

2025

BENEFITS BULLETIN



At Acadia University we are committed to supporting the health and wellbeing of you and your family. Our benefits program offers support and resources for your physical, mental, and financial wellbeing.

Each year, we review our benefits program funding that will be necessary to take us through the upcoming year. Benefit enhancements are shared on the next

Benefit	Cost Share & New Monthly Rates
Basic life insurance	100% paid by you No change to the current rates \$0.125 per \$1,000 in coverage
Optional life	100% paid by you No change to the current rates
Long term disability	100% paid by Acadia 15% increase to the current rates \$1.39 per \$100 in coverage
Accidental death and dismemberment	100% paid by you No change to the current rates \$0.012 per \$1,000 in coverage
Extended health	50% paid by you 50% by Acadia 35% increase to the current rates Family \$112.91 monthly or \$52.11 bi-weekly Single \$33.87 monthly or \$20.71 bi-weekly
Dental care	20% paid by you 80% paid by Acadia No change to the current rates Family \$19.12 monthly or \$8.83 bi-weekly Single \$8.34 monthly or \$3.85 bi-weekly
Emergency travel	50% paid by you 50% paid by Acadia 19% increase to the current rates Family \$3.81 monthly or \$1.76 biweekly Single \$1.91 monthly or \$0.88 bi-weekly
Optional critical illness	100% paid by you No change to the current rates
Employee and family assistance program	100% paid by Acadia University
Virtual health care	100% paid by Acadia University

IMPORTANT DATES TO REMEMBER

April 1, 2025: New benefit rates are effective

New benefit rates will be reflected in your pay April 17, 2025 (biweekly salary) and April 30, 2025 (monthly)

HEALTH SPENDING CLAIMS dated July 1, 2024-June 30, 2025 must be submitted to Medavie Blue Cross by August 29, 2025

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IMPORTANT RESOURCES

Access our EFAP by calling 1.844.880.9142, downloading the TELUS Health One app, or logging onto:

<https://one.telushealth.com/>

Username: AcadiaU

Password: wellness

- Access your health and dental benefits through the Medavie Blue Cross mobile app, [plan member site](#), or by calling 1.888.227.3400.

EXCITING NEW FEATURES OF OUR BENEFITS PLAN

Enhancements include:

- *Expanded Mental Health Coverage (annual maximum of \$2,000)*
- *Paramedical coverage expanded to a maximum of \$500 per practitioner per year with a combined annual maximum of \$1,500*
- *Addition of Continuous Glucose monitoring (\$4,000 max per year)*
- *Additions: fertility coverage (lifetime max of \$25,000); gender affirmation coverage (\$5,000 per year with \$40,000 lifetime max)*
- *Hearing aid coverage increase to \$3,000 every 3 years;*
- *Lower-cost generic drugs prioritized*
- *Health coaching & Chronic disease management (\$500 per year)*

YOUR EMERGENCY TRAVEL COVERAGE

Acadia provides you with comprehensive emergency out-of-country medical insurance.

This insurance covers unexpected and not preplanned emergency medical costs while you are out of the country.

Remember to consider and be aware of Government of Canada Travel Advisories and protocols,

BLUE ADVANTAGE: SAVE ON MEDICAL, HEALTH, AND WELLNESS RELATED EXPENSES

As a Blue Cross member you have access to special savings at over 200 participating health and wellness providers across Canada—including vision, massage, fitness, and meal services.

You can browse and find savings at blueadvantage.ca.

VIRTUAL HEALTH CARE

GREENSHIELD HEALTH

<https://app.greenshieldplus.ca/en/sign-up>

Select :“Through an Employer or Organization”

Organization Code: **AcadiaU**

DID YOU KNOW?

Interuniversity Services Inc. (ISI) is a not-for-profit organization that administers volume-purchasing arrangements for member post-secondary institutions throughout Atlantic Canada. Institution benefits from this arrangement through lower costs and enhanced coverage, while still maintaining independence over our own plan.

Group Benefits Committee Members

Kerry Deveau—Chair

Erin Beaudin—Senior Administration

Erin Crandall & Harish Kapoor—AUFA Representatives

Tia Atwell—SEIU Representative

Terry Aulenbach—AUPAT Representative

Kathy Klein—Recording Secretary

