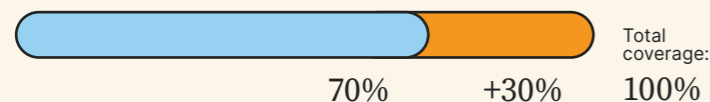


Exclusive savings from Alumo Network members*

- Your Plan coverage**
You're covered for the insured portion of your Plan regardless of which licensed health-care practitioner you choose.
- Alumo Networks**
By consulting a Network member, you'll get additional coverage.

Example of a claim made using a Alumo Dental Network practitioner:



Save more, spend less with Network members**

Rexall

up to 100% off on your out-of-pocket prescription drug costs (max \$40)

25% off regular priced Rexall corporate brands when you link your Be Well™ account with Rexall's Preferred Perks Program

Specsavers

20% off contact lenses

Independent Vision Specialists

30% off prescription eyeglasses, up to \$75

Discounts on contact lenses

LASIK MD VISION

\$600 off on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

PSYMONTRÉAL

\$30 discount on a regular 50-minute adult therapy or coaching session

and more!
Dentists, physiotherapists, massage therapists, and chiropractors
chiropractors, and naturopaths

*Alumo and the insurers do not endorse or assume any responsibility with respect to the use of their services.
**Certain conditions apply.

An essential service for students

As an eligible student, you're automatically covered by one of the most important services on campus: the UOSU Health & Dental Plan. It covers many benefits not provided by provincial health-care programs. Eligible students include:

- Full-time and part-time undergraduate students at the University of Ottawa who are registered in the Fall, Winter, or Spring term
- Full-time Saint Paul University students

Certain exceptions exist. Please check your student account to confirm if you've been charged the Plan fees. See alumo.ca for more details.



GreenShield
8677 Anchor Drive
PO Box 1606
Windsor, ON N9A 6W1
1-888-525-7587
Gender Affirmation Care medical coverage is insured by GreenShield.
Group number: UNV



Securian Canada
1400-25 Sheppard Avenue West
Toronto, Ontario M2N 6S6
1-888-852-2419 or
1-514-904-4730 for travel claims
Group number (travel): 97180
Securian Canada is the brand name used by Canadian Premier Life Insurance Company and Canadian Premier General Insurance Company to do business in Canada. Trip Cancellation and Trip Interruption/Trip Delay benefits are underwritten by Canadian Premier General Insurance Company. All other benefits are underwritten by Canadian Premier Life Insurance Company.



Desjardins Insurance
Life • Health • Retirement
PO Box 3950
Levis, Quebec G6V 8C6
1-866-647-5013
Accidental death and dismemberment is insured by Desjardins Insurance.
Group number: Q1617
Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company.

To determine if these products are right for you, for more details, or to contact a licensed insurance representative, visit alumo.ca. Please note that Student Assistance Program and Virtual Health Care are not insurance products.

Submit claims quickly and easily

Claim through GreenShield's online portal at app.greenshieldplus.ca or the GreenShield+ mobile app.



Questions about claims:
1-888-525-7587

Submit claims using your member ID:
your group number (UNV) + your student ID number + 00
(e.g. UNV123456789100).

NOTE: This document provides a summary of Plan benefits. It is not a complete description of coverage, restrictions, and exclusions. Please visit alumo.ca to learn about all the applicable conditions and exclusions.

UOSU Plan Support Office
UCU 031B
University Centre
85 University Private



OUR ENVIRONMENTAL COMMITMENT ON PAPER
This paper which contains Sustana's 100% recycled fiber is processed chlorine free. It is designated Ancient Forest Friendly™ and FSC® certified. Bringing paper products full circle with sustainable innovation.

UOSU/BRO/09-26

ALUMO



2026-2027

UOSU Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group numbers

Health, vision, and dental:
UNV (GreenShield)

Travel:
97180 (Securian Canada)

Accidental death and dismemberment:
Q1617 (Desjardins Insurance)



For complete details on coverage, eligibility, and group numbers, visit alumo.ca.



Health Plan

Health
Over \$10,000



| | Per Visit / Purchase | Per Policy Year |
|---|----------------------|--------------------------------|
| Prescription drugs and vaccinations The dispensing fee is limited to \$5 per prescription or refill. | 80% | \$1,000 |
| Psychologist, Master's in Social Work, Social worker, Counsellor, Psychotherapist | 80% | \$1,500 |
| Massage therapist Requires a referral from an MD | 100% (up to \$40) | Combined annual maximum: \$500 |
| Chiropractor | 100% (up to \$40) | |
| Physiotherapist Requires a referral from an MD or nurse practitioner | 100% (up to \$40) | |
| Naturopath | 100% (up to \$40) | |
| Osteopath | 100% (up to \$40) | |
| Registered dietitian | 100% (up to \$40) | |
| Podiatrist | 100% (up to \$40) | |
| Speech therapist | 100% (up to \$40) | |
| Acupuncturist | 100% (up to \$40) | |

