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:



70% +30% Total coverage: 100%

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

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

Students in the doctor of naturopathic medicine program who are NSA members and who have provincial health care (e.g. OHIP) or equivalent primary health-care coverage are eligible, along with Boucher campus 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
1400-25 Sheppard Avenue West
Toronto, Ontario M2N 6S6
1-866-969-5949
Group number (health, vision, and dental): NSA
Group number (travel): 97180
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
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: GAQ

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, Virtual Health Care, 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.**

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.

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.

NSA/BRO/09-26

ALUMO

NSA NATUROPATHIC STUDENTS' ASSOCIATION

2026–2027

NSA Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Group numbers

Health, vision, and dental: NSA
Travel: 97180
(Securian Canada)

Gender Affirmation Care:
GAQ (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
Up to $150

→ Eye exam
→ Eyeglasses and contact lenses

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

Virtual Care

Virtual Health Care
Powered by **Dialogue**

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

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

Annual fee: $35.35
Winter 2027 fee: $23.57
Summer 2027 fee: $23.57

Gender Affirmation Care

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

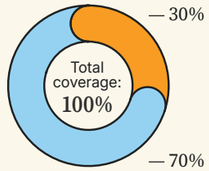
For eligibility details, see **alumo.ca**.

Dental Plan

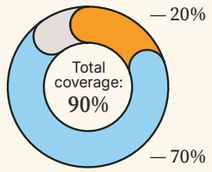
Dental
Up to $750

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

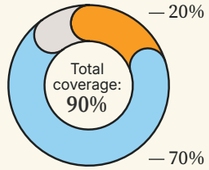
Preventive services
→ Recall exams
→ Cleanings



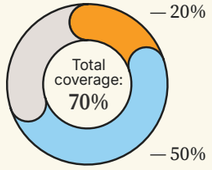
Impacted wisdom tooth extractions



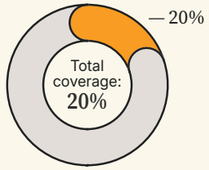
Basic services
→ Fillings
→ Scaling



Basic services
→ 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
$770.00

Full year	$770.00	Combined fee (September-August)
Winter 2027 (for new semester students)	$513.33	Combined fee (January-August)
Summer 2027 (for new semester students)	$256.67	Combined fee (May-August)

Change-of-Coverage & Opt-Out Periods

Fall semester:
September 8–22, 2026

Winter semester
(new students only):
January 4–18, 2027

Summer semester
(new students only):
May 3–17, 2027

If you're automatically covered, **the Plan and Legal Protection fees are included in your tuition and other fees.** During the applicable period, 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.

$770.00
Add one dependant for full-year coverage*

$1,540.00
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.