

Meet the UBC Health, Wellbeing and Benefits Team!

We look forward to helping you



"People call me the Benefits Guru!"

Stephanie Mah

Benefits Specialist

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"How can I help you Thrive at UBC?"

Miranda Massie

Health Promotions Coordinator

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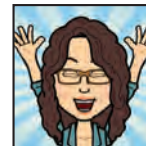
"How can I help you make a disability claim?"

Janet Poupart

Disability Claims Associate

T: (604) 822-8696

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"Let's talk about retirement benefits!"

Jennifer Cove

Retirement Benefits Administrator

T: (604) 822-4580

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"Are you enrolled in benefits?"

Florence Lum

Benefits Associate

T: (604) 822-8988

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"Come to one of my free lunch & learns!"

Colin Hearne

Health & Wellbeing Associate

T: (604) 827-3047

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"Need advice on UBC's Relocation Policy?"

Joyce Wei

Relocation Administrator

T: (604) 822-6865

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General Questions?

(604) 822-8111

benefitsinfo@hr.ubc.ca

We are here to help you with your UBC Benefits!

The central 'one-stop-shop' for Health, Wellbeing and Benefits information for UBC faculty and staff

Learn how to make the most of your **UBC benefits**. We offer:

- Medical Services Plan, Extended Health and Dental Care
- Employee and Family Assistance Program
- Basic and Optional Life Insurance
- Sick and Disability Benefits
- Tuition Fee Benefit
- Travel Benefits
- Retirement and Survivor Benefits
- Faculty/Senior Staff Relocation Benefits

Learn how to take charge of your **health and wellbeing**. We offer:

- Mental health and wellbeing initiatives
- Quality health information via our newsletter
- FREE health lunch and learns
- Outreach activities
- Funding for health and wellness activities
- Corporate fitness discounts
- Breastfeeding friendly spaces

For more Information:

Websites: hr.ubc.ca/benefits
hr.ubc.ca/health

Newsletters:
Benefits FYI: hr.ubc.ca/benefits-fyi
Healthy UBC: hr.ubc.ca/healthy-ubc-newsletter

Popular sites:
Forms: hr.ubc.ca/benefits/forms
Claims: hr.ubc.ca/benefits/claims
Travel Benefits: hr.ubc.ca/benefits/travel
Lunch and learns: hr.ubc.ca/health-courses
Relocation: hr.ubc.ca/relocation

For benefits specific to your employment group, please visit:
www.hr.ubc.ca/benefits/employment-group