

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.

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

Studentcare Networks

By consulting a Network member, you'll get additional coverage.

70%

+30%

Total Coverage:

100%

Save More with Network Members



up to 90%

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



10% off

contact lenses



\$550 off

on custom LASIK

Free, no-obligation consultation

Lowest price guarantee



30% off

prescription eyeglasses, up to \$75

Independent Vision Specialists

Discounts on eye exams and contact lenses

and more!
Dentists, physiotherapists, 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 NSA Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

Students in the doctor of naturopathic medicine program who are NSA members and who have provincial health care (e.g. OHIP) or equivalent primary health-care coverage are eligible, along with Boucher campus students.

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: NSA
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.)

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

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



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 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. It is designated Ancient Forest Friendly™ and FSC® certified. Bringing paper products full circle with sustainable innovation.

Studentcare is becoming

ALUMO



2025–2026

NSA Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group Numbers

Health, vision, and dental: NSA
Travel: 97180
(Securian Canada)

Gender Affirmation Care: GAQ
(GreenShield)



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



Health Plan

Health
Over \$10,000

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

Vision
Up to \$150

- Eye exam
- Eyeglasses and contact lenses

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




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

Virtual Health Care

 HI
Powered by Dialogue

Virtual health care that connects you with nurses and physicians from anywhere in Canada

Mental Health & Wellness

 Empower Me
Powered by Dialogue

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

Legal Care Program

 The Essentials

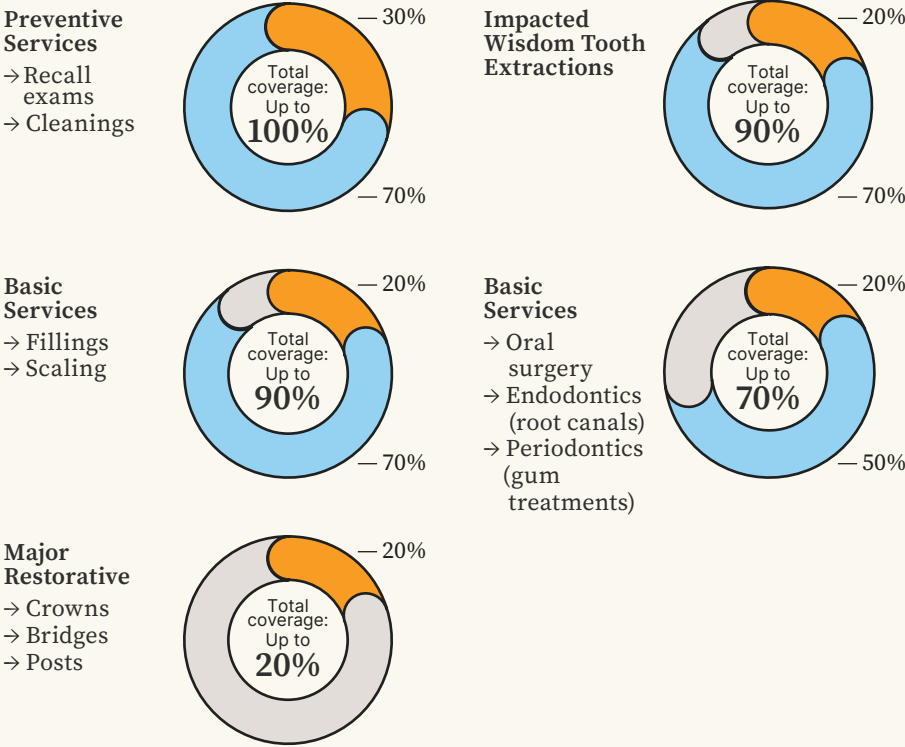
A consultation service for all your legal questions, and legal representation for disputes related to housing, employment, academic rights, and more

Annual Fee: \$35.35
Winter 2026 Fee: \$23.57
Summer 2026 Fee: \$23.57

For eligibility details, see www.studentcare.ca.


Dental Plan

Dental
Up to \$750



Insured Portion Studentcare Dental Network Savings Portion Not Covered

Price

Health & Dental Plan Combined Annual Fee \$690	 	Full Year \$690	Combined Fee (September-August)
		Winter 2026 (for new semester students) \$460	Combined Fee (January-August)
		Summer 2026 (for new semester students) \$230	Combined Fee (May-August)

Change-of-Coverage Periods

Fall semester: Sept. 2 - 16, 2025	If you're automatically covered, the Plan and Legal Care Program fees are included in your tuition and other fees. During the applicable period, you can enrol your family or opt out of the Plan if you have proof of other coverage. Some students may also be eligible to enrol themselves in the Plan. See www.studentcare.ca for instructions.
Winter semester (new students only): Jan. 5 - 19, 2026	
Summer semester (new students only): May 4 - 18, 2026	

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.

 \$690 Add one dependant for full-year coverage*	 \$1,380 Add unlimited dependants for full-year coverage*
--	---

* Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2026 (for new Winter semester students) and from May 1 – Aug. 31, 2026 (for new Summer semester students) are available online.