

# 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.

Studentcare Networks

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

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

70%

+30%

Total Coverage:  
Up to 100%

## Save More with Network Members



up to 100% off 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

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](http://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](http://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](http://www.studentcare.ca) to learn about all the applicable conditions and exclusions.

UOSU Care Office  
UCU 031B  
University Centre  
85 University Private



**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.

SRC/BR0/09-25

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](http://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

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](http://www.studentcare.ca).

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

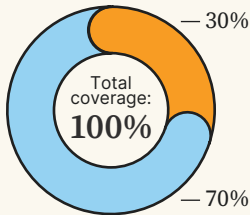
Scan for a summary of benefits



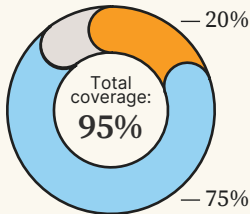
Dental Plan

Dental  
Up to \$750

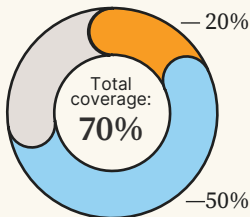
Preventive Services  
→ Recall exams  
→ Cleanings



Comprehensive Basic Services  
→ Endodontics (root canals)  
→ Periodontics (gum treatments)  
→ Standard denture services

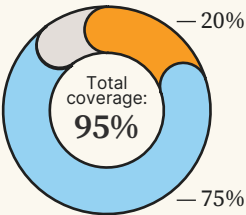


Comprehensive Oral Surgery and Root Planing

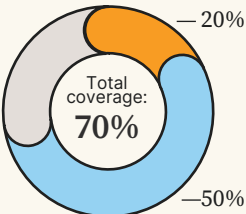


→ Checkups  
→ Fillings  
→ Cleanings

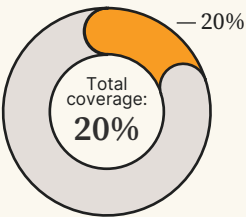
Basic Services,  
→ Fillings  
→ Basic oral surgery



Extractions



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 <b>\$306.72</b>	Combined Fee (September-August)
Health: <b>\$164.01</b>	Dental: <b>\$142.71</b>

Winter 2026 (for new semester students) <b>\$204.48</b>	Combined Fee (January-August)
Health: <b>\$109.34</b>	Dental: <b>\$95.14</b>

Spring 2026 (for new semester students) <b>\$102.24</b>	Combined Fee (May-August)
Health: <b>\$54.67</b>	Dental: <b>\$47.57</b>

Change-of-Coverage Periods

Fall term: Sept. 3 - 26, 2025

Winter term (new students only):  
Jan. 12 - 30, 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.

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


See [www.studentcare.ca](http://www.studentcare.ca) for instructions.

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](http://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.