



## Human Resources Pension and Benefits Newsletter

# Utilizing your Pension and Benefits Plan!

### Group Benefit News!

#### Added Claim Options for Plan Members:

Sun Life, working with Telus Health, is expanding a popular service. Certain physiotherapists, chiropractors and vision care providers who are registered with the TELUS Health eClaims network can submit their health claims right at point of sale. Three new service providers have been added: massage therapists, acupuncturists and naturopathic doctors. See [TELUS Health eClaims](#) for more information.



The Durham Region Health Department is currently providing free Quit Smoking Support Groups. For more information see [How to quit smoking](#).

#### March and April's Issue of Balance Newsletter

Learn how to plan a healthy diet that is not expensive; and tips to help you keep you on track and committed to improving your health at work. Please visit the March issue of [Balance](#) for more information.

Volunteering is good for your physical and mental health. Discover the benefits by visiting the April issue of [Balance](#) for more information.

#### Mindsight—Mental Health

**Are you Mindsight Certified?** If you have not yet had an opportunity to complete the <http://mindsight.uoit.ca> 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.

Mindsight takes approximately two hours in total to complete, however you don't have to do it all at once. You can complete one session at a time and work towards your Certification at your own pace. Once you have completed the Mindsight module you will receive your Mindsight Certificate.

### REMINDERS

#### Upcoming workshops:

⇒ [Nutrition](#) - Currently being rescheduled

All workshops will be held at UOIT's North and Downtown Campus locations.

⇒ The **Dependent Tuition Assistance Program** Reimbursement cheques will be available for pickup the week of April 7th. See dates and times below:

- Monday April 7th —2:30pm-3:30pm
- Wednesday April 9th —2:30pm-3:30pm
- Friday April 11th—2:30pm-3:30pm

⇒ UOIT's Optional Life Insurance and Optional Accidental Death and Dismemberment Campaign for eligible employees begins April 7th and ends April 30, 2014.

### UOIT Pension Plan Information

⇒ Do you require more information about UOIT's Defined Contribution Pension Plan? Please visit the Human Resources website to view [My UOIT Pension Plan Booklet](#) .

⇒ Virtual Presentations on UOIT's Pension Plan are available. Please visit:

- [Understanding your UOIT Pension Plan](#)
- [Understanding your UOIT Pension Plan Investments](#)



Introducing Money Up! A new game-inspired approach to plan member retirement and savings education program. Increase your financial knowledge, complete important retirement and investment planning steps while having some fun on the way. Learn more about [Money Up](#) which is located on the [mysunlife.ca](http://mysunlife.ca) website.

#### 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](mailto:uoitpensionandbenefits@uoit.ca)**