

Group Benefit News!

Sun Life

Your Health Care Expense Account (HCEA)

Are you paying more than you have to out of pocket for your medical and dental claims? Your HCEA can cover expenses not covered by your basic group health and dental benefits. To maximize your benefits follow these steps:

- 1) Claim expenses through mysunlife.ca on line using e-claims and click “yes” if you would like to submit any unpaid balance to your HCEA. Alternatively, submit claims on paper claims using a combined [Extended Health Care/HCEA](#) or [Dental/HCEA form](#).
- 2) Coordinate the claim with any other plan you may have available to your (e.g., spouse plan, second benefit plan)
- 3) Claim any unpaid portion of the expense through your Health Care Expense Account
- 4) You may also submit eligible claims directly to the HCEA

Healthcare Service Provider Delisting

To help protect the UOIT group benefits plan against increased costs arising from questionable claims, Sun Life will disallow claims from certain healthcare service provider(s), clinics, facilities, or medical suppliers. This is referred to as “delisting”.

To ensure that your claims are not declined as a result of “delisting”, we encourage you to review the most current [List of Delisted healthcare providers](#). You may also review this list by logging in to your [Sun Life](#) account by using your Member access id number and password.

Mindsight Movement

[Mindsight](#) is an easy-to-use training tool designed to help alleviate the stigma around mental illness. The program is open to everyone and is free. Mindsight takes less than two hours to complete and may be completed one module at a time.

You are invited to [Join the Mindsight Movement](#) today by completing the [Mindsight](#) online educational tool for a chance to win a prize. There will be a draw for

two prizes available to those individuals who complete their Mindsight certification by the end of **June 30th**. To be entered into the draw, please scan a copy of your Mindsight certificate to nilani.chandran@uoit.ca.

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:

- ◇ **April** - Tips to manage taxes and stress & raising kids to be smart savers and spenders
- ◇ **May** - Taking care of finances, mental health and mental barrier to breaking the debt cycle

Important Dates to Remember

[DTAP applications](#) for the spring/summer/co-op semesters will need to be submitted to Human Resources by **May 23rd, 2015**. Applications received after this date will not be processed. Please scan these documents directly to uoitpensionandbenefits@uoit.ca

[BREATHE: Self-Care In Stressful Times Workshop:](#)

Monday, June 1st.

- ◇ 61 Charles St: 10:00 am to 11:30 am in DTA 212
- ◇ North Campus: 1:00 pm to 2:30 pm in UA 3140

2015 Fall events:

This Fall UOIT in collaboration with Sun Life will be presenting what you need to know about your pension investments to support your future retirement savings plan. In addition, your Health Workplace Committee will be inviting you to attend the UOIT Healthy Workplace Fair in October. More details to follow.

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