


Stay Connected It's Your Plan


Go online to find out how you can make the most out of your Plan.

- Instructions on how to claim
- Deadlines for submitting claims
- Plan coverage details
- Links to important documents, such as claim forms and your travel health passport
- Network offers to save you even more money on health-care costs!


Watch the online videos.




My Privacy. My Plan.
Helps pay for health-care costs, while giving you complete control.



Next Step: Dream Trip
Discover the value of your Travel Plan.



Almost Unstoppable
Coverage for accidents and everyday things.



Health-Care Networks
How to save even more on your health-care costs.

Learn more at
www.ihaveaplan.ca

CHANGE OF COVERAGE



Enrolment

Visit www.ihaveaplan.ca and follow the on-screen instructions for enrolments or opt outs.

The GSA Health & Dental Plan gives you the option to enrol your family (spouse and/or dependants). Certain categories of students may also enrol themselves. For details on eligibility, visit www.ihaveaplan.ca. Enrolments must be completed during the Change-of-Coverage Period.

Coverage for You and Your Family

Enrolment Period for Fall Term students: **Sept. 1 – 21, 2010** (full-year coverage)

Full-year fee for family (spouse + unlimited number of children): **\$720.00**

Full-year fee for students eligible to enrol: **\$360.00**

Enrolment Period for new Winter Term students only: **Jan. 5 – 21, 2011** (Winter coverage is pro-rated for 8 months. Fees are available on the website under the Coverage menu)

Full-year fee for spouse/partner or one child: **\$360.00**

Opt Out

If you're already covered by an equivalent health and/or dental plan (such as a parent or spouse's employee benefit plan), you can opt out at www.ihaveaplan.ca and the Plan fee will be credited to your student account. However, please note that your student Plan provides certain benefits not available through other insurance plans, such as vaccinations, vision, and travel. Opt outs must be completed during the Change-of-Coverage Period.

Change-of-Coverage Period

Sept. 1 – 21, 2010

Detach this section and use this card in conjunction with your student ID card.

Student Health & Dental Plan Office
University of Alberta
SUB 028, Lower Level
Edmonton, AB
Toll-free: 1 866 795-4430



If you're covered, use this card in conjunction with your student ID card.



[ihaveaplan.ca](http://www.ihaveaplan.ca)

Student's signature

Detach & Keep Your Pay-Direct Card

A WORD FROM YOUR STUDENT ASSOCIATION

Welcome to Your Plan!

To help students pay for the health services they need, a collective health and dental plan has been put in place by your student association. This group Plan is unique in that it helps fill the gaps in provincial health care while offering coverage that is often **3-5 times less expensive than other plans**. The coverage includes health, dental, vision, and travel benefits. It covers the unexpected and provides you with preventive care services to keep you in good health.

Since its inception, the Plan has saved its members millions of dollars and has helped tens of thousands of students.

As a graduate student registered full-time in the Fall Term at the University of Alberta, you're automatically covered by the GSA Health & Dental Plan.

To minimize paper use and its impact on the environment, this document provides a basic outline of the coverage available to you through your student Plan. A complete list of benefits and details is available at www.ihaveaplan.ca.

Best of luck for a safe and healthy year.

Graduate Students' Association

Your Health & Dental Plan at a Glance

Group Name: GSA Health & Dental Plan
Group Number (Health & Dental Benefits): 50146
Insurance Company (Health & Dental Benefits): Sun Life Assurance Company of Canada (Sun Life)
Group Number (Travel Benefits): 7488
Insurance Company (Travel Benefits): Blue Cross
For Information: www.ihaveaplan.ca or 1 866 795-4430

Change-of-Coverage Period:
Opt outs and enrolments for Fall Term students
Enrolments for new Winter Term students only

Sept. 1 – 21, 2010
Jan. 5 – 21, 2011

NOTE: This document is intended as a basic explanation of the benefits available to you through the GSA Health & Dental Plan. It summarizes the important features of your group plan and does not, in itself, constitute a contract. In accordance with our commitment to sustainability, this document may not be printed and mailed in future years. For more information, visit www.ihaveaplan.ca.

Need Help? www.ihaveaplan.ca

PROVIDER NETWORKS



You're covered for the insured portion of your Plan regardless of the health practitioner you choose. By consulting a Network member, you will get additional coverage.

Find a Health Practitioner at www.ihaveaplan.ca

VISION NETWORK

Up to 70% Off Contact Lenses and Designer Glasses

Clearly Contacts is Canada's largest online retailer of contact lenses and eyeglasses, offering up to 70% off traditional retail prices. As a Health Plan member, you can benefit from an additional 10% off selling prices—just visit www.clearlycontacts.ca and enter coupon code **STUDENTVISION** at checkout.

