

# 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.

70%

+ 30%

Total Coverage

100%

## Save More with Network Members\*\*

up to 90% 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\*

\$70 eye exams including OCT Scan

10% off contact lenses

Select range of eyeglass models from only \$69

\$75 off select prescription eyeglass models

\$70 eye exams

\$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, and chiropractors

\* 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 RRUSA Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

The following students are eligible:

- Undergraduate students registered in full-time on-campus classes in September, January, or May, including students in Global Learning and Language Centre (GLLC) programs and accelerated undergraduate degree-completion programs
- Graduate students registered in full-time on-campus classes, if their program started after September 2023

Certain exceptions exist. Please check your student account to confirm if you've been charged the Plan fees.

See [www.studentcare.ca](http://www.studentcare.ca) for more details.

## Policy/Group Numbers

**Health, vision, and dental: 43004**  
(insured by Pacific Blue Cross)

**Travel: 97180**  
(Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Trip Cancellation and Trip Interruption/Trip Delay benefits are underwritten by Canadian Premier General Insurance Company. All other benefits are underwritten by Canadian Premier Life Insurance Company.)

## Submit Claims Quickly and Easily

Claim through your Member Profile account, via the Pacific Blue Cross mobile app or online! Download the app from the App Store or Google Play, or sign up at <https://service.pac.bluecross.ca/member/login>.



**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](http://www.studentcare.ca) to learn about all the applicable conditions and exclusions.



**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.

RRUSABRO/08-25

Studentcare is becoming

# ALUMO



2025–2026

## RRUSA Health & Dental Plan

Insuring today.  
Ensuring tomorrow.

### Policy/Group Numbers

**Health, vision, and dental: 43004** (Pacific Blue Cross)

**Travel: 97180** (Securian Canada)



For complete details on coverage, eligibility, and group/policy numbers, visit [www.studentcare.ca](http://www.studentcare.ca).



Health Plan

Health  
Over \$10,000



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

Vision  
Over \$300



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

Plus: Mental Health Services  
Designed to Support Students

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](http://www.studentcare.ca).

Travel Plan

Care Abroad  
Up to \$5,000,000



120 days per trip, up to  
\$5,000,000 per lifetime, trip  
cancellation and trip interruption  
in the event of a medical emergency

Scan for a  
summary of  
benefits



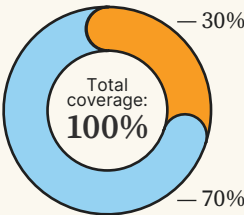
Dental Plan

Dental  
Up to \$700

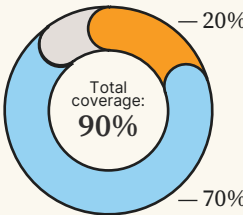


- Checkups
  - Fillings
  - Cleanings
- Root canals
  - and more!

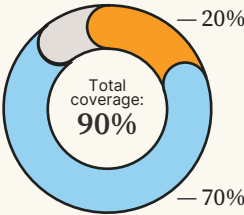
**Preventive  
Services**  
→ Recall  
  exams  
→ Cleanings



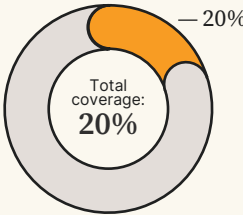
**Impacted  
Wisdom Tooth  
Extractions**






**Basic  
Services**  
→ Fillings  
→ Oral surgery  
→ Endodontics  
  (root canals)  
→ Periodontics  
  (gum  
  treatments)



**Major  
Restorative**  
→ Crowns  
→ Bridges  
→ Posts



 Insured Portion     Studentcare Dental Network Savings     Portion Not Covered

Price

Health &  
Dental Plan  
Combined  
Annual Fee  
(September - August)  
**\$300**



Winter 2026  
(for new semester  
students)  
**\$200**

Combined  
Fee  
(January-  
August)

Summer 2026  
(for new semester  
students)  
**\$100**

Combined  
Fee  
(May-  
August)

Change-of-Coverage Periods

**Fall semester:**  
Sept. 2 - Oct. 6, 2025

**Winter semester** (new students only):  
Jan. 8 - Feb. 4, 2026

**Summer semester** (new students only):  
May 6 - 21, 2026

If you're automatically covered, **the Plan fee is included in your tuition and other fees.** During the applicable period above, you can enrol your family or opt out of the Plan if you have proof of other coverage. Some students may also be eligible to enrol themselves in the Plan. See [www.studentcare.ca](http://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](http://www.studentcare.ca) for instructions.



**\$450**  
Add one dependant  
for full-year  
coverage\*



**\$750**  
Add unlimited  
dependants for  
full-year coverage\*

\*Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2026 (for new Winter semester students) and from May 1 – Aug. 31, 2026 (for new Summer semester students) are available online.