

Human Resources Pension, Benefits & Wellness Newsletter

Group Benefits

Update to Sun Life's Plan Member Services online



The Sun Life online Wellness Centre has a new look which provides a new visual experience and a more streamlined approach to finding information. Log into [My Sun Life](#) to see the different resources which are available, including a Health Library, Medication Library, and, an interactive assessment of your health.

Healthcare service provider delisting

To help protect the group benefits plan against increased costs arising from questionable claims, Sun Life will from time to time disallow claims from certain healthcare service provider(s), clinics, facilities, or medical suppliers. This is referred to as “delisting”. Please review the most current list of delisted healthcare providers so you are aware of claims from the delisted providers which would be declined. Please see this list by logging into your [Sun Life](#) account by using your Member access id number and password.

Reminders

Dependant Tuition Reimbursement Program

For those who submitted an application, the Winter Term [DTAP](#) cheques are available for pick up at Campus Corners Room CC2125 on the following dates:

- Tuesday April 5, from 2pm-3:30pm
- Friday April 8, from 2pm-3:30pm

Please note, DTAP cheques that are not picked up by Friday April 8th, will be mailed out to the student's address.

Wellness

Work, Health and Life Balance

Morneau Shepell provides a wealth of information on health and well-being, career and the workplace, etc. Check out the articles below

to help you transition into a successful spring season:

- ◇ [Making nutrition work for you](#)
- ◇ [Taxes and Stress—Tips to help manage both!](#)

In addition, the monthly [Balance Newsletters](#) features new topics each month such as:

- ◇ [March](#): A guide to better sleep & Keeping homework time stress free
- ◇ [April](#): Sandwich generation or stress generation? & The cost of raising kids.

Pension Workshops & One on One Sessions

Join us for the [Understanding Your UOIT DC PP Workshop](#) on April 6, 2016 followed by One-on-One-Sessions from April 12 to April 14, 2016.

Workshop Location & Time:

- Downtown: DTA 220 10:30am –11:30am; and
- North: UL9 1:00pm– 2:00pm

RSVP at [Understanding your UOIT DCPD Workshop](#)

Please bring your laptop so you can participate in the interactive segment of the workshop.

One-on-One Sessions Locations & Times (in 30 minutes intervals):

- April 12th, North CC2208 (8:00a.m.-4:00p.m.)
- April 13th, North CC2208 (8:00a.m.-4:00p.m.)
- April 14th, North CC2208 (8:00a.m.-12:00p.m.)
- April 14th, Downtown DTA 350 (1:00p.m. to 4:00p.m.)

RSVP at [UOIT DCPD one-on-one sessions](#)

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 ideas to uoitpensionandbenefits@uoit.ca