

Exclusive Savings from ASEQ Network Partners*

Save More with Network Members**

greiche & scaff

\$150 off
eyeglasses

10% off
contact lenses

 PSYMONTRÉAL

\$30 discount

on a regular 50-minute adult therapy or coaching session

Discover more partners online! Physiotherapy, chiropractic, and gender affirmation care practitioners



\$550 off

on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

*ASEQ 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

If you're a graduate student at the Université de Sherbrooke and a member of REMDUS, you have access to one of the most important services on campus: the REMDUS Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs, like vision care, dental care, and travel care abroad.

If you're an international student, you have access to the health and dental portion of the Plan. This Plan complements the coverage for international students offered by the Université de Sherbrooke or provincial health care (RAMQ). See www.aseq.ca for more details on eligibility.

We invite you to verify if you're already covered by another plan (through an employer, parent, or spouse). If so, the student Plan can still be of interest to you, as you can be reimbursed the remaining eligible fees (partially or fully) through your secondary plan.

 **Desjardins**
Insurance
Life • Health • Retirement

Desjardins Insurance
PO Box 3950
Levis, Quebec G6V 8C6
1-866-647-5013
Health, vision, and dental benefits are insured by Desjardins Insurance.
Group Number: Q1616
Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company.

 **securian**
CANADA

Securian Canada
1400-25 Sheppard Avenue West
Toronto, Ontario M2N 6S6
1-888-852-2419 or 1-514-904-4730 for claims
Group Number (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. For more information visit www.securiancanada.ca or call 1-844-894-0378.

 **GreenShield**

GreenShield
8677 Anchor Drive
C. P. 1606
Windsor, Ontario N9A 6W1
1-888-525-7587
Gender Affirmation Care coverage is insuredured by GreenShield.
Group number: GCX

To determine if this products is right for you, for more details, or to contact a licensed insurance representative, visit www.aseq.ca. Please note that Conversation, AlloDoc!, The Essentials, and the legal component of Gender Affirmation Care are not insurance products.

Submit Claims Quickly and Easily

Register on the **Omni™** mobile app or Desjardins Insurance's online portal. Access your Pay-Direct Card, which lets you get claims processed immediately, and submit eligible types of claims online.

 **Omni**

Download the app

Omni™ and the Omni logo are trademarks of Desjardins Financial Security Life Assurance Company, used under licence by ASEQ.

NOTE: This document provides a summary of Plan benefits. It is not a complete description of coverage, restrictions, and exclusions. Please visit www.aseq.ca to learn about all the applicable conditions and exclusions.

Care Office
Université de Sherbrooke
Multifunctional Pavilion
Room B5-007-4



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.

REMDUS-EN/BRO/09-25

ASEQ is becoming

ALUMO

2025—2026

REMDUS Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group Numbers

Health, vision, and dental:
Q1616 (Desjardins Insurance)

Travel:
97180 (Securian Canada)

Gender Affirmation Care:
GCX (GreenShield)



For complete details on coverage, eligibility, and group/policy numbers, visit www.aseq.ca.


remdus
Regroupement étudiant de maîtrise, diplôme et doctorat de l'Université de Sherbrooke



Health Plan

Health
Up to \$10,000



- Neurostimulants
- Contraceptives
- Antidepressants
- Vaccinations
- Psychologists
- Physiotherapists
- Kinesiologists
- Chiropractors
- Massage therapists
- Ambulance
- and more!

Vision
Over \$450



- Eye exam
- Eyeglasses and contact lenses
- Accident coverage for eyeglasses
- Laser eye surgery

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

New

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

New

For eligibility details, see www.aseq.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

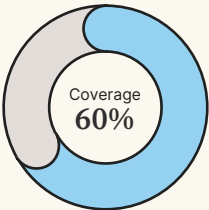
Dental Plan

Dental
Up to \$1,000

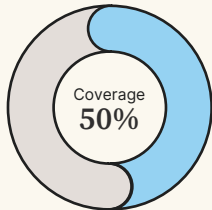


- Checkups
 - Cleanings
 - Fillings
- Extractions
 - And more!

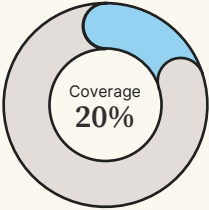
Preventive Services
→ Recall exams
→ Cleanings
→ Extraction



Basic Services
→ Minor restorative (fillings)
→ Oral surgery
→ Endodontics (root canals)
→ Periodontics (gum treatments)



Major Restorative
→ Crowns
→ Bridges



Insured Portion Portion not covered

Change-of-Coverage & Opt-Out Periods

Fall Term:
Sept. 15 - Oct. 15, 2025

Winter Term (new students only):
Jan. 15 - Feb. 16, 2026

The Plan is a **non-mandatory automatic** contribution.

All opt outs or coverage changes can be completed online at www.aseq.ca. You can request an annual opt out.

Conversation (Mental Health & Wellness)

See www.aseq.ca for opt-out procedures.

Price

Health & Dental Plan
Combined
Annual Fee*
\$420.00

Health Plan
Annual Fee
\$244.92



Dental Plan
Annual Fee
\$175.08



*This is an annual Plan. Students will therefore be covered for one year (September–August). If you begin your studies in the winter, you may make an opt-out or change-of-coverage request in the Winter Term.

Fall 2025 \$140.00 Health: \$81.64 Dental: \$58.36	Combined Fee (September-December)	Winter 2026 \$280.00 Health: \$163.28 Dental: \$116.72	Combined Fee (January-August)
--	--------------------------------------	--	----------------------------------

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.aseq.ca for family enrolment fees and instructions.

Add one dependant for full-year coverage

Add unlimited dependants for full-year coverage