

Services and Discounts



Mental Health

GreenShield Mental Health, powered by Inkblot, brings you 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 by logging in to **GreenShield+**.

Pharmacy

GreenShield Pharmacy helps make it easy to manage your prescriptions, set up refill reminders and meet with a pharmacist, all from the **GreenShield+** mobile app or website. Speak with multilingual pharmacists and receive free prescription delivery anywhere in Canada. Learn more and access now by logging in to **GreenShield+**.

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 GreenShield Member ID from the **GreenShield+** app. GreenShield will automatically calculate the applicable discount.
- GreenShield pays your dentist directly so you only pay your share of the cost (if any).

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

More discounts and savings

Save more with **GreenShield Health** on virtual doctor, glasses, contacts, travel top-up coverage, graduating student plans, and hearing devices. Find all of these offers and more at greenshield.ca/student



Benefits at your finger tips

With **GreenShield+**, you can instantly connect to your health and dental care plan! Register and login to:

- access health care services
- connect with thousands of health care professionals
- submit claims and check claim status
- sign up for direct deposit to your bank account
- check your benefits coverage
- get your GreenShield member ID card to print or download to your mobile device
- and so much more!

1 Register: GreenShield+

- Visit greenshield.ca, select **GreenShield+**, and click "Sign Up"
- Select that you are accessing **GreenShield+** "Through an organization"
- Select "I have a Member ID" (CAR student number-00)
- Enter your email to create your account

2 Login: Computer or Smartphone

- Visit greenshield.ca on your computer
- Download the **GreenShield+** mobile app to your smartphone
- Log in and enter your Member ID (CAR student number-00)



2024-2025

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 co-op 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 the GSA Office or gsacarleton.ca/healthplan 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): September 1 - October 7, 2024
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2024 semester): January 6 - February 14, 2025

Accessing your coverage



1-888-525-7587
greenshield.ca

Student Name

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

Graduate Students' Association
Carleton University

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

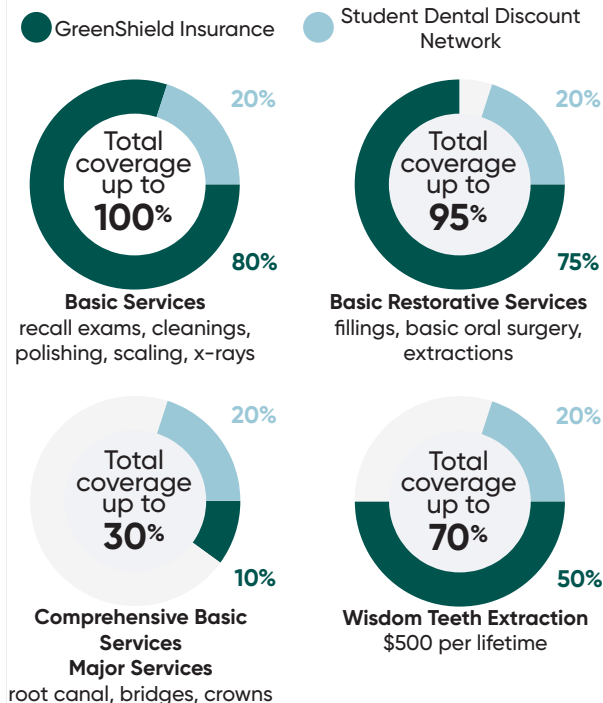
Health Benefits Over \$2,000	Per Visit/Purchase	Per Policy Year
PRESCRIPTION DRUGS dispensing fee limited to \$5 per prescription or refill	80%	\$2,000
Access lower dispensing fees with GreenShield Pharmacy on GreenShield+		
DIABETIC SUPPLIES	reasonable and customary charges	\$1,000
HPV VACCINES	reasonable and customary charges	included in drug maximum
PROFESSIONAL SERVICES		
Chiropractor		\$20
Registered Massage Therapist referral from MD or NP required		\$20
Naturopath		\$20
Speech Therapist		\$20
Physiotherapist		\$20
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK SOCIAL WORKER PSYCHOTHERAPIST	\$50	\$500
Get 5 hours of free counselling, resources and more with Inkblot on GreenShield+		
TRANQUILITY iCBT THERAPY	100%	\$300 included in mental health maximum
ACCIDENT COVERAGE		Accidental death and dismemberment benefit up to \$10,000
GENDER AFFIRMATION	reasonable and customary charges	\$10,000

Questions?

Download the **mobile app**, call **1-888-525-7587** or visit greenshield.ca/student

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

Dental Benefits Up to \$750



Vision Benefits Up to \$150	Per Visit/Purchase	Amount Covered
EYE GLASSES AND CONTACTS Every 24 consecutive months	100%	\$150
EYE EXAM Every 24 consecutive months	100%	included in overall \$150 maximum

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
REFERRAL SERVICES	\$50,000	Per benefit year