

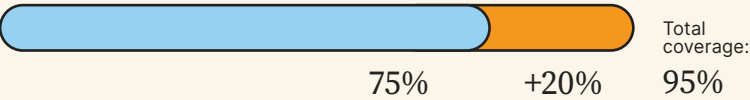
Exclusive savings from Alumo Network members*

- Your Plan coverage

Alumo Networks
- You're covered for the insured portion of your Plan regardless of which licensed health-care practitioner you choose.

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

Lasik MD

VISION

\$600 off

on custom LASIK

Free, no-obligation consultation

Lowest price guarantee

Nothern BC Alumo Vision Network

30% off

prescription eyeglasses, up to \$75

\$75

eye exams

Up to 25% off

contact lenses

PSYVITALITĪ

Preferred rates on 50-minute adult therapy or coaching sessions

and more!
Dentists, physiotherapists, chiropractors, 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

If you're an undergraduate student and a member of NUGSS, you may be automatically enrolled or eligible for self-enrolment in one of the most important services on campus: the NUGSS Health & Dental Plan. It covers many benefits not provided by provincial health-care programs.

Full-time undergraduate students who are registered on the Prince George campus (including international, certificate, and sponsored students) in the fall or winter are automatically enrolled.

Part-time, regional campus, and co-op and internship students, as well as new students starting in May and third- and fourth-year medical students, are not automatically covered but may be eligible to opt themselves into the Plan.

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

Pacific Blue Cross

P.O. Box 7000
Vancouver, BC
V6B 4E1
Health, vision, and dental benefits are insured by Pacific Blue Cross.
Policy number: 81517

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: GCD

Securian CANADA

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.

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.

NUGSS/BRO/09-26

ALUMO

nugss

northern undergraduate student society

2026–2027

NUGSS Health & Dental Plan

Insuring today.
Ensuring tomorrow.

Policy numbers

Health, vision, and dental:
81517 (Pacific Blue Cross)

Gender Affirmation Care:
GCD (GreenShield)

Travel:
97180 (Securian Canada)

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

Health Plan

Health
Over \$5,000



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

Vision
Over \$300



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

Extra support when you need it

Gender Affirmation Care

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

For eligibility details, see [alumo.ca](#).

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!

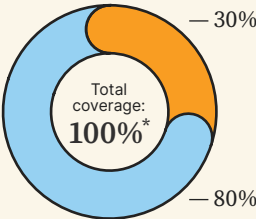
See an Alumo Network professional to get extra discounts on health services.

Dental Plan

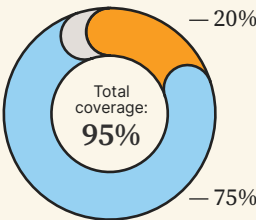
Dental
Up to \$700



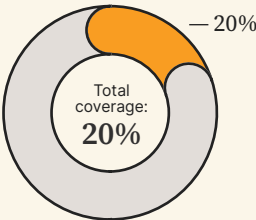
Preventive services
→ Recall exams
→ Cleanings



Basic services
→ Fillings



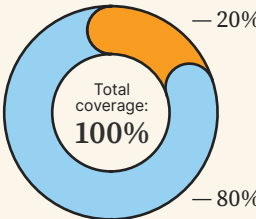
Major restorative
→ Crowns
→ Bridges
→ Posts



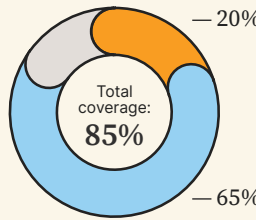
- Insured portion
- Alumo Dental Network savings
- Portion not covered

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

Impacted wisdom tooth extractions



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



* Note that total coverage can't exceed 100%.

Plan fees

Health & Dental Plan combined annual fee
\$281.52



Full year \$281.52	Combined fee (September-August)	Winter 2027 (for new Winter students) \$187.68	Combined fee (January-August)
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Change-of-Coverage & Opt-Out Periods

Fall Semester: September 2–23, 2026	If you're automatically covered, the Plan fee is 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.
Winter Semester (new students only): January 5–22, 2027	
May intake (self-enrolments for new students only): April 30 – May 21, 2027	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.

\$422.28 Add one dependant for full-year coverage*	\$703.80 Add unlimited dependants for full-year coverage*
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*Family add-on fees for coverage from January 1 – August 31, 2027 (for new Winter Semester students) and for coverage from May 1 – August 31, 2027 (for new May intake students) are available online.