

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
Up to 100%

Save More with Network Members**

Rexall

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*

Specsavers

20% off contact lenses

LASIK MD VISION

\$550 off on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

Independent Vision Specialists

30% off prescription eyeglasses, up to \$75

Discounts on eye exams and contact lenses

***} PSYVITALITI**

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.
** Certaines conditions s'appliquent.

An Essential Service for Students

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

Domestic full-time and part-time students are eligible, including co-op students on work term in the Fall Term.

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

Health, vision, and dental: SSU
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.)

Gender Affirmation Care: GAR
(medical coverage insured by GreenShield)

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.



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.

SSU/BR009-2

Studentcare is becoming

ALUMO

SSU
sheridan student union

2025–2026

SSU Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group Numbers

Health, vision, and dental: SSU
Travel: 97180
(Securian Canada)

Gender Affirmation Care: GAR
(GreenShield)



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



Health Plan

Health
Over \$10,000



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

Vision
Up to \$375



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

Plus: More Services Designed to Support Students

2SLGBTQIA+ Support

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 \$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

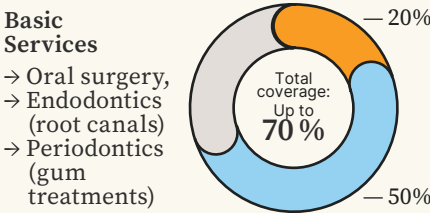
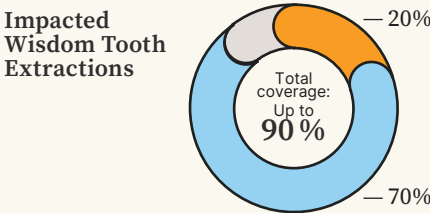
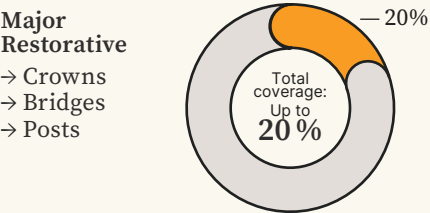
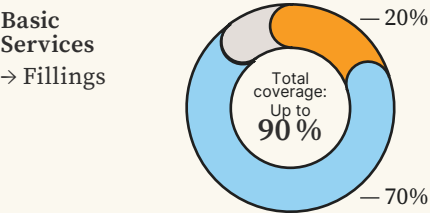
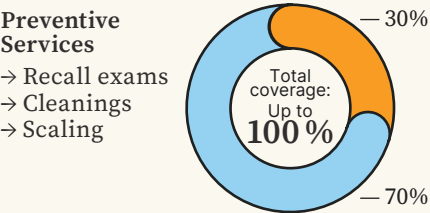
Scan for a summary of benefits

Dental Plan

Dental
Up to \$750



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



You may also have access to additional coverage through the Dental Network. Visit www.studentcare.ca for details.

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

Price

Health & Dental Plan
Combined Annual Fee
\$395.00

Fall 2025 \$395.00	Combined Fee (September-August)
Winter 2026 \$263.33	Combined Fee (January-August)
Spring 2026 \$131.67	Combined Fee (May-August)

Change-of-Coverage Periods

Fall Term: Aug. 18 - Oct. 1, 2025	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 for instructions.
Winter Term: (new students only): Jan. 5 - 23, 2026	
Spring Term: (new students only): May 4 - 21, 2026	

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.

\$395.00
Add one dependant for full-year coverage*

\$790.00
Add unlimited dependants for full-year coverage*

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