

Your Pension, Benefits and Wellness Programs!

Pension News

- Quarterly (Q1) Rate of Returns and Market Update are available [online](#).
- Recorded webinar of our Spring Pension “[Are You Retirement Ready?](#)” Workshop is available on the Human Resource Website
- Thinking of retiring and not sure where to start? Visit our [UOIT DCPPLibrary](#) to review the UOIT Retirement Income Options Booklet. In addition visit our [Retirement financial resources](#) for additional resources to assist you on your journey into retirement.

“My Sun Life” Benefit Tip”



How do I check what my coverage is for Registered Massage Therapy?

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 Medical box, select “Medical coverage”
4. Under Paramedical Services, select “Massage Therapist”
5. You will now see your coverage limit and your remaining balance in addition to being able to search for a massage therapist by location

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.

DTAP

The Spring 2019 Dependant Tuition Assistance Program ([DTAP Application](#)) together with proof of payment for the 2019 spring semester must be received by Human Resources by Tuesday May 21, 2019. Applications received after this date will not be processed. As a reminder, only 1 years’ full-time tuition is eligible or two full-time semesters per academic year.

Mental Health Week

May 6-12, 2019 is Mental Health Week in Canada. To help bring awareness to this important aspect of total well-being, your [Employee Family Assistance Program \(EFAP\)](#) will be launching a new microsite – **Mental fitness** – on Wednesday May 1,

Microsite coming soon

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.

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

Spring Wellness Tips

- Lets get moving! The longer days are a great reason to implement a walk into your daily activities.
- Try to drink more water, eat more natural foods, think positive, exercise daily & sleep well!
- Be active. Be Healthy. Be Happy!

Wellness

Your [Employee Family Assistance 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!

