

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):
Sept. 8 – 30, 2021

Winter Term (enrolments for new students only):
Jan. 10 – 31, 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.

+1 Add one dependant for
\$370.00
for full-year coverage*

∞ Add unlimited dependants for
\$580.00
for full-year coverage*

*Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2022 for new Winter 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 shortly after the Change-of-Coverage Period.

The ease of claiming at your fingertips

Search **Studentcare mobile** on the **App Store** or **Google Play**, and use the app to:

- Submit your claims quickly and securely on your smartphone
- Access your Pay-Direct Card for immediate processing of prescription drug claims



Once you've had a claim processed, you can also register online on your insurer's website to check your claim's status and to set up direct deposit.

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:



Exclusive savings from Network Partners

LASIK MD
VISION

\$50 off
per eye on Standard LASIK*

\$100 off
per eye on Custom LASIK*

*Certain conditions apply.

clearly

With coupon code **STUDENT21**:

10% off
contact lenses

25% off
eyeglass frames
(excluding certain brands)*

*Certain conditions apply.

Rexall

10% off prescription drugs
(max \$40)*

20% off select regularly priced
Rexall brand non-prescription
products*

*Certain conditions apply.

**Independent
vision specialists**

30% off
prescription eyeglasses, up to \$75

Discounts on eye exams
and contact lenses

***} PSYVITALITI**

Preferred rates on
50-minute adult therapy
or coaching sessions

and more!

Dentists, physiotherapists,
chiropractors, naturopaths,
and massage therapists

**WELL-BEING RESOURCES:
EMPOWER ME**

A confidential support service
available 24/7 to Carleton
undergraduate students taking at
least 4 courses in the Fall Term.

Visit www.studentcare.ca
for more info. **1-833-628-5589**

Powered by **Optima Global Health**

QUESTIONS?
WWW.STUDENTCARE.CA

**LIVE CHAT AND
WEB REQUEST FORM
AVAILABLE**



2021-2022

Your CUSA Student Health & Dental Plan

Enjoy it while it lasts

Group Numbers

Health, vision, and dental: **Q1107** (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' association, CUSA, and administered by Studentcare, the leading provider of student health and dental plans in Canada

Who's covered?

Students automatically covered by the CUSA Health & Dental Plan:

- Carleton undergraduate students taking at least 4 courses in the Fall Term

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

Students who may be eligible to enrol themselves in the Plan:

- Students taking fewer than 4 courses in the Fall Term
- New Winter Term students

Please note: COVID-19 restrictions may impact Plan eligibility and billing procedures. See www.studentcare.ca for updates and further details.

How much does it cost?



If you're eligible, the Plan fee for coverage from Sept. 1 – Aug. 31 will be automatically included in your tuition and other fees. New students who enrol themselves in the Winter Term pay a pro-rated fee for coverage until Aug. 31. Find more details online.

What are my Group Numbers?

Health, vision, and dental:
Q1107 (insured by Desjardins Insurance)

Travel:
97180 (administered by Blue Cross Life Insurance Company of Canada)

Health & Dental Plan benefits

Health Over \$10,000

	Per Visit/ Purchase	Per Policy Year
Prescription Drugs and Vaccinations Covers the dispensing fee up to \$5 per prescription, refill, or vaccination	Up to 80%	\$5,000
Physician In case of accident only		COMBINED MAXIMUM OF \$1,000 PER ACCIDENT
Surgeon In case of accident only		
Psychologist/Clinical Counsellor/Master of Social Work	\$75	\$300
Physiotherapist	\$25	COMBINED MAXIMUM OF \$300 PER POLICY YEAR
Athletic Therapist	\$25	
Chiropractor Must be prescribed by a physician	\$15	COMBINED MAXIMUM OF \$300 PER POLICY YEAR
Massage Therapist Must be prescribed by a physician	\$15	
Naturopath Must be prescribed by a physician	\$15	
Speech Therapist Must be prescribed by a physician	\$15	

PLUS (Accident only): tutorial benefit, ambulance, and dental accident

Vision Up to \$150

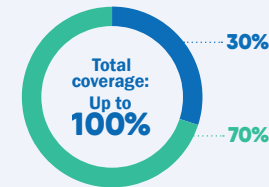
	Amount Covered	Eligible Every
Eye Exam, Eyeglasses, and Contact Lenses The eye exam must be performed by a licensed optometrist. Receipts for eyeglasses or contact lenses must include the prescribed strength, or provide the detailed prescription.	\$150	24 months

Dental Up to \$600

● Insured portion ● Studentcare Dental Network savings

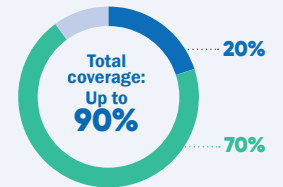
Preventive Services

- Recall exams
- Cleanings



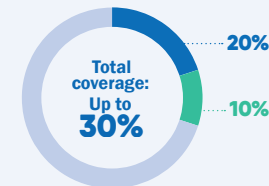
Basic Services

- Fillings
- Oral surgery
- Wisdom teeth extractions (up to a lifetime maximum of \$500)



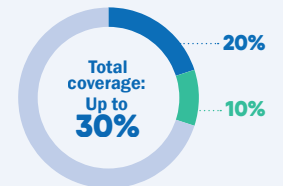
Basic Services

- Endodontics (root canals)
- Periodontics (gum treatments)



Major Restorative

- Crowns
- Bridges
- Posts



Travel Up to \$5,000,000

	Amount Covered	Eligible
Care Abroad Includes coverage for the duration of a student exchange/internship	120 days	per trip
Medical Incident In case of a medical emergency Includes eligible COVID-19 medical expenses	\$5,000,000	per lifetime
Trip Cancellation Pre-paid, non-refundable trip expenses in case of a medical emergency or an eligible Travel Advisory	\$3,000	per trip
Trip Interruption In case of a medical emergency or an eligible Travel Advisory	\$7,500	per trip

Check online for updates related to COVID-19.

QUESTIONS?
WWW.STUDENTCARE.CA

LIVE CHAT AND
WEB REQUEST FORM
AVAILABLE