

Exclusive Savings from Studentcare Network Partners*

Your Plan Coverage

You're covered for the insured portion of your Plan regardless of which licensed health-care practitioner you choose.

Studentcare Networks

By consulting a Network member, you'll get additional coverage.

Example of a claim made using a Studentcare Dental Network practitioner.

70%

+30%

Total Coverage: 100%

Save More with Network Members**



up to 100% off on your out-of-pocket prescription drug costs (max \$40)

25% off regular priced Rexall corporate brands when you link your Be Well™ account with Rexall's Preferred Perks Program



20% off contact lenses



\$550 off on custom LASIK

Free, no-obligation consultation

Lowest price guarantee



Preferred rates on 50-minute adult therapy or coaching sessions

and more!
Dentists, physiotherapists, massage therapists, chiropractors, naturopaths, and gender-affirming care practitioners

* Studentcare and the insurers do not endorse or assume any responsibility with respect to the use of their services.
** Certain conditions apply.

An Essential Service for Students

As an eligible student, you're automatically covered by one of the most important services on campus: the GSA Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

Full-time and part-time graduate students are eligible, including international students.
Certain exceptions exist. Please check your student account to confirm if you've been charged the Plan fees.

See www.studentcare.ca for more details.

Group Numbers/Prefixes

Health, vision, and travel: UWH
Dental: UWD

(Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Health, vision, dental, and travel benefits are underwritten by Canadian Premier Life Insurance Company.)

Gender Affirmation Care: GCU

(Medical coverage insured by GreenShield)

Member ID Number for claiming:

Use the prefix UWH (for health claims) or UWD (for dental claims), followed by your 8-digit student ID number.

For Pay-Direct or paper form claims, add your 2-digit dependent code* at the end.
For example: **UWH12345678-00**

* The 2-digit dependent code is: 00 for the member (i.e. the student), 01 for the member's spouse (21, 31, etc. for subsequent spouses), and 02-20 for dependent children (oldest is 02, second oldest is 03, and so on).

Submit Claims Quickly and Easily

Register to submit claims online by downloading the **Securian Canada Student Health Portal mobile app** or by visiting students-healthportal.securiancanada.ca

Download the Securian Canada mobile app.

NOTE: This document provides a summary of Plan benefits. It is not a complete description of coverage, restrictions, and exclusions. Please visit www.studentcare.ca to learn about all the applicable conditions and exclusions.

Care Office
University of Waterloo
Health Services, Room 1006

OUR ENVIRONMENTAL COMMITMENT ON PAPER
This paper which contains Sustana's 100% sustainable recycled fiber is processed chlorine free. It is designated Ancient Forest Friendly™ and FSC® certified. Bringing paper products full circle with sustainable innovation.

Studentcare is becoming

ALUMO

GRADUATE STUDENT ASSOCIATION
UNIVERSITY OF WATERLOO

2025–2026

GSA Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group Numbers/Prefixes

Health, vision, and travel: UWH
Dental: UWD

(Securian Canada)

Gender Affirmation Care: GCU

(GreenShield)



For complete details on coverage, eligibility, and group numbers, visit www.studentcare.ca.

WTRL_GSA/BRO/09-25

Health Plan

Health
Over \$10,000



- Prescription drugs
- Vaccinations
- Psychologists
- Physiotherapists
- Chiropractors
- Ambulance
- and more!

Vision
Over \$350



- Eye exam
- Eyeglasses and contact lenses
- Laser eye surgery

Plus: More Services Designed to Support Students

2SLGBTQIA+ Support

New

 **Gender Affirmation Care**

Coverage for gender-affirming medical care and legal assistance for students on their gender affirmation journeys

Mental Health & Wellness

 **Empower Me**
Powered by Dialogue

A student assistance program providing mental health and wellness services 24/7

For eligibility details,
see www.studentcare.ca.

Travel Plan

Care Abroad
Up to \$1,000,000



150 days per trip, up to \$1,000,000 per lifetime in the event of a medical emergency, with coverage for the duration of a student exchange/internship

Scan for a
summary of
benefits



Dental Plan

Dental
Up to \$750

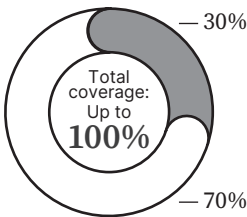


- Checkups
- Fillings
- Cleanings

- Root canals
- and more!

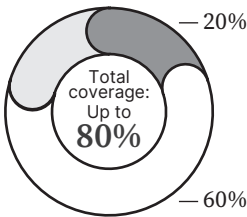
Preventive Services

- Recall exams
- Cleanings
- Root planing

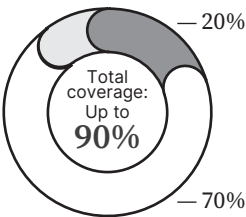


Basic Services

- Fillings
- Oral surgery
- Endodontics (root canals)
- Periodontics (gum treatments)

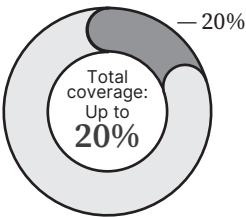


Impacted Wisdom Tooth Extractions



Major Restorative

- Crowns
- Bridges



○ Insured Portion ● Studentcare Dental Network Savings ○ Portion Not Covered

How much does it cost?

The cost of the Plan and the Legal Care Program (The Essentials) is part of your student association-administered fees. You're responsible for verifying if you're automatically covered by the Plan and if you have access to the Program by checking your tuition statement.

Please note that different categories of students are billed differently and have different coverage/access periods during the year.

Visit www.studentcare.ca for more information on fees.

Change-of-Coverage Periods

Fall Term: Sept. 3 - 23, 2025

Winter Term (new students only):
Jan. 5 - 23, 2026

Spring Term (only new students and co-op students who weren't on academic term in Fall Term or Winter Term):
May 11 - June 1, 2026

If you're eligible, the fees for the Plan and the Legal Care Program (The Essentials) are automatically included in your tuition and other fees.

During the applicable period, you can change your Plan coverage, enrol your family in the Plan, or opt out of these services (you must have proof of other coverage to opt out of the health portion of the Plan). Some students may also be eligible to enrol themselves in the Plan. See www.studentcare.ca for instructions.

Enrol Loved Ones for Less

You can enrol your family (spouse and/or dependent children) each year by paying an additional fee, over and above your fee as a member of the Plan. Common law couples are eligible. Visit www.studentcare.ca for instructions.



Add unlimited dependants for full-year coverage*

* Eligibility details, coverage periods, and family enrolment fees are available online.