

Services and Discounts

Mental Health Inkblot

Your mental health matters. With Inkblot, you can receive confidential and convenient mental health support. Your Student Assistance Program is available 24/7 on your computer or smartphone. Included is **5 hours of individual counselling and 5 hours of couple counselling with a mental health practitioner by video, phone, or in-person** at no cost to you or your benefits plan! Learn more and access now at inkblottherapy.com/nshn

Pharmacy Discount pocketpills

PocketPills is an online pharmacy where you can fill prescriptions from your phone, wherever and whenever you need with free delivery! Receive an **additional 10% of benefit coverage on prescription medications** if filled by PocketPills. Learn more at pocketpills.com/gscstudent

Student Dental Discount Network

Save even more at over 800 dentists across Canada. Here's how it works:

- Find a participating dentist at greenshield.ca/student
- At the end of your treatment provide the dentist with your GSC member ID. GSC will automatically calculate the applicable discount.
- GSC pays your dentist directly so you only pay your share of the cost (if any).

Discount ranges from **20% to 30%** based on dental services.

More Discounts and Savings

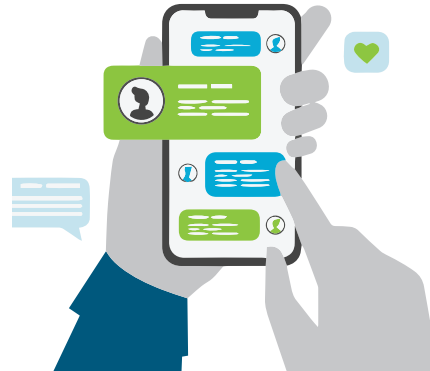
Save more with GSC on Maple virtual doctor, glasses, contacts, travel top-up coverage, graduating student plans, and hearing devices. Get these offers and more at greenshield.ca/student



Benefits at your finger tips

With GSC Everywhere, you can instantly connect to your health and dental care plan! Register and login to:

- submit claims and check claim status
- sign up for direct deposit to your bank account
- check your benefits coverage
- get your GSC member ID card
- search practitioners and providers
- and so much more!



1 Register: GSC Everywhere

- Visit gseverywhere.ca and click Register Your Account
- Enter your GSC member ID (CAR student number-00) and your date of birth
- Select a username and set a password

2 Login: Computer or Smartphone

- Visit gseverywhere.ca on your computer
- Download the **GSC Everywhere** mobile app to your smartphone

2022-2023

We've got your health covered.



Health & Dental Care Plan

greenshield.ca/student

NATIONAL STUDENT
HEALTH
NETWORK



Benefits Summary

Who is Covered?

Full-time graduate students, including international students, who are registered in the Fall term and have been assessed the health and dental plan fees, are automatically enrolled in the plan.

How to Opt In

Full-time graduate students who are registered in the Winter (including January start) or Summer term may opt in to the plan.

Part-time graduate students and part-time coop students may opt in to the plan.

Graduate students with families may opt in a spouse/ common law partner and/or children.

Additional plan fees apply. An opt in application must be submitted within the student's first eligible opt in term. Visit gsacarleton.ca/healthplan of the GSA Office for more information.

How to Opt Out

Students who have comparable health and dental coverage may opt out of the health and dental plan by providing sufficient proof. An opt out application must be submitted within the student's first eligible opt out term, on an annual basis. Visit the GSA office or gsacarleton.ca/healthplan for more information.

Coverage Change Periods

- Fall Session (opt out, opt in, family opt in): August 31 - October 5, 2022

Accessing Your Coverage



1.888.711.1119
greenshield.ca

Student Name

CAR student # - 00 (Example: CAR12345678-00)

Graduate Students' Association
Carleton University

This is a brief outline of your coverage. For complete benefits information visit greenshield.ca/student

Note: your health and dental plan benefits booklet located at greenshield.ca/student supersedes all information printed in this publication.

Health Benefits Over \$2,000

	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS dispensing fee limited to \$5 per prescription or refill	80%	\$2,000

Get 90% prescription drug coverage at pocketpills.com/gscstudent

DIABETIC SUPPLIES	reasonable and customary charges	\$1,000
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HPV VACCINES	reasonable and customary charges	included in drug maximum
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PROFESSIONAL SERVICES

Chiropractor	\$20	
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Registered Massage Therapist referral from MD or NP required	\$20	
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Naturopath	\$20	\$300 combined maximum
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Speech Therapist	\$20	
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Physiotherapist	\$30	
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COUNSELLOR SOCIAL WORKER MASTER OF SOCIAL WORK PSYCHOLOGIST PSYCHOTHERAPIST	\$50	\$500
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Get 5 hours of free counselling, resources and more with Inkblot at inkblottherapy.com/nshn

BEACON iCBT THERAPY	100%	\$300 included in mental health maximum
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ACCIDENT COVERAGE	Accidental death and dismemberment benefit up to \$10,000	
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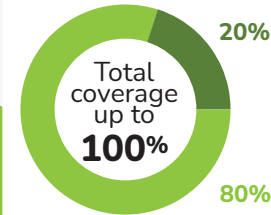
GENDER AFFIRMATION	reasonable and customary charges	\$10,000
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Questions?

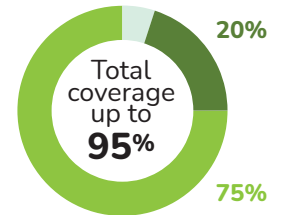
Download the **mobile app**, call **1-888-711-1119** or visit greenshield.ca/student

Dental Benefits Up to \$750

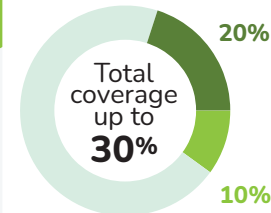
GSC Insurance Student Dental Discount Network



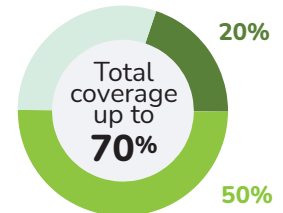
Basic Services
recall every 6 months
cleanings, polishing, scaling
x-rays



Basic Restorative Services
fillings
Basic oral surgery
extractions



**Comprehensive Services
Major Services**
root canal
bridges
crowns



Wisdom Teeth Extraction
\$500 per lifetime

Vision Benefits Up to \$150

	Per Visit/ Purchase	Amount Covered
EYE GLASSES CONTACTS Every 24 consecutive months	100%	\$150

EYE EXAM Every 24 consecutive months	100%	included in overall \$150 maximum
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Travel Coverage Up to \$5,000,000

	Amount Covered	Eligible
TRAVEL HEALTH COVERAGE	60 days	Per Trip

EMERGENCY SERVICES	\$5,000,000	Per benefit year
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REFERRAL SERVICES	\$50,000	Per benefit year
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