

Pension Benefit and Wellness

Your Pension, Benefits and Wellness Programs!

Pension News

- Quarterly (Q3) Rate of Returns are available [online](#).
- The online 2019 Annual Pension Plan/Health Spending Account Election Form is now [available](#) until **Friday November 16, 2017**. Any rate changes submitted will be effective January 1, 2019.
- Thinking of retiring and not sure where to start? Visit our [UOIT DCPD Library](#) to review the UOIT Retirement Income Options Booklet.

Congratulations!

Thank you and congratulations to all who participated in the [2018 Just for the Health of It Photo Contest](#).

DTAP

The Fall 2018 Dependant Tuition Assistance Program (DTAP) cheques will be mailed during the week of **December 3, 2018**

Suggestions?

We want to hear from you!

- If you would like to learn more about specific topics on Pension and Benefits, let us know at uoit-pensionandbenefits@uoit.ca.
- Your [Healthy Workplace Committee](#) also invites you to share ideas for wellness initiatives, reach out to us at justforthehealthofit@uoit.ca

“My Sun Life” Benefit Tip

Not sure what your Health Spending Account (HSA) Balance is? If you are already registered, follow the steps below. If you are not, please register online for an access ID # and then follow the steps below.

1. Log on to mysunlife.ca.
2. Under the Benefits section, select “coverage information.”
3. In the Spending Account box, select “Health Spending Account balance”

You can also call the Sun Life Customer Care Centre at 1-800-361-6212, Monday to Friday, 8 am to 8 pm ET for assistance.



Mindfulness at UOIT



[Mindfulness](#) means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness Challenge 2018

We are delighted to be bringing [Mindfulness Challenge 2018](#) to Oshawa, at UOIT.

Participants will experience an incredible variety of mindfulness and resilience exercises.

[Register online](#) at the event website.

Location: 61 Charles Street, Oshawa

Date: Sunday, November 25, 2018

Time: 10:30 a.m.—3:15 p.m.

Registration Fee: \$25.00

Mindfulness Across Campus

Your [Healthy Workplace Committee](#) (HWC) invites you to participate in [Mindfulness Across Campus](#) with your colleagues.

Mindfulness drop-in sessions will be facilitated across campus for the duration of the Fall term.

View dates, times and location of each session [online](#). No registration required.

Fall Wellness Tips



- Protect yourself and your family from the flu virus this season. [Flu Vaccination Clinics](#) are available to staff & students in the Campus Recreation Centre. To learn more, see [Flu Shot](#).
- Stay active! Raking leaves counts!

Wellness

Your [Employee Assistance and Family Program \(EFAP\)](#) provides a wealth of information on work, health and life balance. Not sure what services are provided? Watch the short [video](#) outlining the services provided or read the monthly [Balance Newsletters](#) featuring new topics each month to support your personal wellness!