

Services and Discounts



Mental Health

GreenShield Mental Health, powered by Inkblot, brings you 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 by logging in to **GreenShield+**.

Pharmacy

GreenShield Pharmacy helps make it easy to manage your prescriptions, set up refill reminders and meet with a pharmacist, all from the **GreenShield+** mobile app or website. Speak with multilingual pharmacists and receive free prescription delivery anywhere in Canada. Learn more and access now by logging in to **GreenShield+**.

Student Dental Discount Network

Save a minimum of 20% on certain services at over 800 dentists across Canada. Here's how it works:

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

Receive a minimum of **20%** off of certain services.

More discounts and savings

Save more with **GreenShield Health** on virtual doctor, regular-priced prescription glasses (including designer brands and premium lenses), contact lenses, travel top-up coverage, graduating student plans, and hearing devices. Find all of these offers and more at greenshield.ca/student



Benefits at your finger tips

With **GreenShield+**, you can instantly connect to your health and dental plan! Register and login to:

- access health care services
- connect with thousands of health care professionals
- 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 to print or download to your mobile device
- and so much more!

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Register: GreenShield+

- Visit greenshield.ca, select **GreenShield+**, and click "Sign Up"
- Select that you are accessing **GreenShield+** "Through an organization"
- Select "I have a Member ID" (UTM student number-00)
- Enter your email to create your account

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Login: Computer or Smartphone

- Visit greenshield.ca on your computer
- Download the **GreenShield+** mobile app to your smartphone
- Log in and enter your Member ID (UTM student number-00)



2025-2026

We've got your health covered.



Health & Dental Plan

utmsu.ca/health



University of Toronto Mississauga
Students' Union

NATIONAL STUDENT
HEALTH
NETWORK



Benefits Summary

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 or 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 for more information.

Coverage change periods

- Fall Session (opt out, opt in, family opt in): September 1 – September 30, 2025
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2025 semester): January 1 – January 31, 2026

Accessing your coverage



1-888-525-7587
greenshield.ca

Student Name

UTM student # - 00 (Example: UTM123456789-00)

University of Toronto Mississauga
Students' Union

Questions?

Download the **mobile app**, call **1-888-525-7587** or visit greenshield.ca/student

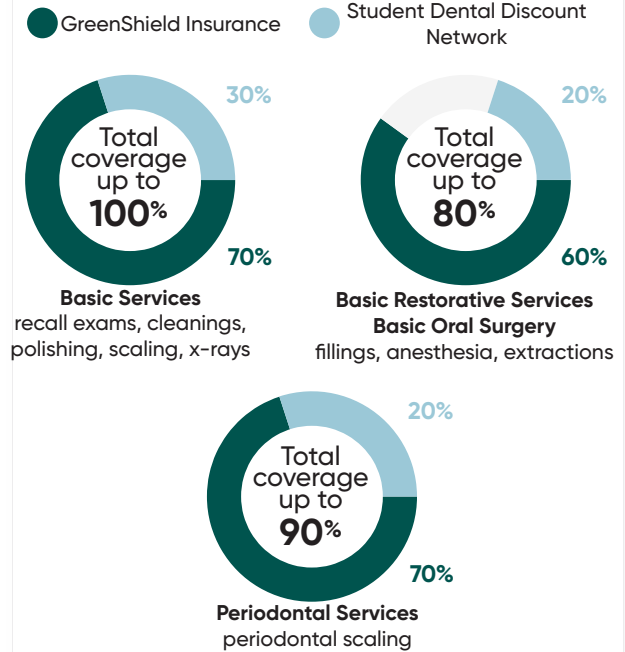
Health Benefits Up to \$5,000

	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS	90%	\$5,000
Access lower dispensing fees with GreenShield Pharmacy on GreenShield+		
HPV VACCINES not including dispensing fee	100%	\$200 included in drug maximum
ORAL & DEVICE CONTRACEPTIVES	100%	\$250
DIABETIC TESTING AGENTS	100%	\$1,000 included in drug maximum
ACUPUNCTURIST REGISTERED MASSAGE THERAPIST referral from MD or NP required	\$30	20 visits
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK SOCIAL WORKER PSYCHOTHERAPIST	\$125	25 visits
Get 5 hours of free counselling, resources and more with Inkblot on GreenShield+		
TRANQUILITY ICBT THERAPY	100%	\$300 included in mental health maximum
PHYSIOTHERAPIST	\$30	20 visits
CHIROPRACTOR	\$30	20 visits
CHIROPDIST PODIATRIST	\$30	20 visits
NATUROPATH HOMEOPATH	\$30	20 visits
SPEECH THERAPIST	\$30	20 visits
EMERGENCY TRANSPORTATION	100%	reasonable and customary charges
ACCIDENTAL DENTAL	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.

This is a brief outline of your coverage. For complete benefits information visit greenshield.ca/student

Dental Benefits Up to \$800



Vision Benefits Up to \$200

	Per Visit/ Purchase	Amount Covered
EYE GLASSES AND CONTACTS Every 24 consecutive months	100%	\$200
EYE EXAM Every 24 consecutive months	100%	included in overall \$200 vision 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

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