td>Trip Interruption</td>
<td>New! $7,500</td>
<td>per trip</td>
</tr>
</tbody>
</table>

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

Check online for updates related to COVID-19.