

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.

Read the monthly [Balance Newsletters](#) featuring new topics each month. The March issue includes: What happens after the last cigarette? As well as a new [Ready Set Go!](#) microsite which features tips from our Canadian Olympians.

UOIT DCPD Investment Updates

Wondering how your pension investments have been performing? Take a look at the [2017 Q4 Investment Rate of Return Update](#) and other helpful investment information.

DTAP

The Winter 2018 Dependant Tuition Assistance Program (DTAP) cheques will be mailed to the applicant's mailing address, starting the **week of Wednesday, April 4.**

Claims Deadline March 31st

Any Extended Health, Dental and Health Spending Account (HSA) claims incurred in 2017 must be received by [Sun Life](#) on or before **March 31, 2018.** Log on to [Sun Life](#) to ensure all your claims for reimbursements are made.

“My Sun Life” Benefit Tip

Not sure how to submit your health, dental, or HSA claim for reimbursement? If you are already registered, follow the steps below. If you are not, please register online.

1. Log on to [mysunlife.ca](#).
2. Under my Benefits, in the right hand side dialogue box, click “submit a claim.”
3. Click on the type of claim you would like to submit. (e.g., paramedical, vision etc.) and follow the steps to submit.
4. Any unpaid portion of your claim not covered under the core plan can be submitted using Health Spending Account e-claim option..



If you have any questions, contact uoitpensionandbenefits@uoit.ca or call Sun Life Customer Care at 1-800-361-6212. Paper forms are also available at [mysunlife.ca](#).

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

The University will be hosting the following pension education opportunities in partnership with Sun Life, look for your RSVP in the coming weeks.

Workshop - Understanding your UOIT DCPD

North Location: Science Building

Date: April 4, 2018

Time: 12:30 p.m. to 1:30 p.m.

Room: UA 2230

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

North Location: Campus Corners Building

Date: April 9 & 10

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

Room: CC 2214

Downtown Location: 61 Charles St Building

Date: April 11, 2018

Time: 9 a.m. to 4 p.m. (1/2 hour intervals each)

Room: DTA 350

Online Webinar Workshop

Date: April 5, 2018

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

Live Online Session

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 uoitpensionandbenefits@uoit.ca.
- Your [Healthy Workplace Committee](#) also invites you to share ideas for wellness initiatives, reach out to us at justforthehealthofit@uoit.ca.