

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

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

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
- 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



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 GSC member ID card
- search practitioners and providers
- and so much more!



1 Register: GSC Everywhere

- Visit gsceverywhere.ca and click Register Your Account
- Enter your GSC member ID (RGU student number-00) and your date of birth
- Select a username and set a password

2 Login: Computer or Smartphone

- Visit gsceverywhere.ca on your computer
- Download the **GSC Everywhere** mobile app to your smartphone

2022-2023

We've got your health covered.



Health & Dental Care Plan

tmgsu.ca/health



TMGSU
Graduate
Students' Union

NATIONAL STUDENT
HEALTH
NETWORK

gsc
green shield canada

Who is Covered?

Toronto Metropolitan University graduate students, who are enrolled as full-time students 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 tmgsu.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 tmgsu.ca/health for more information.

Coverage Change Periods

- Fall Session (opt out, opt in, family opt in): September 1 - October 7, 2022
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2022 semester): Visit tmgsu.ca/health details.

Accessing Your Coverage



1.888.711.1119
greenshield.ca

Student Name

RGU student # - 00 (Example: RGU500123456-00)

Toronto Metropolitan
Graduate Students' Union

Questions?

Download the **mobile app**, call **1-888-711-1119** or visit greenshield.ca/student

Benefits Summary

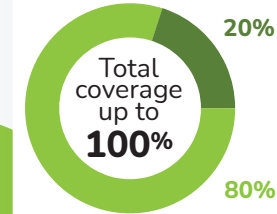
Health Benefits More than \$6,000

	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS	80%	\$3,000
pocketpills Get 90% prescription drug coverage at pocketpills.com/gscstudent		
VACCINES	80%	included in drug maximum
HPV VACCINES	65%	included in drug maximum
ORAL CONTRACEPTIVES	100%	included in drug maximum
DEVICE CONTRACEPTIVES	100%	\$100 per year
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK SOCIAL WORKER PSYCHOTHERAPIST	100%	\$1,000
Inkblot Get 5 hours of free counselling, resources and more with Inkblot at inkblottherapy.com/nshn		
BEACON iCBT THERAPY	100%	\$300 included in mental health maximum
ATHLETIC THERAPIST PHYSIOTHERAPIST referral from MD or NP required	\$55	\$240
REGISTERED MASSAGE THERAPIST referral from MD or NP required	100%	\$500
CHIROPRACTOR plus one x-ray	\$15	\$300
ACUPUNCTURIST CHIROPODIST PODIATRIST plus one x-ray	\$20	\$300
SPEECH THERAPIST	100%	\$250
NATUROPATH	100%	\$250
OSTEOPATH	\$20	\$300
EMERGENCY TRANSPORTATION	100%	\$100/day
ACCIDENTAL DENTAL	100%	reasonable and customary charges

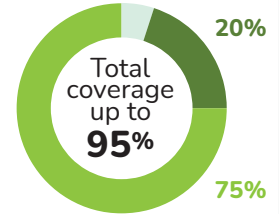
Note: your health and dental plan benefits booklet located at greenshield.ca/student supersedes all information printed in this publication.

Dental Benefits Up to \$750

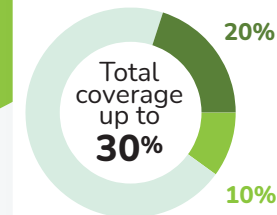
GSC Insurance Student Dental Discount Network



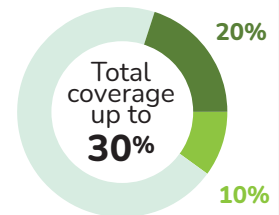
Basic Services
recall exams, cleanings, polishing, scaling, x-rays, periodontal scaling



Basic Restorative Services
Basic Oral Surgery
fillings, extractions



Comprehensive, Endodontic, and Periodontic Services



Major Restorative Services
crowns, bridges, posts

Vision Benefits Up to \$250

	Per Visit/ Purchase	Amount Covered
EYE GLASSES, CONTACTS, SUNGLASSES Every 24 consecutive months	100%	\$175
EYE EXAM Every 24 consecutive months	100%	\$75

Travel Coverage Up to \$5,000,000

	Amount Covered	Eligible
TRAVEL HEALTH COVERAGE	60 days	Per Trip
EMERGENCY SERVICES	\$5,000,000	Per benefit year
REFERRAL SERVICES	\$50,000	Per benefit year

PLUS gender affirmation, footwear, bra (mastectomy), compression stockings, wigs, wheelchair/scooter repairs, wheelchair ramp, patient lift, TENS unit, myo-electric arm, external breast prosthesis, blood glucose monitor, private duty nursing in the home, tutorial benefit, and physician note.

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