

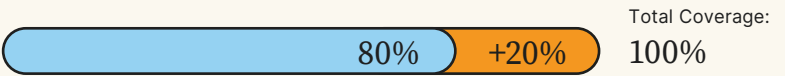
# Exclusive Savings from Studentcare Network Partners\*

- Your Plan Coverage

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

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

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



## Save More with Network Members\*\*



up to 100%

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\*



50-minute virtual therapy sessions for

no more than \$130



Discounts on custom LASIK

Free, no-obligation consultation

Lowest price guarantee



30% off

prescription eyeglasses, up to \$75 (max \$40)

and more!  
Dentists, physiotherapists, massage therapists, 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 UMSU Enhanced Care Student Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

Eligible students include:

- Undergraduate students who are UMSU members (i.e. students registered in at least one on-campus course) and registered for at least 6 credit hours in the Fall Term
- New Winter Term undergraduate students who are UMSU members (i.e. students registered in at least one on-campus course) and registered for at least 9 credit hours in the Winter Term
- Full-time graduate students who are UMGSA members

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.

## Group Numbers

**Health, vision, and dental:** 7654  
(Carrier: Manitoba 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

Register to submit claims online through Manitoba Blue Cross's **mybluecross® web portal or mobile app**. See [www.mb.bluecross.ca](http://www.mb.bluecross.ca) and download the app from the App Store or Google Play.

Note: To use the app, you must register on the web portal first.

**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.

Care Office  
Room 102C  
UMSU University Centre  
65 Chancellors Circle  
Winnipeg, Manitoba R3T 2N2

OUR ENVIRONMENTAL  
COMMITMENT ON PAPER  
This paper which contains Sustana's 100% sustainable recycled fiber is processed chlorine free. Bringing paper products full circle with sustainable innovation.

UMSU/BRO/09-25

Studentcare is becoming

# ALUMO

2025–2026

# UMSU Enhanced Care Health & Dental Plan

Insuring today.  
Ensuring tomorrow.

## Group Numbers

**Health, vision, and dental:** 7654 (Manitoba Blue Cross)

**Travel:** 97180 (Securian Canada)

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

Health Plan

Health  
Over \$10,000



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

Vision  
Basic Enhanced  
Over \$150 Over \$250



- Eye exam
- Eyeglasses and contact lenses

Plus: more 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

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

Undergraduate fees  
Full-year fee: \$28.00  
Winter 2025 fee: \$18.65

Graduate fees  
Full-year fee: \$35.15  
Winter 2025 fee: \$23.44

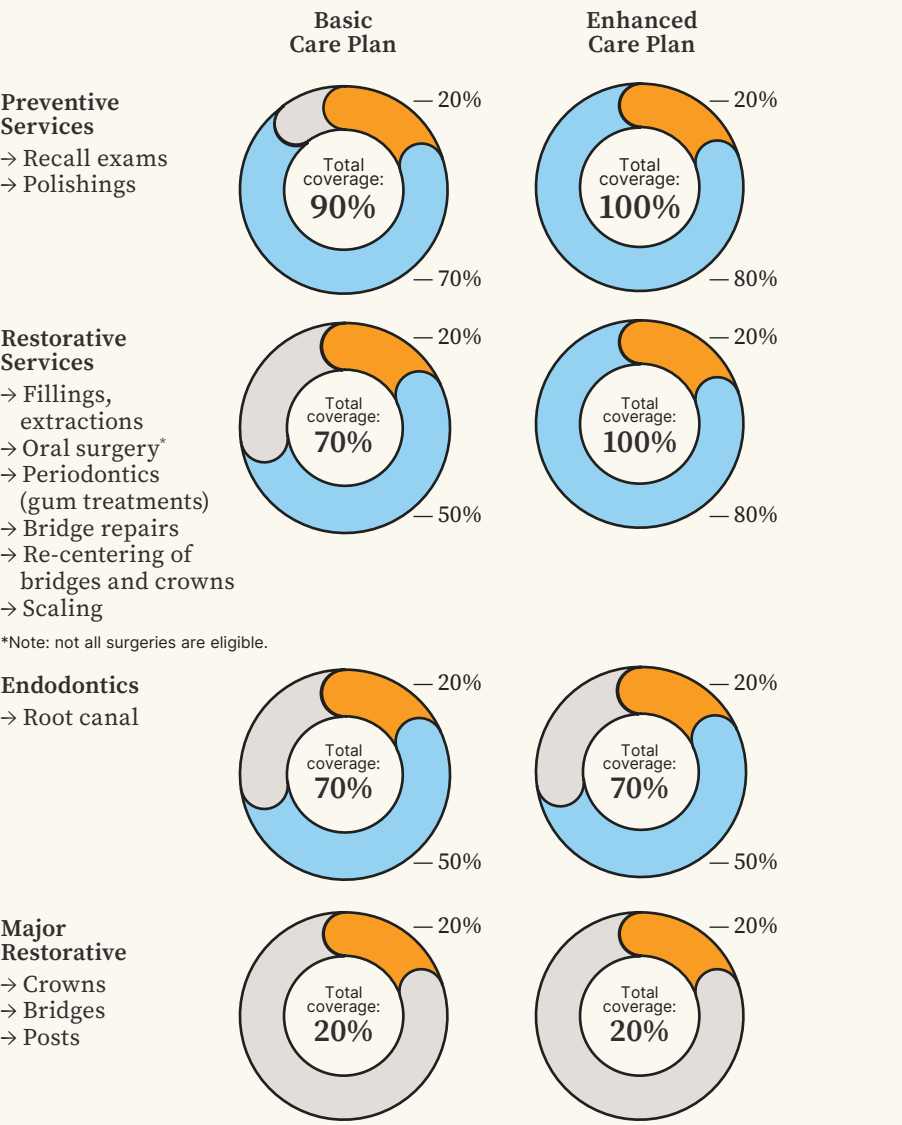
Now available to both undergraduate and graduate students

Dental Plan

Dental  
Basic Enhanced  
Up to \$500 Up to \$750



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



Insured Portion Studentcare Dental Network Savings Portion Not Covered

Price

Enhanced Care Health & Dental Plan Combined Annual Fee \$385.00

Winter 2026 Fee \$256.66	Winter 2026 Fee (January-August)
Health: \$143.33	
Dental: \$113.33	

Health: \$215.00  
Dental: \$170.00

Looking for a different level of coverage?

Try the Basic Care Plan for \$285.00 or mix and match portions of the Enhanced Care and Basic Care Plans. See [www.studentcare.ca](http://www.studentcare.ca) for details.

Change-of-Coverage Periods

Fall Term:  
Aug. 29 – Sept. 24, 2025

Winter Term  
(new students only):  
Dec. 26, 2025 – Jan. 22, 2026

Note for graduate students: University of Manitoba Graduate Students' Association (UMGSA) members have a separate website for changing their Plan coverage. They should visit [www.studentcare.ca](http://www.studentcare.ca) and select UMGSA rather than UMSU in the student association search bar.

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

During the applicable period, you can opt out of these services (you must have proof of other coverage to opt out of the Plan) or change your Plan coverage. 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.

\$577.50  
Add unlimited dependants for full- year coverage\*

Family enrolment fees for coverage from Jan. 1 – Aug. 31, 2026 for new Winter Term students are available online.