

Health & Dental Newsletter

Winter 2009

Graduate
Students' Union
University of
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16 Bancroft Ave,
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Visit:
[Greenshield.ca/
studentcentre](http://Greenshield.ca/studentcentre)

We're on the Web!
See us at:
www.utgsu.ca/insurance

Greetings from your Health Plan Administrator

With the end of 2009 drawing near, may I take this opportunity to wish the entire membership and your families a joyous and peaceful Holiday. We hope that

the coming year will bring you peace, good health, good cheer and much prosperity.

Cheers and Happy holidays

Travel

The GSU Health Plan provides a travel benefit - emergency sickness and accident coverage of \$5 million dollars for the first 60 days away. It starts each time you leave the province. All GSU benefits remain in effect when a student travels for any purpose out-of-country. If you will be away for more than 60 days, you can call ETFS directly at 1-800-680-3837 and request a Top-Up for the remainder of your stay. Please visit GREENSHIELD.CA/STUDENTCENTRE for the

detailed Travel Benefits Guide. You MUST contact the insurer below as quickly as possible when you have a medical emergency out of the province. You must give them your policy number (28556323), followed by your id (your student number). They are available to take your call 24 hours a day, 7 days a week. You can arrange direct payment if expenses are over \$200.00 Canadian.

Canada or USA 1-866-870-1898
Elsewhere collect 0-819-566-1898

Greenshield Website is now Updated

The student list was updated on the Greenshield System on November 18th. A message was sent to the students

through the GSU digest on November 19th indicating that you can start sending in your claims to Greenshield.

Opt-Out Cheques

The opt-out cheques are usually sent out in January to the address indicated on your opt out application. If you

have not received your cheque by the end of January, please email: health@utgsu.ca

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Final year of your PhD?

If you are a PhD student in your final year, you will be charged monthly tuition fees and a non-refundable one-term ancillary fees, which includes the health and dental coverage. Therefore, you will be insured from September to December. If you don't complete your studies by January, you will then be charged

non-refundable one-term incidental fees, and will be insured until August 31. At the end of the term for which you were charged fees, you may purchase the "12 Month Extended Insurance". Please visit the Opt-In section of the Green Shield website for more information and deadlines.

What is the Swine Flu?

All influenza viruses are spread through droplets in an infected person's mucous. The droplets are most commonly transferred when the infected person sneezes or coughs.

Q: How do I know if I have the swine flu?

A: In Canada, very few cases of swine flu have been reported to date. The symptoms are the same as other strains of flu (fever, fatigue, lack of appetite and coughing). If you have been to Mexico since the beginning of April and are experiencing flu-like symptoms, see your doctor. Tests can determine if you have the swine flu virus.

If you are experiencing any flu-like symptoms, even if you haven't been to Mexico, stay at home. Minimizing your contact with others is an important factor to keeping everyone healthy, regardless of the type of virus.

Q: What can I do to stay healthy?

A: Since influenza is spread through person-to-person contact, frequent and proper hand washing is the most effective way to protect yourself. It is also important to sneeze and cough into your sleeve (the inside of your elbow) or a tissue. Be sure to dispose of the tissue in a garbage receptacle after each use.

Q: How long does the virus live outside the body?

A: It has not been confirmed how long this strain of influenza can live outside the body (e.g. on doorknobs, telephones, keyboards). However, most influenza strains can survive up to 8 hours on most surfaces.

Where can I get more information?

The following websites are reliable sources of news and information regarding the current situation with swine flu.

<http://www.fightflu.ca>

(Government of Canada website)

http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php

Public Health Agency of Canada (PHAC)

In Conclusion.....

Let music fill the air! Let joy be everywhere! Happy Holidays!