

Plus: More Services Designed to Support Students

Legal Care Program

 **The Essentials**


A consultation service for all your legal questions, and legal representation for disputes related to housing, employment, academic rights, and more

 **Sexual Violence Care**

A consultation service for all your legal questions, and legal representation for victims and survivors of sexual violence

For eligibility details, see aseq.ca.

Virtual Health Care

 **AlloDoc!**
Powered by Dialogue

Virtual health care that connects you with nurses and physicians from anywhere in Canada

An Essential Service for Students

If you're a student at the Université du Québec en Abitibi-Témiscamingue and a member of the AGEUQAT, you have access to one of the most important services on campus: the student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs, like vision and dental care.

If you're an international student, you have access to the dental portion of the Plan only, unless you have a provincial health-care card (RAMQ). Visit www.aseq.ca for more details on eligibility.

We invite you to verify if you're already covered by another plan (through an employer, parent, or spouse). If so, the student Plan can still be of interest to you, as you can be reimbursed the remaining eligible fees (partially or fully) through your secondary plan.



Desjardins Insurance
PO Box 3950
Levis, Quebec G6V 8C6
1-866-647-5013
Health, vision, and dental benefits are insured by Desjardins Insurance.
Group Number: Q1809
Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company.

To determine if these products are right for you, for more details, or to contact a licensed insurance representative, visit www.aseq.ca. Please note that AlloDoc!, The Essentials, and Sexual Violence Care are not insurance products.

Submit Claims Quickly and Easily

Register on the **Omni™** mobile app or Desjardins Insurance's online portal. Access your Pay-Direct Card, which lets you get claims processed immediately, and submit eligible types of claims online.



Download the app

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



For complete details on coverage, eligibility, and group/policy numbers, visit www.aseq.ca.



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AGEUQAT_EN/BRO/09-25



ASEQ is becoming

ALUMO

2025—2026

AGEUQAT Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group Numbers

Health, vision, and dental:
Q1809 (Desjardins Insurance)



Health Plan

Health
Up to \$10,000



- Oral contraceptives
- Antidepressants
- Vaccinations
- Massage therapists
- Physiotherapists
- Chiropractors
- Ambulance
- and more!

Vision
Over \$450



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

Scan for a
summary of
benefits

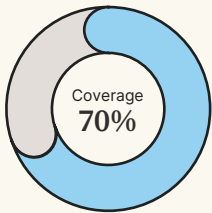
Dental Plan

Dental
Up to \$750

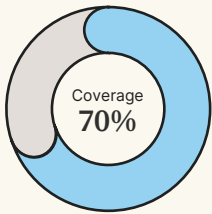


- Checkups
→ Cleanings
→ Fillings
- Wisdom tooth
extractions
→ and more!

- Preventive
Services
- Recall exams
 - Cleanings
 - Extraction of Impacted Teeth



- Basic
Services
- Minor restorative (fillings)
 - Oral surgery
 - Endodontics (root canals)
 - Periodontics (gum treatments)



Insured Portion Portion not covered

Price

Health & Dental Plan Combined Annual Fee \$363.47	Health Plan Annual Fee \$162.03	
	Dental Plan Annual Fee \$201.44	

Fall 2025 \$121.16 Health: \$54.01 Dental: \$67.15	Combined Fee (September- August)	Winter 2026 \$242.32 Health: \$108.02 Dental: \$134.30	Combined Fee (January- August)
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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 family enrolment fees and instructions.

Add one dependant
for full-year
coverage

Add unlimited
dependants for
full-year coverage

Get your ASEQ Code
and password (PIN) here

To access your Plan's benefits and services, change your coverage (e.g. opt out of the Plan or enrol dependants), or submit claims to the insurer, you'll need your ASEQ ID and password (PIN).

Action
required!

Scan the
QR code to
get them now.

Change-of-Coverage &
Opt-Out Periods

Fall session: Sept. 15 – Oct. 15, 2025	The Plan is a non-mandatory automatic contribution.
Winter session (new students only): Jan. 15 – Feb. 15, 2026	All opt outs or coverage changes can be completed online at www.aseq.ca . You can choose between an annual or permanent opt out.