

# Services and Discounts

## Mental Health Inkblot

Your mental health matters. With Inkblot, you can receive confidential and convenient mental health support. Your Student Assistance Program is available 24/7 on your computer or smartphone. Included is **5 hours of individual counselling and 5 hours of couple counselling with a mental health practitioner by video, phone, or in-person** at no cost to you or your benefits plan! Learn more and access now at [inkblottherapy.com/nshn](http://inkblottherapy.com/nshn)

## Pharmacy Discount pocketpills

PocketPills is an online pharmacy where you can fill prescriptions from your phone, wherever and whenever you need with free delivery! Receive an **additional 10% of benefit coverage on prescription medications** if filled by PocketPills. Learn more at [pocketpills.com/gscstudent](http://pocketpills.com/gscstudent)

## Student Dental Discount Network

Save even more at over 800 dentists across Canada. Here's how it works:

- Find a participating dentist at [greenshield.ca/student](http://greenshield.ca/student)
- At the end of your treatment provide the dentist with your GSC member ID. GSC will automatically calculate the applicable discount.
- GSC pays your dentist directly so you only pay your share of the cost (if any).

Discount ranges from **20% to 30%** based on dental services

## More Discounts and Savings

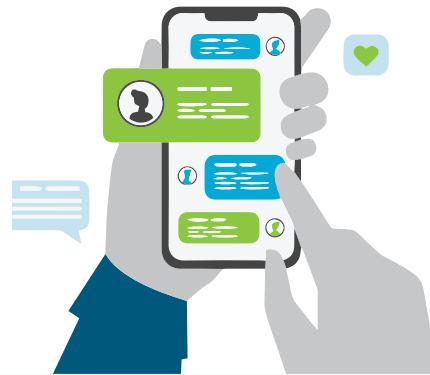
Save more with GSC on Maple virtual doctor, glasses, contacts, travel top-up coverage, graduating student plans, and hearing devices. Get these offers and more at [greenshield.ca/student](http://greenshield.ca/student)



### Benefits at your finger tips

With GSC Everywhere, you can instantly connect to your health and dental care plan! Register and login to:

- submit claims and check claim status
- sign up for direct deposit to your bank account
- check your benefits coverage
- get your GreenShield member ID card
- search practitioners and providers
- and so much more!



## 1 Register: GSC Everywhere

- Visit [gseverywhere.ca](http://gseverywhere.ca) and click Register Your Account
- Enter your GreenShield member ID (UTM student number-00) and your date of birth
- Select a username and set a password

## 2 Login: Computer or Smartphone

- Visit [gseverywhere.ca](http://gseverywhere.ca) on your computer
- Download the **GSC Everywhere** mobile app to your smartphone

2023-2024

# We've got your health covered.



## Health & Dental Care Plan

[utmsu.ca/health](http://utmsu.ca/health)



University of Toronto Mississauga  
Students' Union  
LOCAL 109 OF THE CANADIAN FEDERATION OF STUDENTS

NATIONAL STUDENT  
HEALTH  
NETWORK



## Who is Covered?

UTM undergraduate students, who are enrolled in a minimum of 3 credits between September - April and have been assessed the health and dental plan fees, are automatically enrolled.

## How to Opt In

Students with families may opt in a spouse/common law partner and/or children. Additional plan fees apply. An opt in application must be submitted within the student's first eligible opt in term. Visit [utmsu.ca/health](https://utmsu.ca/health) for more information.

## How to Opt Out

Students who have comparable health and dental coverage may opt out of the health and dental plan by providing sufficient proof. An opt out application must be submitted within the student's first eligible opt out term, on an annual basis. Visit [utmsu.ca/health](https://utmsu.ca/health) for more information.

