

2023-2024

# SSMU Health & Dental Plan

Make the most out of it



## What's covered?



Health



Dental



Vision



Travel

For complete details on coverage, fees, eligibility, and group numbers, visit [www.studentcare.ca](http://www.studentcare.ca).

## Change-of-Coverage & Opt-Out Period

**Dec. 11, 2023 - Jan. 31, 2024\***

If you're eligible, the fees for the Plan, Virtual Health Care (HI), and the Legal Care Program (The Essentials) are automatically included in your tuition and other fees.

During this period, you can opt out of these services, change your Plan coverage, or enrol your family in the Plan. See [www.studentcare.ca](http://www.studentcare.ca) for instructions. Note that there are 3 separate opt-out links for the Health & Dental Plan, HI, and The Essentials.

**\*Early Bird:** If you complete your opt outs before Jan. 2, you can have the fees reversed from your student account before the tuition fee payment deadline.

## Save more money!



By consulting a Studentcare Network professional, you can get additional coverage.

LGBTQIA2S+ Support

New!

## Gender Affirmation Care



Coverage for gender-affirming medical care and legal assistance for students on their gender affirmation journeys

Virtual Health Care

HI

Powered by **Dialogue**



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

Legal Care Program

## The Essentials



A consultation service for all your legal questions, and legal representation for disputes related to housing, employment, academic rights, and more



# STUDENTCARE



Questions?  
[www.studentcare.ca](http://www.studentcare.ca)

Scan the QR code for more details on your Plan.