

Group Benefits

Emergency Travel Assistance

If you are planning a trip for either pleasure or business, remember to bring your Sun Life Travel and Medi-Passport with you. For more details, please visit [Emergency Travel Assistance](#).

Digital Benefits Assistant (DBA)



Launching in mid-December, Sun Life's new DBA will offer a friendly welcome to help you learn about [mysunlife.ca](#) and to better understand UOIT's group benefits plan. The first time you log into by [mysunlife.ca](#), you will see a welcome message and be invited to receive a call from Sun Life to help walk you through the website. If the request volumes are high, you will be re-directed to an educational page that will help you manage your plan.

Work, Health and Life Balance

Morneau Shepell provides a wealth of information on health and well-being, career and the workplace, etc. In addition, the monthly [Balance Newsletters](#) feature new topics each month such as:

November:

- Grief: Help with navigating uncharted waters
- Full house: Welcoming new additions to your household

December:

- Dealing with the holiday season as a newly divorced couple
- Teaching your kids about diversity and tolerance

REMINDERS

- The 2015 Fall Term [Dependant Tuition Assistance Program](#) Reimbursement cheques will be available for pickup on:
 - Tuesday Dec. 8, 2:00pm-3:30pm
 - Wednesday Dec. 9, 2:00pm-3:30pm
 DTAP cheques remaining after Wednesday Dec. 9th will be mailed to the address listed on the DTAP application.

- For the DTAP 2016 Winter term, please submit the [DTAP Application](#) and the proof of payment of tuition fees for the program of study to: uoitpensionandbenefits@uoit.ca by **February 12, 2016**.

UOIT Healthy Workplace Updates

We Grow Trees Staff Challenge



To support the university's commitment to a healthy workplace, UOIT's Healthy Workplace Committee has partnered with the Office of Campus Infrastructure and Sustainability (OCIS) to participate in [Pollution Probe's Healthy Communities Campaign](#) through the **We Grow Trees** staff challenge. All faculty and staff are encouraged to participate!

2016 UOIT Recipe Calendar

The university's [Healthy Workplace Committee](#) (HWC) would like to let you know there are still copies of the 2016 Healthy Recipe Calendars available. These calendars are \$10 and would make great gifts. Proceeds go to the Campus Food Centre, in support of our students.

To order your calendar, please contact a member of the [Healthy Workplace Committee](#) by **Friday, December 11th** to make arrangements. Calendars will be delivered to you through inter-office mail by Wednesday, December 16th.

Pension Plan Information

Your [UOIT Pension Plan Q3 2015 Investment Rates of Return](#) is available on the Human Resources website. Look for your Annual Pension Member Statement in January 2016.

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