



**Hi!**

On behalf of Studentcare, your Plan administrator, we'd like to share some important information about your Health & Dental Plan.

If you're automatically covered, the cost of the Plan is part of your student fees. See if you're automatically covered by checking your tuition statement or by visiting [www.studentcare.ca](http://www.studentcare.ca).

**[Attention! International students living outside of Canada](#)**

Eligible international students are automatically covered by and billed for applicable portions of the student Plan. Note that Plan benefits are only accessible within Canada, while other services remain available abroad. Certain limitations exist. Due to the impact of travel restrictions related to COVID-19, options for international students have been expanded for the 2020-21 academic year so that you can make the best choice for your individual circumstances. Be sure to read this [FAQ](#) to review your options, and see [www.studentcare.ca](http://www.studentcare.ca) for complete details on your Plan's benefits and services.

**[View your coverage](#)**

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# YOUR COVERAGE



## Health Coverage

**Over \$10,000** for prescription drugs, psychologists, physiotherapists, chiropractors, ambulance, and more...



## Dental Coverage

**Up to \$750** for checkups, cleanings, extractions, and more...



## Vision Coverage

**Over \$200** for an eye exam, eyeglasses, and contact lenses.



## Travel Coverage

**Up to \$5,000,000 in travel care abroad.** 120 days per trip, plus trip cancellation or interruption in the event of a medical emergency. Includes coverage for the duration of an exchange or internship.



## Studentcare Networks

**Save more money on health-care services,** such as dental, vision, chiropractic, physiotherapy, psychology, pharmacy, and massage therapy.

[Learn more](#)

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## MENTAL HEALTH AND WELLNESS RESOURCES

Through **Empower Me** (powered by Optima Global Health), students covered by the SAKC Health Plan have 24/7, multilingual access to a number of professionals with various domains of expertise. No issue is too big or too small, from time management and career choices to anxiety, depression, substance abuse, and more. Interactions are confidential.

[Discover Empower Me](#)

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## CHANGE-OF-COVERAGE PERIOD

Visit [www.studentcare.ca](http://www.studentcare.ca) during the Change-of-Coverage Period to:

- Enrol your spouse and/or dependent children

*Or*

- Opt out

The Change-of-Coverage Period is from **January 6 – 22, 2021**.

[Manage your coverage](#)

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**Wishing you a healthy and productive year,**

The SAKC

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This email is intended only for and has been sent to you on behalf of your students' association.

Studentcare is the largest Canadian provider of health and dental plans for students.

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