



HEALTH & WELLNESS BENEFITS FOR THE WHOLE FAMILY

Did you know that your eligible dependants (spouse and children under 18) can also access your Employee Family Assistance Program (EFAP) offered through Greenshield+?

To enrol as a dependant, visit app.greenshieldplus.ca and select "sign-up". After clicking "Continue", choose the "Through a family member" option and follow the prompts. You will need the family member's member ID and last name enrolled in this Plan. Once you have created your account, you can access the following services:

- **Counselling:** In-person, phone or video sessions for individuals and couples;
- **Total Health and Life Services:** Trained professionals and Registered Nurses can help you navigate issues with your work & career, health & nutrition, legal & financial matters, and life transitions.
- **Telemedicine:** A virtual healthcare solution that seamlessly connects plan members and their families with Canadian-licensed healthcare professionals for virtual, comprehensive mental and physical health support.
- **Pharmacy:** Easily manage prescriptions, set up refill reminders, and meet with a pharmacist from the comfort and privacy of home.

Download the Greenshield+ app or visit their website today to get started.

CMAW BENEFIT PLAN UPDATE

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ACCESSING GREENSHIELD+



If you haven't yet created your Greenshield+ online account, follow the prompts below to start accessing your benefits:

1. Go to **app.greenshieldplus.ca** and click on the "Sign Up" button.
2. Choose "Through an employer or organization" and then click "Continue". Select "I have a plan member ID". Your plan member ID can be found on your benefits card.
3. Enter your email address and click "Continue".
4. Check your email for a 6-digit verification code and enter it on the website.
5. On the "Details" page, enter your personal information and click "Continue". Follow the prompts and answer the additional questions.
6. On the "Create New Password" page, enter the password you would like to use for your account, then select "Continue".
10. Finally, click "Sign In" to access your account.

RETIREE DENTAL COVERAGE CANCELLATION UPDATE

After thorough research and consideration, we have decided to remove dental coverage from the CMAW Retiree Benefit Plan. This change aligns with the creation of the Canadian Dental Care Plan and reduces monthly premiums by 25%.

Federal regulations disqualify individuals from the Canadian Dental Care Plan if they have access to private dental coverage. Therefore, by removing dental coverage from our plan, eligible members will gain access to the government dental program. For information on eligibility, coverage, and how to apply for the Canadian Dental Care Plan, visit canada.ca/en/services/benefits/dental/dental-care-plan, or call 1-833-537-4342.

ARE YOUR PERSONAL DETAILS UP-TO-DATE?

If you have recently moved, married, or divorced, please reach out to the Plan administrator to update your phone number, address, marital status, or named beneficiary.

When you update your pension plan beneficiary, make sure to also update your beneficiary for this benefit plan. Changing your beneficiary in one plan will not automatically update it in the other.

YOUR TRUSTEES

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