



Make your benefits benefit
you

District 35

Brock University Support Staff



My Benefits

All employees receive some sort of benefits from Brock University

Benefits include:

- ✧ Medical Benefits administered through GreenShield
- ✧ Tuition Waiver
- ✧ Employee Family Assistance Plan (EFAP)
- ✧ Out of country travel coverage through GreenShield
- ✧ Additional services/offers provided through Ontario Teachers Insurance Plan (OTIP)
- ✧ Sick Days

Using your benefits benefits everyone!

My Benefits

How do I know what I am covered for?

Information on your benefits is accessible on the HR website including a downloadable booklet:

<http://www.brocku.ca/hr-ehs/benefits/osstf>

Greenshield Website – www.greenshield.ca

Greenshield App is available for Apple, Android and Windows phones

- ✧ Online, direct deposit
- ✧ Submit electronic claims
- ✧ Monitor your coverage/claims
- ✧ Find a healthcare provider
- ✧ Summary of benefits
- ✧ Coverage estimate

My Benefits

Employee Family Assistance Program (EFAP)

No cost to Brock Employees and available 24 hours a day

<https://www.workhealthlife.com/>

Provides assistance in a variety of areas such as:

- ✧ Mental Health
- ✧ Addictions including smoking cessation, gambling, and alcohol
- ✧ Family and Relationships
- ✧ Diseases and Conditions
- ✧ Stress/Workplace burnout
- ✧ Coping with Change on the job
- ✧ Financial Planning, Credit Management, Retirement
- ✧ Workplace leave
- ✧ Health and Attitude
- ✧ Physical and Emotional Well-being

Benefits: Most Asked

How does the tuition waiver work?

- ✧ Forms due at the beginning of each term
- ✧ Covers tuition but employees responsible for fees
- ✧ Graduate and Undergraduate Studies covered
- ✧ Must pass courses

Vision Coverage

- ✧ \$375 every two years
- ✧ Eye exam is included
- ✧ Shop around!

Getting to 65

- ✧ Bridging Benefits
- ✧ OTIP (www.otip.ca)
- ✧ Pension

How many sick days do I have?

You do not have 105 sick days!

Must supply a Physician's note after three days of consecutive illness (this includes weekends!)

Benefits: Most Asked

What's a Co-pay?

A Co-pay is the portion of the benefit that the employee is responsible to pay

Co-pays vary dependent on the treatment

For example:

Health Plan - 10\$/20\$ every calendar year

Chiropractor – first 20\$ of each visit

Massage Therapy – first 20\$ of each visit

Psychologist – first 20\$ of each visit

Orthodontic – first 50% of the treatment

Co-pays can be reimbursed through any Spousal benefits you may have.

Spouses must access their own benefits before applying to use Spousal benefit packages

It adds up!

Questions?

