

An informational bulletin for members of the ELCIC Group Benefits Plan



December 2015

december: |dē-'sem-bər| -n.

a month of lights, snow and feasts; time to make amends and tie loose ends; finish off what you started and hope your wishes come true

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Know Your Group Benefits Plan...

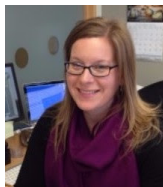
Travel Health

If you are planning to travel to another province to spend time with family or friends over the holidays, take a moment to review your travel benefits in the ELCIC benefits plan.

And the lucky "Watch & Win" participant is...

Congratulations go out to **Trina Gallop Blank**, Director of Communications and Stewardship-ELCIC National Office, who participated in the LifeSpeak **"Watch & Win" Challenge** and was selected by draw as the lucky recipient of an iPod Shuffle.

The iPod Shuffle was presented to Trina on National iPod Day - October 23rd, 2015.



LifeSpeak On Demand



New volumes have been recently added to the LifeSpeak video library. Look for the "NEW" bubble beside the video listing.



shepellfgi.lifespeak.com

Access LifeSpeak On Demand
24 hours a day, 7 days a week

Your coverage includes (reasonable + customary) charges listed below that are incurred outside the province of residence, less the amount payable by your Provincial Plan.

Charges payable under this benefit include:

- * Physician's services;
- * hospital room and board at standard ward rates;
- * hospital charges for out-patient treatment;
- * the cost of special hospital services;
- * Licensed ambulance services, including air ambulance, to transfer the patient to the nearest medical facility or hospital where adequate treatment is available;
- * medical evacuation for admission to a hospital or medical facility in the province where the patient normally resides.

Charges for all other Covered Extended Health Care Expenses are payable on the same basis as if they were incurred in your province of residence.

If you have an existing medical condition, please check the website plan information in the section entitled [medical emergency](#) and Manulife's Stability Clause.

Benefit Updates 2016

Login

User name: elcic
Password: wellness

Ask the Expert Web Chat: *Your Most Pressing Parenting Challenges*

When?

December 10th Noon EST

Who?

Beverly Cathcart-Ross, Parent Educator

What?

Your Most Pressing Parenting Challenges

Sign Up Now



The holiday season is here! That means finding time to shop, host, cook, and much more! It's important that you take some time to consider what is important to you at this time of year and remember our Employee and Family Assistance Program (EFAP) can help. [Click here](#) for some helpful reads for you this winter season from **WorkHealthLife** by Shepell.

My EAP app

Increase to the Dental Coverage Maximums: Starting in January 2016 the calendar year maximum for dental coverages is increased to \$2,000 (from \$1,500). This applies to services level I to IV – please see the description of what these [services](#) include on the GSI website.

The lifetime maximum for [orthodontics](#) will also increase January 2016 from \$1,500 to \$2,000.

New Professional Service Added: Your extended health plan covers certain [professional services](#) (such as chiropractors and podiatrists etc – see website for complete list) to a maximum of \$500 per professional category. Starting in January 2016 [audiologists](#) are added to this list.

Wellness Calendar

Life Events

**December
Universal
Human Rights Month**

**December 3rd
International Day
of Persons with
Disabilities**

Your EFAP support on-the-go.
Anytime, anywhere.

- Book services
- Access counselling
- Discover helpful articles, videos and assessment tools



**Free download
available on
multiple devices**

December 6th
**National Day of
of Remembrance
and Action on Violence
Against Women
in Canada**

December 10th
Human Rights Day



May peace and happiness be yours this Christmas and throughout the New Year



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

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