

Pension Benefit and Wellness

Your Pension, Benefits and Wellness Programs!

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!

Wellness Tip

NEW

Enjoy the warm weather by choosing a different form of transportation – ride a bike or walk and take in some sun. Remember to use sunscreen and stay hydrated! In addition, learn about [Mental Health and the Great Outdoors](#).

Reminders

Staying active this summer? Join in on the fun and enter the [2018 Just for the Health of It Photo Contest](#). Share your pics for bragging rights and a chance to win a prize too! Please [submit](#) your photos online by **Friday, September 14, 2018**. Send any questions to justforthehealthofit@uoit.ca.

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 how to submit your health, dental, or HSA claim(s) online for reimbursement? 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 my Benefits, in the right hand side dialogue box, click “submit a claim.”
3. Under the claims heading on the bar at the top, select “my claims.”
4. Under the view a claim statement, click “recent claims.”
5. If you have submitted a claim that has not yet been completed, click in progress to view its status.

Save the date! UOIT DCPD Workshop, Webinars & 1:1 sessions

The University will be hosting the following pension education opportunities in partnership with Sun Life. Stay tuned for your RSVP in September.

Workshop - Understanding your Pension Investment Options

North Location: Science Building

Date: October 3, 2018

Time & Room: TBD

Online Webinar Workshop

Date: October 4, 2018

Time: 12:00 p.m. to 1 p.m.

One-on-One Workshop Session with a Sun Life Representative

North Location: Campus Corners Building

Date: October 9 & 10, 2018

Time: 8 a.m. to 4 p.m. (1/2 hour intervals each)

Downtown Location: 61 Charles St Building

Date: October 11, 2018

Time: 8 a.m. to 4 p.m. (1/2 hour intervals each)

Room: DTA 350

UOIT DCPD Tools

Wondering how your pension investments have been performing? Take a look at the [2018 Q2 Investment Rate of Return Update](#) and other helpful investment information. You can also check out [Retirement Income Options](#) to learn more. See your [UOIT DCPD HR webpage](#) for more pension tools.

DTAP

The Fall 2018 Dependant Tuition Assistance Program (DTAP) application window will be open for submissions late August with a fall 2018 **deadline of Friday September 28, 2018**.