Plus: Diagnostic services, medical equipment, tutorial benefit
Accident only: Ambulance, accidental death and dismemberment

Vision
Up to \$200



| | Amount Covered | Eligible Every |
|---|----------------|----------------|
| Eye exam, eyeglasses, contact lenses, and laser eye surgery | \$150 | 24 months |
| OR | OR | |
| Medically necessary contact lenses | \$200 | |

Dental Plan

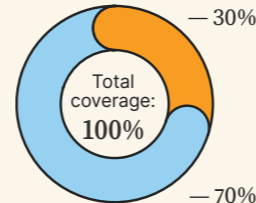
Dental
Up to \$750



→ Recall exams → Root canals
→ Fillings → and more!
→ Cleanings

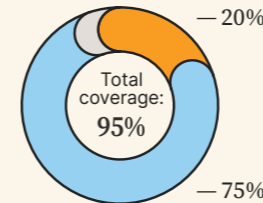
Basic services

→ Recall exams
→ Cleanings



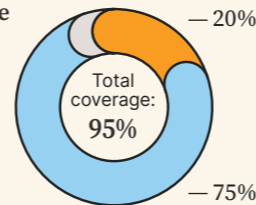
Basic services

→ Fillings
→ Basic oral surgery

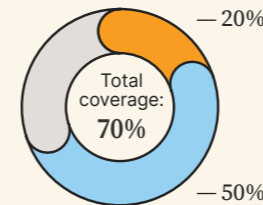


Comprehensive basic services

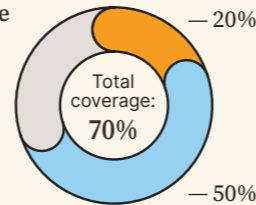
→ Endodontics (root canals)
→ Periodontics (gum treatments)
→ Standard denture services



Extractions

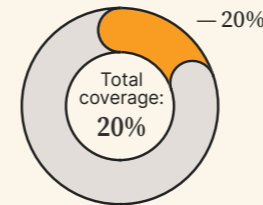


Comprehensive oral surgery and root planing



Major restorative

→ Crowns
→ Bridges
→ Posts



- Insured portion
- Alumo Dental Network Savings
- Portion not covered

Extra support when you need it

Mental Health & Wellness

Student Assistance Program

Powered by Dialogue



A student assistance program providing mental health and wellness services 24/7

Virtual Care

Virtual Health Care

Powered by Dialogue



Virtual health care that connects you with nurses and physicians from anywhere in Canada

For eligibility details, see alumo.ca.

Travel Plan

Travel
Up to \$5,000,000



| | Amount Covered | Eligible |
|--|----------------|--------------|
| Travel coverage Includes coverage for the duration of a student exchange/internship | 120 days | per trip |
| Medical incident In case of a medical emergency | \$5,000,000 | per lifetime |
| Trip cancellation Pre-paid, non-refundable trip expenses in case of a medical emergency | \$3,000 | per trip |
| Trip interruption In case of a medical emergency | \$7,500 | per trip |

Plan fees

Health & Dental Plan combined annual fee
\$312.45

Full year Combined fee (September-August)
Health: \$167.07 Dental: \$145.38

Winter 2027 (for new semester students) Combined fee (January-August)
\$208.30
Health: \$111.38 Dental: \$96.92

Spring 2027 (for new semester students) Combined fee (May-August)
\$104.15
Health: \$55.69 Dental: \$48.46

Change-of-Coverage & Opt-Out Periods

Fall term:
September 2 – October 9, 2026

Winter term (new students only):
January 4 – February 5, 2027

Spring term (new students only):
April 30 – May 14, 2027

If you've registered for courses and completed your opt out by **September 25, 2026**, the Plan fee will be reversed from your student account before the tuition fee payment deadline. See alumo.ca for instructions.

If you're eligible, the fees for the Plan and Virtual Health Care are automatically included in your tuition and other fees. During the applicable period, you have the following options for these services:

- **Health & Dental Plan:** Opt out (if you have proof of other coverage), change your coverage, or add your family. Some students may also be eligible to opt themselves into the Plan.
- **Virtual Health Care:** Opt out

Family add-on

You can add coverage for your family (spouse and/or dependent children) each year by paying an additional fee, over and above your fee as a member of the Plan. Common law couples are eligible. Visit alumo.ca for instructions.

● \$312.45 Add one dependant for full-year coverage*

● \$624.90 Add unlimited dependants for full-year coverage*

* Family add-on fees for coverage from January 1 – August 31, 2027 (for new Winter semester students) and from May 1 – August 31, 2027 (for new Spring semester students) are available online.