Exclusive savings from Alumo Network members*

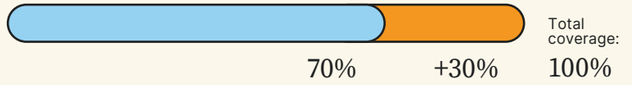
Your Plan coverage

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 90% 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

$75 eye exams including OCT Scan

20% off contact lenses

Select range of eyeglass models from only $69

Vancouver Alumo Vision Network

$75 off select prescription eyeglass models

$75 eye exams

LASIK MD VISION

$600 off on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

PSYVITALITÏ

Preferred rates on 50-minute adult therapy or coaching sessions

and more!
Dentists, physiotherapists, and chiropractors

*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 RRUSA Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

The following students are eligible:

- Undergraduate students registered in full-time on-campus classes in September, January, or May, including students in Global Learning and Language Centre (GLLC) programs and accelerated undergraduate degree-completion programs
- Graduate students registered in full-time on-campus classes, if their program started after September 2023

Certain exceptions exist. Please check your student account to confirm if you've been charged the Plan fees.

See **alumo.ca** for more details.

Pacific Blue Cross
P.O. Box 7000
Vancouver, BC
V6B 4E1
Health, vision, and dental benefits are insured by Pacific Blue Cross.
Policy number: 43004

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.

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 the Student Assistance Program is not an insurance product.

Submit claims quickly and easily

Claim through your Member Profile account, via the Pacific Blue Cross mobile app or online! Download the app from the App Store or Google Play, or sign up at **https://service.pac.bluecross.ca/member/login**.

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.

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.

RRUSA/BRO/09-26

ALUMO

ROYAL ROADS UNIVERSITY STUDENT ASSOCIATION

2026–2027

RRUSA Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Policy/group numbers

Health, vision, and dental:
43004 (Pacific Blue Cross)

Travel:
97180 (Securian Canada)



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

Health Plan

Health
Over $10,000

→ Prescription drugs
→ Vaccinations
→ Ambulance
→ Psychologists
→ Physiotherapists
→ Chiropractors
→ and more!

Vision
Over $300

→ Eye exam
→ Eyeglasses and contact lenses
→ Laser eye surgery

Travel Plan

Travel
Up to $5,000,000

120 days per trip, up to $5,000,000 per lifetime, trip cancellation and trip interruption in the event of a medical emergency

Save more, spend less!

See an Alumo Network professional to get extra discounts on health services.

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

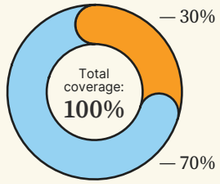
For eligibility details, see **alumo.ca**.

Dental Plan

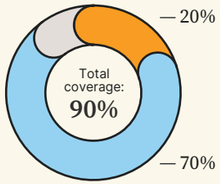
Dental
Up to $700

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

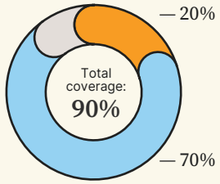
Preventive services
→ Recall exams
→ Cleanings



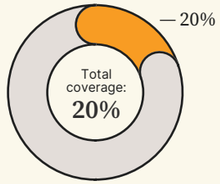
Impacted wisdom tooth extractions



Basic services
→ Fillings
→ Oral surgery
→ Endodontics (root canals)
→ Periodontics (gum treatments)



Major restorative
→ Crowns
→ Bridges
→ Posts



Insured portion
Alumo Dental Network Savings
Portion not covered

Plan fees

Health & Dental Plan combined annual fee
(September – August)
$310

Winter 2027
(for new semester students)
$210
Combined fee (January-August)

Summer 2027
(for new semester students)
$110
Combined fee (May-August)

Change-of-Coverage & Opt-Out Periods

Fall semester:
September 2 – October 6, 2026

Winter semester
(new students only):
January 8 – February 4, 2027

Summer semester
(new students only):
May 6–21, 2027

If you're automatically covered, **the Plan fee is included in your tuition and other fees.** During the applicable period above, you can add coverage for your family or opt out of the Plan if you have proof of other coverage. Some students may also be eligible to opt themselves into the Plan. See **alumo.ca** for instructions.

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.

$465
Add one dependant for full-year coverage*

$775
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 Summer semester students) are available online.