

**Group Benefits**

**New Travel Assistance Provider**



Sun Life has changed their Travel Assistance Provider from Europ Assistance to Allianz Global Assistance. If you are travelling for business or pleasure, please click [here](#) to see the new travel card. To complete the travel card, please follow these steps:

1. Enter your name
2. Enter the Group contract No. 20574
3. Enter the Member ID No. (i.e. Banner ID)

Please note that there are no changes to your coverage.

**November is Diabetes Awareness Month**

**Are you at risk for type 2 diabetes?**

Take the type 2 diabetes risk assessment test at [Sun Life Against Diabetes](#) and find out if you're at risk for developing type 2 diabetes.

Learn more about [diabetes!](#)

**Coming soon—Enhanced Wellness Centre!**

Sun Life's Wellness Centre is being completely redesigned to be a non-stop health and wellness resource for plan members which will include:

- Health Risk Assessment tool (HRA)
- Health content—customize the type of articles you'd like to see in the Wellness Centre—More Details to follow

**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 new routines and enjoy the best of the fall season:

- [Health hints to ease your family in to the fall season](#)

- [Promoting balance at work and at home](#)
- [Tips for making the most out of parent-teacher interviews](#)

The monthly [Balance Newsletters](#) features new topics each month such as:

**October:**

- Would you recognize mental illness?
- Counselling in a digital world

**REMINDERS**

The 2016 Fall term [Dependant Tuition Assistance Program](#) (DTAP) reimbursement cheques should be available for pick up the first week of December.

**Pension Plan Information**

The 2017 Annual Pension Plan/Health Care Expense Account (HCEA) Election is due **November 18, 2016**. Please consider if you need to make changes this year.

**Healthy Workplace Committee Updates**

**Carnations for Kindness**



The Healthy Workplace Committee is recognizing World Kindness Day, by hosting the Carnations for Kindness event on Monday, November 14th. Please pre-order your flowers [here](#) by **noon, Wednesday, November 9th**. Proceeds will go to the [Campus Holiday Food Drive](#).

A limited number of carnations will be available for purchase at the following locations from 9 to 10:30 am.

- UB Atrium
- 61 Charles St Building, First Floor

**Suggestion Box**

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