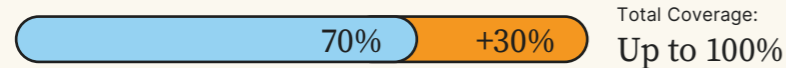


Exclusive Savings from Studentcare Network Partners*

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

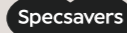
By consulting a Network member, you'll get additional coverage.

Save More 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



20% off contact lenses

Independent Vision Specialists

30% off prescription eyeglasses, up to \$75

Discounts on contact lenses



\$550 off on custom LASIK

Free, no-obligation consultation

Lowest price guarantee



\$30 discount on a regular 50-minute adult therapy or coaching session

and more! Dentists, physiotherapists, massage therapists, and chiropractors

* 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 UOSU Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs. Eligible students include:

- Full-time and part-time undergraduate students at the University of Ottawa who are registered in the Fall, Winter, or Spring term
- Full-time Saint Paul University 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: UNV (insured by GreenShield)

Accidental death and dismemberment: Q1617 (insured by Desjardins Insurance)

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

Claim through GreenShield's online portal at app.greenshieldplus.ca or the GreenShield+ mobile app.

Submit claims using your Member ID: **your Group Number (UNV) + your Student ID Number + 00** (e.g. UNV123456789100).



Questions about claims: 1-888-525-7587

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.

UOSU Care Office
UCU 031B
University Centre
85 University Private

Studentcare is becoming

ALUMO



2025–2026

UOSU Health & Dental Plan

Insuring today. Ensuring tomorrow.

Group Numbers

Health, vision, and dental: UNV (GreenShield)

Accidental death and dismemberment: Q1617 (Desjardins Insurance)

Travel: 97180 (Securian Canada)



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



Health Plan

Health Over \$10,000



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

Vision Up to \$200



- Eye exam, eyeglasses and contact lenses, and laser eye surgery
- OR
- Medically necessary 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



Dental Plan

Dental Up to \$750

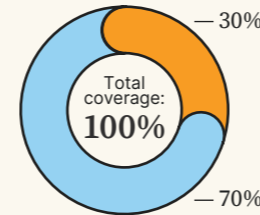


- Checkups
- Fillings
- Cleanings

- Root canals
- and more!

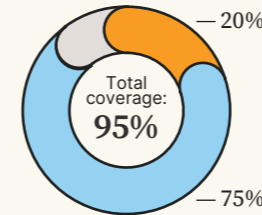
Preventive Services

- Recall exams
- Cleanings



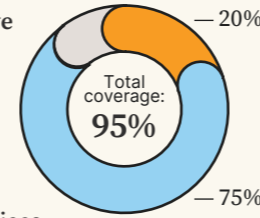
Basic Services,

- Fillings
- Basic oral surgery

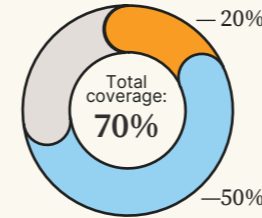


Comprehensive Basic Services

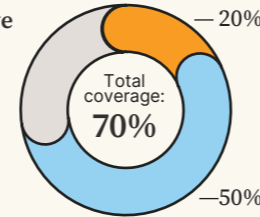
- Endodontics (root canals)
- Periodontics (gum treatments)
- Standard denture services



Extractions

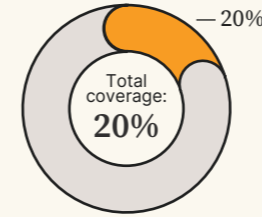


Comprehensive Oral Surgery and Root Planing



Major Restorative

- Crowns
- Bridges
- Posts



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

Price

Health & Dental Plan Combined Annual Fee \$306.72



Full Year
\$306.72

Combined
Fee
(September-
August)

Health: \$164.01 Dental: \$142.71

Winter 2026
(for new semester students)
\$204.48

Combined
Fee
(January-
August)

Health: \$109.34 Dental: \$95.14

Spring 2026
(for new semester students)
\$102.24

Combined
Fee
(May-
August)

Health: \$54.67 Dental: \$47.57

Plus: More Services Designed to Support Students

Virtual Health Care



HI

Powered by Dialogue

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

Full-Year Fee: \$48.45
Winter 2026 Fee: \$32.30
Spring 2026 Fee: \$16.15

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.

Change-of-Coverage Periods

Fall term: Aug. 27 - Sept. 26, 2025

Winter term (new students only):
Jan. 2 - Feb. 5, 2026

Spring term (new students only):
Apr. 30 - May 14, 2026

If you've registered for courses and completed your opt out by **Sept. 19, 2025**, the Plan fee will be reversed from your student account before the tuition fee payment deadline.

See www.studentcare.ca for instructions.

If you're eligible, the fees for the Plan and HI (Virtual Health Care) are automatically included in your tuition and other fees. During the applicable period, you have the following options for these services:

- **Health & Dental Plan:** Opt out (if you have proof of other coverage), change your coverage, or enrol your family. Some students may also be eligible to enrol themselves in the Plan.
- **HI:** Opt out

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.



\$306.72

Add one dependant for full-year coverage*



\$613.44

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.