Up to \$150 for Prescription Eyeglasses

When visiting an optometrist or an optician who is part of the Vision Network, you save at least 30% on prescription eyeglasses. By combining these savings with your Plan's insured coverage of \$75 for eyeglasses, you can save up to \$150. Vision Network members also offer savings on the cost of eye exams and contact lenses.

Up to \$300 in Coverage for Laser Eye Surgery

LASIK MD, a leading provider of laser eye surgery, offers an additional \$150 off laser eye surgery, so that Health Plan members can get double the coverage, up to \$300.

DENTAL NETWORK

70% to 100% in Dental Coverage

Your Plan covers 50% to 80% of your dental costs and by visiting a Network dentist, you will receive an additional 20% off regular dental services, enabling you to get up to 100% coverage. Most Network dentists also offer the pay-direct service.

HEALTH-CARE NETWORKS

By combining your Plan's insured coverage of \$30 per visit for health practitioners with the savings offered by Health-Care Network members, you will pay no more than:

Physiotherapy Network

\$30 for the initial assessment and \$0 for subsequent visits

Chiropractic Network

\$5 for the initial assessment and \$0 for subsequent visits

Massage Therapy Network

\$0 for a 30-minute treatment and \$25 for a 60-minute treatment

Pharmacy Network

Reduced dispensing fees for prescription drugs

Student Health & Dental Plan Office

University of Alberta
SUB 028, Lower Level
Edmonton, AB

Toll-free: 1 866 795-4430



[ihaveaplan.ca](http://www.ihaveaplan.ca)



University of Alberta
Graduate Students' Association

Your GSA Health & Dental Plan

Essential Information on the Benefits of Your Student Health Program



[ihaveaplan.ca](http://www.ihaveaplan.ca)

2010/2011

CHANGE OF COVERAGE DATES
• FALL 2010:
SEPT. 1 - 21, 2010
• WINTER 2011:
JAN. 5 - 21, 2011

CANADA	POSTES
POST	CANADA
Postage paid Addressed Admail	Port payé Médiaposte avec adresse 4648056

HEALTH COVERAGE

**More Than \$10,000 in Health-Care Coverage**

With this collective approach to health care, health benefits and services are more accessible and more affordable so that you can get the treatment you need.

Prescription drugs: 80%

Vaccinations: 100%, up to \$150 per policy year

Health practitioners (physiotherapists, chiropractors, massage therapists, acupuncturists, etc.):

- \$30 per visit, \$500 per category of practitioner per policy year

- Visits to registered dieticians and massage therapists require a referral by a MD

For a complete list of benefits and details, visit www.ihaveaplan.ca.

Optional life insurance is an exclusive benefit not offered by most other plans. Visit www.ihaveaplan.ca for more information.

For a list of health practitioners covered by the Plan, visit www.ihaveaplan.ca.

Other health benefits:

Medical equipment, diagnostic services, dental accident, ambulance, home nurse, hospitalization, optional life insurance, and more...

TRAVEL COVERAGE

**120 Days per Trip and up to \$5,000,000**

You are covered for up to 120 days per trip and up to a maximum of \$5,000,000 per incident. Travel health coverage includes hospital, physician, and other services for emergency treatment of an injury or illness while travelling outside of the province in which you reside (including international travel). Please note that travel health coverage does not apply to international students travelling to their home country.

Trip cancellation: up to \$1,500 per trip for pre-paid, non-refundable trip expenses in case of a medical emergency.

Trip interruption: up to \$5,000 in case of a medical emergency for each trip you take during the policy year.

Exchange/internship students: students who are leaving on a recognized academic exchange or who are participating in an internship as part of their studies can benefit from travel health coverage for the duration of the exchange or internship, as well as for the first 120 days of their trip and for

120 days after the end of their exchange or internship as long as they remain covered for the applicable policy years. You must notify studentcare.net/works before leaving on an exchange.

Anywhere in the world: in addition to travel health coverage, your health and dental benefits can be used anywhere in the world.

Before leaving: if you're planning to travel, download a Travel Information Brochure at www.ihaveaplan.ca for complete details on benefits, coverage, and telephone numbers for emergency assistance.

Similar travel plans can cost over \$500. Visit www.ihaveaplan.ca/travel to compare.

VISION COVERAGE

**Up to \$275 in Vision Coverage**

Your Plan covers the cost of eye exams, new or replacement eyeglasses or contact lenses, and laser eye surgery. You can also get additional coverage through the Studentcare Vision Network.

\$50 per 2 policy years for eye exams

\$75 per 24 months for new or replacement eyeglasses or contact lenses

\$150 per policy year for laser eye surgery

DENTAL COVERAGE

**Up to \$500 in Dental Coverage**

You have access to preventive care with a plan that offers \$500 coverage for dental visits per policy year. Your Plan covers 50% to 80% of your dental costs. You can also get additional coverage through the Studentcare Dental Network.

