

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 semester (enrolments and opt outs):
Sept. 7 - 21, 2021

Winter semester (enrolments and opt outs for new students only):
Jan. 10 - 24, 2022

Summer semester (enrolments and opt outs for new students only):
May 9 - 23, 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
\$577.00
for full-year coverage*

∞ Add unlimited dependants for
\$1,154.00
for full-year coverage*

*Family enrolment fees for coverage from Jan. 1 - Aug. 31, 2022 (for new Winter semester students) and from May 1 - Aug. 31, 2022 (for new Summer semester students) are available online.

Opting out

1. Use the secure online opt-out processing system at www.studentcare.ca.
2. Upload proof of your alternative health and 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 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 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:



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.

Independent vision specialists
30% off
prescription eyeglasses, up to \$75

Discounts on eye exams and contact lenses

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.

PSYVITALITĪ
Preferred rates on 50-minute adult therapy or coaching sessions

and more!
Dentists, chiropractors, physiotherapists, and naturopaths

QUESTIONS?
WWW.STUDENTCARE.CA

LIVE CHAT AND WEB REQUEST FORM AVAILABLE



2021-2022

Your NSA Student Health & Dental Plan

Make the most out of it

Group Numbers
Health, vision, and dental: **50148** (Sun Life)
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, the NSA, and administered by Studentcare, the leading provider of student health and dental plans in Canada

Who's covered?

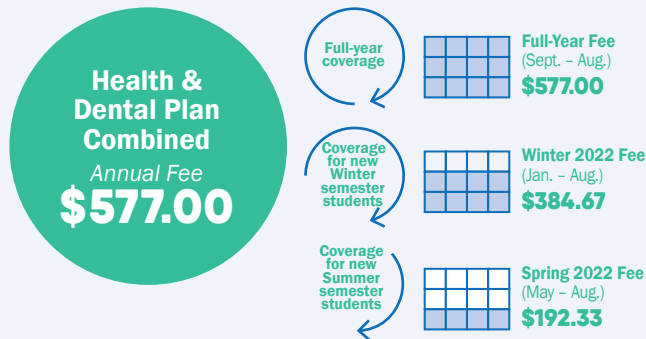
Students automatically covered by the NSA Health & Dental Plan:

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

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

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 (or from Jan. 1 - Aug. 31 for new Winter semester students and from May 1 - Aug. 31 for new Summer semester students) will be automatically included in your tuition and other fees. New Winter and Summer semester students pay a pro-rated fee for coverage until Aug. 31. Find more details online.

What are my Group Numbers?

Health, vision, and dental: **50148** (insured by Sun Life Assurance Company of Canada, a member of the Sun Life group of companies)

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 Covers selected medications after a \$7 deductible per prescription or refill	70%	\$3,000
Vaccinations There is a \$7 deductible per vaccination, prescription, or refill.	70%	\$150
Psychologist	\$30	\$300
Massage Therapist Requires a referral from an MD or a naturopathic doctor	\$30	\$300
Chiropractor Includes one x-ray per policy year	\$30	\$300
Registered Dietitian Requires a referral from an MD or a naturopathic doctor	\$30	\$300
Physiotherapist	\$30	\$300
Naturopath	\$18	\$300
Osteopath Includes one x-ray per policy year Must be a doctor in osteopathic medicine	\$30	\$300
Podiatrist/Chiropodist Includes one x-ray per policy year	\$30	\$300
Speech Therapist	\$30	\$300
Athletic Therapist	\$30	\$300

PLUS: Diagnostic services, home nurse, tutorial benefit, ambulance, dental accident, medical equipment, and more

Vision Up to \$150

	Amount Covered	Eligible Every
Eye Exam	\$50	2 policy years
Eyeglasses and Contact Lenses	\$100	24 months

Visit www.studentcare.ca for complete details.

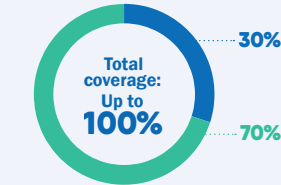
Check online for updates related to COVID-19.

Dental Up to \$750

- Insured portion
- Studentcare Dental Network savings

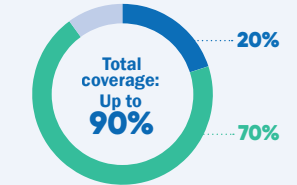
Preventive Services

Recall exams, cleanings, impacted wisdom teeth extractions



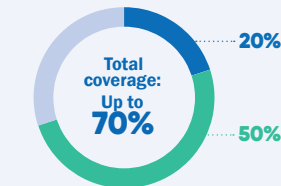
Basic Services

Fillings, scaling



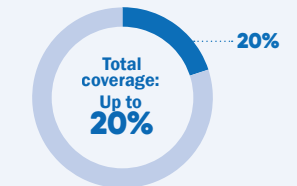
Basic Services

Oral surgery, 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

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