

Utilizing your Pension and Benefits Plan!

Group Benefit News!

Emergency Travel Assistance

Are you planning a trip this summer? Do not forget to bring along your Sun Life Travel and Medi-Passport. You may need to use it. For more details, please visit [Emergency Travel Assistance](#).

June and July's Issue of Balance Newsletter

Find the right balance with social media. Read about the psychological effects of being unfriended online. Have you ever felt upset or insulted when someone has unfriended you on a social media site? You are not alone. Please visit the June issue of [Balance](#) for more information.

Learn how to create a family social media policy and tips to keep Facebook fun and learn how to teach family members online civility. Please visit the July issue of [Balance](#) for more information.

Mindsight—Mental Health

Are you Mindsight Certified? If you have not yet had an opportunity to complete the [Mindsight](#) online educational tool, we encourage you to join [UOIT's Healthy Workplace Committee](#) in working together to gain awareness and to reduce the stigma of mental health.

Work towards your Certification today by completing one session at a time at your own pace. Upon completion you will receive your certificate!

REMINDERS

Your [UOIT's Healthy Workplace Committee](#) invites you to participate in the upcoming "Just for the Health" It Event:

Yoga in the Park with the Provost



Join us for some Happy Yoga with our Provost!

- ◆ When: July 24th (12:30pm to 1:30 pm)
- ◆ Where: Polonsky Commons
(rain location: Campus Recreation Wellness Centre (CRWC) in gyms, 1 and 2)

Photo Contest



The Just for the Health of it Photo Contest will run from July 1, 2014 to September 15, 2014. You may submit photos in one or more of our three categories and you could win a prize and be acknowledged within our UOIT community. For more details, visit [Photo Contest](#).

Sun Life Temporary Suspension of Online Access

All UOIT Pension and Benefit members will be affected by a temporary suspension of online-access to the [Sun Life Plan Member website](#), from Wednesday July 23 at 4:00 p.m. to Friday July 25 at 4:00 p.m.

Dependent Tuition Assistance Program (DTAP)

Please note that [DTAP applications](#) for the Fall 2014 term will need to be submitted to uoitpensionandbenefits@uoit.ca by September 30, 2014.

UOIT Pension Plan Information

[UOIT Defined Contribution Pension Plan](#) (UOIT DCPP) Workshops:

Coming this fall, Human Resources in collaboration with Sun Life will be presenting interactive Pension Workshops to help you better understand your UOIT DCPP retirement income options. It's important that you make the best decisions when you decide to retire. Your UOIT DCPP retirement income options provides you with the flexibility to choose the most suitable option for your future.

Suggestion Box:

We welcome your thoughts and questions! If you would like to see a specific Pension and Benefits topic addressed in this newsletter, please send your suggestion(s) to: uoitpensionandbenefits@uoit.ca