

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 GreenShield member ID. 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 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 GreenShield member ID card
- search practitioners and providers
- and so much more!



1 Register: GSC Everywhere

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

2 Login: Computer or Smartphone

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

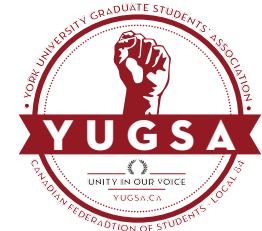
2023-2024

We've got your health covered.



Health & Dental Care Plan

yugsa.ca/health-plan



NATIONAL STUDENT
HEALTH
NETWORK



Who is Covered?

Full-time Graduate students are automatically enrolled. The University designates graduate students as full-time if they:

- are pursuing their students as a full-time occupation;
- identify themselves as a full-time graduate student;
- are able to progress on all program requirements requiring geographical availability on campus;
- are considered by their supervisor and program director to be progressing, in relation to program requirements and expectations, at a satisfactory rate; and
- have not normally completed more than six terms of full-time study at the master's level or not more than 18 terms of full-time study at the Doctoral level.

How to opt in

Part-time Graduate students: All registered graduate students pursuing a degree or stand-alone graduate diploma who do not meet the requirements of full-time status as defined above are part-time graduate students. For the calculation of the balance of degree fees, one full-time term is equivalent to two part-time terms, and vice versa.

Graduate students with Disability: Graduate students recognized by the Office with Disabilities may opt into the plan with a current letter of accommodation from an Accessibility Counsellor.

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 YUGSA Main Office (Room 325 First Student Centre) or yugsa.ca/health-plan 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 yugsa.ca/health-plan for more information.

Coverage Change Periods

- Fall Session (opt out, opt in, family opt in):
September 1 - October 31, 2023
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2023 semester):
January 1 - February 28, 2024

Accessing Your Coverage



1.888.711.1119
greenshield.ca

Student Name

YGS student # - 00 (Example: YGS123456789-00)

York University Graduate Students' Association

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.

Benefits Summary

Health Benefits Up to \$2,500

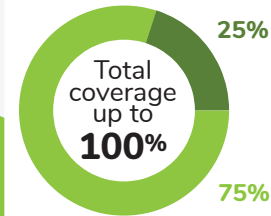
	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS	80%	\$1,000
pocketpills Get 90% prescription drug coverage at pocketpills.com/gscstudent		
HPV VACCINES	65%	included in drug maximum
DIABETIC EQUIPMENT	100%	\$500
CHIROPRACTOR	reasonable and customary charges	\$650
NATUROPATH	\$25	\$300
OSTEOPATH	\$25	\$300
SPEECH THERAPIST referral from MD or NP required	\$25	\$300
DIETITIAN	\$25	\$300
CHIROPODIST PODIATRIST	\$25	\$300
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK SOCIAL WORKER PSYCHOTHERAPIST	\$125	15 visits
Inkblot 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
ACUPUNCTURIST	\$50	\$600
PHYSIOTHERAPIST	\$50	\$600
REGISTERED MASSAGE THERAPIST referral from MD or NP required	\$50	\$600
EMERGENCY TRANSPORTATION	100%	reasonable and customary charges
ACCIDENTAL DENTAL	100%	reasonable and customary charges

PLUS gender affirmation, smoking cessation drugs, hearing care, orthopedic shoes, custom foot orthotics, bra (mastectomy), compression stockings, private duty nursing in home, tutorial benefit, \$7,500 accidental coverage and more.

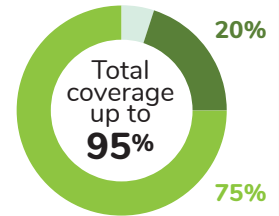
Dental Benefits Up to \$600

GreenShield Insurance

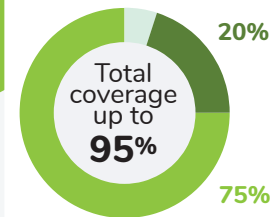
Student Dental Discount Network



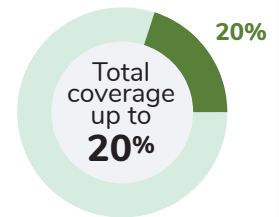
Basic Services
recall exams, cleanings, polishing, scaling, x-rays



Basic Restorative Services
Basic Oral Surgery
fillings, anesthesia, extractions



Comprehensive Basic Services
periodontal scaling



Major Restorative Services
crowns, bridges, posts

Vision Benefits Up to \$165

	Per Visit/ Purchase	Amount Covered
EYE GLASSES CONTACTS Every 24 consecutive months	100%	\$100
EYE EXAM Every 24 consecutive months	100%	\$75

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

Questions?

Download the **mobile app**, call **1-888-711-1119**, visit greenshield.ca/student or email the YUGSA Health Plan office: health@yugsa.ca