



Human Resources Pension Benefits & Wellness

Utilizing your Pension and Benefits Plan!

Group Benefit News

Emergency Travel Assistance-Pleasure or Business

If you are planning a trip for either pleasure or business, remember to bring your Sun Life Travel and Medi-Passport with you. For more details, please visit [Emergency Travel Assistance](#).

Healthy Living Spotlight

Understanding Diabetes

- One in four Canadians has diabetes or pre-diabetes, and this number is estimated to climb to one in three by 2020.
- Find out more about preventing and managing [Diabetes](#).
- Learn more about [Preventing and Managing Type 2 Diabetes](#).

Employee Assistance and Family Program (EAFP)

Looking for more information on [Work, Health and Life Balance](#)? Shepell-fgi provides a wealth of information on health and well-being, career and the workplace, etc. In addition, the monthly [Balance Newsletters](#) feature new topics each month such as:

January- Five Steps to Improve Your Mental Health
February- Equipping kids to navigate their dating years

Important Dates to Remember

- ✓ [DTAP applications](#) for the Winter term and proof of payment must be received in HR on or before **February 13, 2015**. Please scan these documents directly to uoitpensionandbenefits@uoit.ca. Cheques are scheduled to be available the week of April 6, 2015.
- ✓ All Extended Health, Dental and HCEA claims incurred in 2014 must be received by Sun Life on or before **March 31, 2015**. Please ensure that any 2014 claims are submitted on a timely basis to avoid non-payment.

UOIT Pension Plan Information



The **MFS Responsible Global Research Segregated Fund** is now available under the UOIT pension plan fund lineup. If you wish to consider this sustainable investment fund for your pension portfolio please use your Access ID to logon to mysunlife.ca.

In addition, we invite you to see the tools and resources available on the [UOIT HR – Pension](#) website to assist you in planning your future retirement.

Coming soon!

UOIT Healthy Workplace Committee presents :

- The Kindness movement continues at UOIT. Carnations for Valentine’s Day will be available on **February 13th**. All proceeds will go the [Campus Food Centre](#).
- March Nutrition Month: Tools, Resources & Workshops

UOIT Pension Plan Workshops

- UOIT Pension Plan Workshops -Spring
- Individual One-on-One Pension Plan Session with a Sun Life representative—Spring

Sun Life Mobile

Plan members have a variety of options to utilize their Sun Life mobile application. Options such as:

- Acupuncture and osteopath on-line submissions
- My Sun Life Mobile available in the Google Play Store—for Android phones
- Mobile drug features includes: Google Play, BlackBerry App World, and Apple App Store
- [Interactive My Sun Life Mobile Plan Member Demo](#) which features new drug information

We would like to hear from you! Send us your ideas and suggestions for topics for this Newsletter to: uoitpensionandbenefits@uoit.ca.