

### Group Benefits

#### Understanding Your Coverage

Learn more about your Group Benefits coverage by reading the [Sun Life Understanding Your Coverage updates](#).

**NEW**

#### Emergency Travel Assistance

If you are travelling out of province for business or pleasure remember to take your Sun Life Travel and Medi-Passport document with you. Remember to enter your contract number 20574 and you Banner ID number on your travel card. For more details see [Emergency Travel: Pleasure and Business](#).

### UOIT Pension Plan Information

#### Responsible Investing

Did you know? The UOIT DCPD takes into consideration environmental, social and governance (ESG) factors with respect to responsible investing. For more information, please see [Responsible investing: ESG factors](#).

**NEW**

### Wellness

#### Employee Assistance and Family Program

Morneau Shepell provides a wealth of information on work, health and life balance. Check out the articles below to help you transition to a healthier, happier and more successful self this summer!

- [Make smoking a thing of the past](#)
- [Taking the initiative: investing in your career development](#)
- [Keeping your child's mind engaged this summer](#)

Looking for more information on [Work, Health and Life Balance?](#) The monthly [Balance Newsletters](#) features new topics each month such as:

- ◇ [June](#): Sex, drugs, and the summer—Talking to your kids about being responsible.
- ◇ [July](#): What your personality type says about you; Social media and your coworkers

Your [UOIT Healthy Workplace Committee](#) (HWC) invites you to participate in this year's summer events!

#### Yoga in the Commons

The HWC has teamed up with the Athletics department and Durham College's Healthy Campus Taskforce to offer free yoga in the Commons sessions throughout the summer. Join us in Polonsky Commons every Wednesday in July and August from noon to 1 p.m. Please bring comfortable clothing, water, sunscreen and a yoga mat. (Weather permitting).

### Healthy Workplace Committee Updates

#### Photo Contest

The [Just for the Health of it Photo Contest](#) runs from July 15 to September 15. Submit your photos for one or more of the three categories and you could win a prize. For more details, please visit [Just for the Health of it Photo Contest](#).

### Upcoming 2016 Fall Events!

This Fall, UOIT in collaboration with Sun Life, will be presenting a Pre-retirement workshop to assist you with your retirement savings goals. We will also be holding one-on-one sessions with a Sun Life representative to discuss your defined contribution pension plan. Look for more details in the Fall.

### Suggestion Box

Your ideas are welcomed! Let us know, if you would like to see specific topics on Pension & Benefits to [uoitpensionandbenefits@uoit.ca](mailto:uoitpensionandbenefits@uoit.ca). In addition, your [Healthy Workplace Committee](#) invites you to share ideas for wellness initiatives to [justforthehealthofit@uoit.ca](mailto:justforthehealthofit@uoit.ca)