## Coverage Change Periods

- Fall Session (opt out, opt in, family opt in): September 1 - September 30, 2023
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2023 semester): January 1 - January 31, 2024

## Accessing Your Coverage



1.888.711.1119  
greenshield.ca

### Student Name

UTM student # - 00 (Example: UTM1001234567-00)

University or Toronto Mississauga  
Students' Union

## Questions?

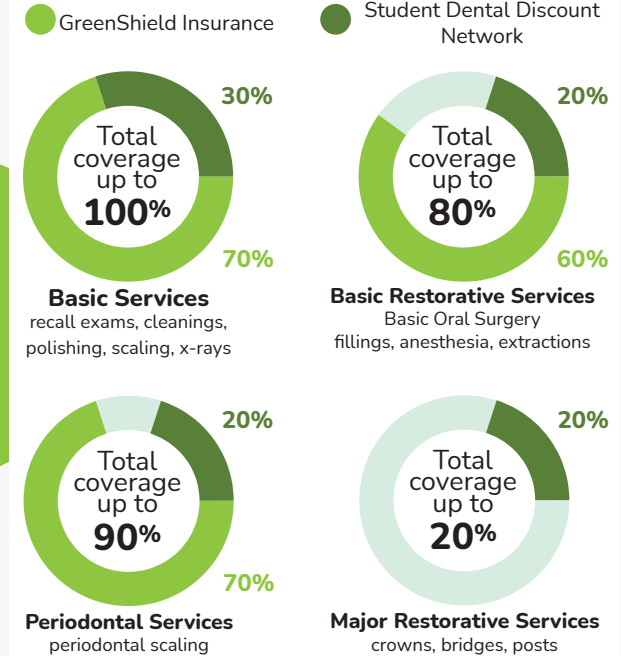
Download the **mobile app**, call **1-888-711-1119** or visit [student.greenshield.ca](https://student.greenshield.ca)

# Benefits Summary

Health Benefits Up to \$5,000	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS	90%	\$5,000
<b>pocketpills</b> Get 100% prescription drug coverage at <a href="https://pocketpills.com/gscstudent">pocketpills.com/gscstudent</a>		
VACCINES Including HPV vaccines	100%	\$200
ORAL & DEVICE CONTRACEPTIVES	100%	\$250
DIABETIC TESTING AGENTS	100%	\$1,000
ACUPUNCTURIST REGISTERED MASSAGE THERAPIST Requires referral from MD or NP	\$30	20 visits
CHIROPRACTOR	\$30	20 visits
CHIROPODIST PODIATRIST	\$30	20 visits
SPEECH THERAPIST	\$30	20 visits
NATUROPATH HOMEOPATH	\$30	20 visits
PHYSIOTHERAPIST	\$30	20 visits
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK, SOCIAL WORKER PSYCHOTHERAPIST	\$125	25 visits
<b>Inkblot</b> Get 5 hours of free counselling, resources and more with Inkblot at <a href="https://inkblottherapy.com/nshn">inkblottherapy.com/nshn</a>		
ACCIDENTAL DENTAL	100%	reasonable and customary charges
EMERGENCY TRANSPORTATION	100%	reasonable and customary charges

PLUS gender affirmation, hospital semi-private room, hearing care, footwear, blood glucose meter & supplies, bra (mastectomy), compression stockings, stump socks, wigs, tutorial benefit, \$7,500 accident coverage, and more.

## Dental Benefits Up to \$800



Vision Benefits Up to \$200	Per Visit/ Purchase	Amount Covered
EYE GLASSES AND CONTACTS Every 24 consecutive months	100%	<b>NEW!</b> \$200
EYE EXAM Every 24 consecutive months	100%	included in overall \$200 maximum

Travel Coverage Up to \$5,000,000	Amount Covered	Eligible
TRAVEL HEALTH COVERAGE	120 days	Per Trip
EMERGENCY SERVICES	\$5,000,000	Per benefit year
REFERRAL SERVICES	\$50,000	Per benefit year

This is a brief outline of your coverage. For complete benefits information visit [greenshield.ca/student](https://greenshield.ca/student)

Note: your health and dental plan benefits booklet located at [greenshield.ca/student](https://greenshield.ca/student) supersedes all information printed in this publication.