Exclusive savings from Alumo Network members*

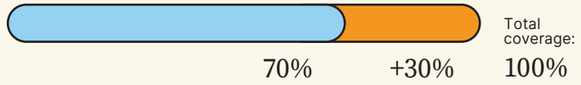
Your Plan coverage

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% 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 eye exams and contact lenses

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, massage therapists, chiropractors, naturopaths, and gender-affirming care practitioners

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

Full-time and part-time graduate students are eligible, including international 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.

securian CANADA

Securian Canada
1400-25 Sheppard Avenue West
Toronto, Ontario M2N 6S6
1-866-969-5949
Group number (dental): UWD
Group number (health, vision, and travel): UWH
1-888-852-2419 or **1-514-904-4730**
for travel claims

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.

GreenShield

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: GCU

Member ID number for claiming:
Use the prefix UWH (for health claims) or UWD (for dental claims), followed by your 8-digit student ID number.

For pay-direct or paper form claims, add your 2-digit dependent code* at the end.
For example: **UWH12345678-00**

*The 2-digit dependent code is: 00 for the member (i.e. the student), 01 for the member's spouse (21, 31, etc. for subsequent spouses), and 02-20 for dependent children (oldest is 02, second oldest is 03, and so on).

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, The Essentials, and the legal component of Gender Affirmation Care are not insurance products.

Submit claims quickly and easily

Register to submit claims online by downloading the **Securian Canada Student Health Portal mobile app** or by visiting **students-healthportal.securiancanada.ca.**

securian CANADA

Download the **Securian Canada Student Health Portal** mobile app.

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.

Plan Support Office
University of Waterloo
Health Services, Room 1006

FSC RECYCLED Paper FSC® C011825

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.

WATERLOO_GSA/BRO/09-26

ALUMO

GRADUATE STUDENT ASSOCIATION
UNIVERSITY OF WATERLOO

2026–2027

GSA Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group numbers/Prefixes

Health, vision, and travel: UWH
Dental: UWD
(Securian Canada)

Gender Affirmation Care: GCU
(GreenShield)

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



Health Plan

Health
Over $10,000

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

Vision
Over $350

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

Travel Plan

Travel
Up to $1,000,000

150 days per trip, up to $1,000,000 per lifetime in the event of a medical emergency, with coverage for the duration of a student exchange/internship

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

Legal Protection

The Essentials

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

Gender Affirmation Care

Gender-affirming medical coverage and legal assistance for students on their gender affirmation journeys

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

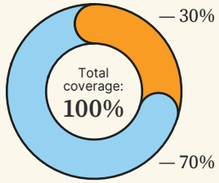
Dental Plan

Dental
Up to $750

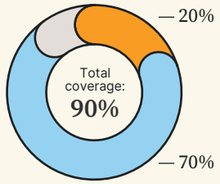
→ Recall exams
→ Fillings
→ Cleanings
→ Root canals
→ and more!

Preventive services

→ Recall exams
→ Cleanings
→ Root planing

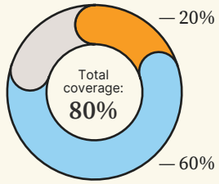


Impacted wisdom tooth extractions



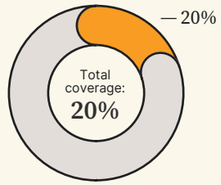
Basic services

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



Major restorative

→ Crowns
→ Bridges



Insured portion
Alumo Dental Network savings
Portion not covered

Plan fees

The cost of the Plan and Legal Protection (The Essentials) is part of your student association-administered fees. You're responsible for verifying if you're automatically covered by the Plan and if you have access to Legal Protection by checking your tuition statement.

Please note that different categories of students are billed differently and have different coverage/access periods during the year.

Visit **alumo.ca** for more information on fees.

Change-of-Coverage & Opt-Out Periods

Fall Term:
September 9–29, 2026

Winter Term (new students only):
January 11–29, 2027

Spring Term (only new students and co-op students who weren't on academic term in Fall Term or Winter Term):
May 10–31, 2027

If you're eligible, **the fees for the Plan and Legal Protection (The Essentials) are automatically included in your tuition and other fees.**

During the applicable period, you can change your Plan coverage, add coverage for your family, or opt out of these services (you must have proof of other coverage to opt out of the health portion of the Plan). 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.

Add unlimited dependants for full-year coverage*

*Eligibility dates, coverage periods, and family add-on fees are available online.