	Insured Portion	Dental Network Savings	Total Coverage
Preventive Services recall exams, cleanings, extraction of impacted teeth	80%	20%	100%
Basic Services fillings, oral surgery, endodontics (root canal), periodontics (gum treatment)	50%	20%	70%
Major Restorative crowns, bridges, posts	Not Covered	20%	20%

Visit www.ihaveaplan.ca for complete details.

► **Already Covered by Another Plan? Weigh the Costs and Benefits**

Your student Health & Dental Plan may provide better value:

- Being enrolled as a dependant in a parent or spouse's employee benefit plan usually requires your family member to pay additional costs to have you covered.

- Coverage under most parents' plans ceases once you are no longer a full-time student or when you turn 26.

- Most private plans offer limited to no travel coverage. Your student Plan covers you for 120 days per trip and includes coverage for trip cancellation and trip interruption. Similar travel plans can cost over \$500.

- Most plans also have limited vision coverage and don't cover vaccinations, which may be mandatory for your academic program.

- You may want to check your current coverage. By combining both plans, you can maximize your overall coverage—up to 100%—and eliminate out-of-pocket costs!

The Member Services Centre is there to assist you. Give us a call at 1 866 795-4430 if you would like more information on combining plans.

► **Use Your Pay-Direct Card for Prescription Drugs**

By presenting the Pay Direct Card with your valid student ID card, you can fill your prescriptions at most Canadian pharmacies. The pharmacist will be able to process the claim immediately, so you won't have to pay the full amount up front and wait to be reimbursed.

Use of this card authorizes the following to collect, use, and disclose information for the purposes of underwriting, administration, audit, paying claims, and patient safety: Sun Life Assurance Company of Canada (Sun Life), studentcare.net/works, any person or organization who has relevant personal information about me, my spouse, or dependants including: the pharmacy through which this card is used, health-care practitioners, institutions, investigative agencies and insurers, and any person performing services for Sun Life. If I am a spouse or a dependant, my claims information will be shared with the Plan member for the purposes of claims payment and benefits management. To review Sun Life's privacy policy, visit www.sunlife.ca.

Detach this section and use this card in conjunction with your student ID card.



Detach & Keep Your Pay-Direct Card

GSA
HEALTH & DENTAL PLAN
Pay-Direct Card
Group number: 50146

Sun Life Assurance
Company of Canada **assure**

Information for the pharmacist:
Please access the «ASSURE» system and enter in the following information: Carrier no 16, group number 050146, student ID number: 000 (7-digit student ID number) 01



ihaveaplan.ca

► **Everything You Need to Know**
www.ihaveaplan.ca

- Get complete coverage details
- Find a Network member
- Fill in claim forms electronically
- Change your coverage
- Request assistance and answers to your questions.



OUR ENVIRONMENTAL COMMITMENT ON PAPER

This document contains 100% post-consumer fiber, Certified EcoLogo, Processed Chlorine Free and FSC Recycled. Manufactured using biogas energy.



Every ton of Rolland Enviro 100 Print paper used in place of virgin paper helps our environment in the following ways:

- » Saves the equivalent of 17 mature trees
- » Reduces solid wastes by 490 kg
- » Reduces the quantity of water used by 46,352 litres
- » Reduces air emissions by 1,076 kg
- » Reduces natural gas consumption by 70 m³ by using biogas

Need Help? www.ihaveaplan.ca

► **Your Policy Year & Fee**
99¢ per Day



Cover the ones you love. See 'Enrolment' on the other side.

If you are automatically enrolled, the cost of the Plan is part of your student fees. You're responsible for verifying whether you are automatically covered by checking your tuition statement or by visiting www.ihaveaplan.ca.

Full-year coverage: \$360.00 (Sept. 1, 2010 – Aug. 31, 2011)
The breakdown is \$205.00 for Health and \$155.00 for Dental coverage.

COMPARE

GSA Health & Dental Plan: **\$360.00**

Employee Plan*: **\$619.00**

Private Plan*: **\$906.00**

*This comparison comes from research conducted by studentcare.net/works and represents the average cost for equivalent plans.

Need Help? www.ihaveaplan.ca

Need Help? www.ihaveaplan.ca

For future graduates

Discover **Continuum**

THE CONTINUATION OF AFFORDABLE INSURANCE COVERAGE
ONCE YOUR STUDENT PLAN ENDS

An affordable health, dental, vision, and emergency travel assistance insurance Plan designed for students who will be completing their studies this year.

Will you be completing your studies this year? Once your coverage ends, consider Continuum.

Similar to your student Plan, Continuum offers affordable insurance coverage for you and your family. Students that are covered by the **GSA Health & Dental Plan** could benefit from the Continuum Plan without providing proof of good health. Visit the Continuum website for full details on coverage and eligibility.



Comprehensive Coverage



Great Value



Extendable Plan



No Blood Test



No Long Application



No Medical Test



continuumplan.com