

# Benefits FYI

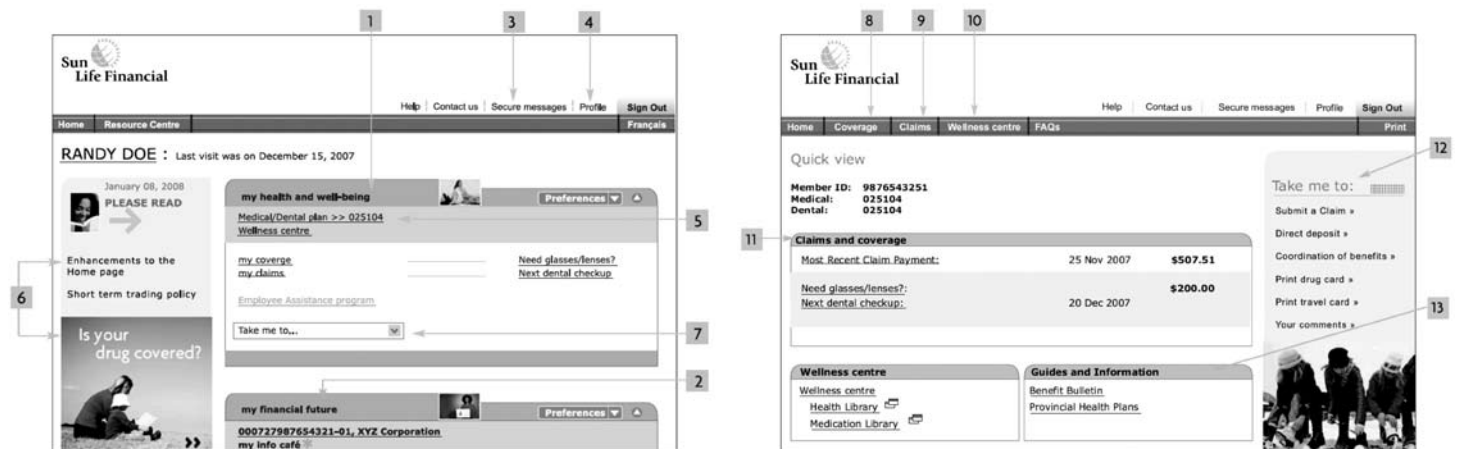
Providing consumer benefits and health information to UBC employees

Summer 2009



## Did you know that you can review your benefits information online?

UBC's benefits provider, Sun Life Financial, has a members' section that you can use to view your plan and claim information at <http://www.sunlife.ca/member>. Here is an overview of the website:



On the **Sun Life members' home page**, you have access to all of your Sun Life Financial plans in one convenient spot.

### 1 my health and well-being

Information and links used most often, on plan coverage, claims, your next dental recall date and more.

### 2 my financial future

If you have a Group Retirement account with Sun Life, you can access it here.

### 3 Secure Messages

Send confidential benefits questions to Sun Life.

### 4 Profile

You can change your password, contact details and security information.

### 5 Access plan information

Access detailed information about medical and dental claims and coverage by selecting the applicable group contract number.

### 6 Please read

Read messages about changes, enhancements and plan features.

### 7 Take me to...

Direct access to popular features.



The **Quick view** page gives you access to Medical and Dental claims and coverage information

### 8 Coverage

- Get details of medical and dental coverage information.
- Look up drug information.

### 9 Claims

- Submit a claim online.
- Complete and print personalized claim forms.

### 10 Wellness Centre

- You can learn more about ways to improve your personal health.
- Get accurate, up-to-date facts about medical conditions and treatments in the Health Library.
- Search the Medication Library for information on more than 10,000 drugs.

### 11 Claims and coverage

- View your most recent claims statement.
- Check the date and amount of your next vision care purchase.

### 12 Take me to:

Quick access to popular features:

- Register for deposit of claims payments directly to a bank account.
- Find out about coordination of benefits.
- Print drug and travel cards.

### 13 Guides and information

Find out more about provincial health plans.

Learn how to register with Sun Life members' services on page 2 of Benefits FYI.

# A Healthy Workplace Means Healthy Employees

CONNECT WITH FUNDING TO HELP YOU  
CREATE A BETTER WORK ENVIRONMENT

With *Focus on People*, UBC is committed to creating a workplace dedicated to excellence, equity and mutual respect. Strategy 1 of the Focus on People Framework recognizes that developing a sustainable, healthy workplace requires a shared responsibility between the organization and the individuals within it.

The *Healthy Workplace Initiative Program Fund* is one way in which UBC is dedicated to supporting UBC staff and faculty in developing a sustainable, healthy work environment.

Units, departments or operational committees can apply for funds to develop healthy workplace initiatives. For example, in the first round of funding UBC Food Services received HWIP funding to establish a Pedometer Challenge program, as well as a department-wide wellness library, while Student Financial Services and Awards received funding to support an in-office yoga program. More stories of how UBC departments and units are building healthier workplaces can be found in the

Focus on People Annual Report at <http://www.focusonpeople.ubc.ca/annualreport/>.

Every employee at UBC has a role in creating a healthier workplace. Please encourage your department or unit to participate in this worthwhile opportunity, as there will be \$200,000 available for healthy workplace initiatives in 2009-2010.

The Healthy Workplace Initiative Program Fund is accepting applications for the Fall 2009 funding period. If you have questions, please contact Suzanne Jolly, HSE Coordinator (Health Promotion Programs), at [jolly@hse.ubc.ca](mailto:jolly@hse.ubc.ca) or 604-822-8762.

Read more at <http://www.hse.ubc.ca/healthpromotion/initiatives/healthyworkplaceinitiatives.html>.

To stay informed about other healthy workplace initiatives for faculty and staff, sign up for the monthly e-newsletter from Health Promotions Programs at <http://www.hse.ubc.ca/healthpromotion/>.



## Don't Let Dental Costs Catch You Unaware

More comprehensive dental coverage information is now available on the Sun Life Members Services website. Login at <http://www.sunlife.ca/member/> to find out more. To register for a login ID and password, contact Sun Life at 1-800-661-7334 or 1-800-361-3212. You will need to provide:

- UBC Group Number: 25205
- Member ID: Your 7-digit UBC employee number

To receive an accurate estimate of potentially costly dental procedures for you or your family, a pre-determination request should be submitted to Sun Life by your dentist's office, at no cost to you. Sun Life will provide a statement detailing whether a procedure is covered, as well as the amount to be paid by you and the amount to be paid by the plan.

Check out the HSE "*Mission Fit Possible*" blog, following several staff members' journey towards healthier, fitter lives, at <http://blogs.ubc.ca/missionfitpossible/>.

Join the newly established *Healthy UBC Network!* Visit <http://www.hse.ubc.ca/healthpromotion/initiatives/network.html> to learn more.

## What the Staff Pension Plan Changes Mean To You

In November 2008, the UBC Board of Governors approved a flat rate for employee contributions of 6.5%, tied to a flat benefit formula of 1.80%. The changes went into effect on July 1, 2009.

What has changed?

- Pension benefits formula: The new formula will be 1.8% of your best three years average salary times your years of pensionable service. The formula applies to service beginning July 1, 2009.
- Required contribution formula: The new employee formula will be 6.5% of pensionable earnings.
- Termination lump sum payment: The minimum lump sum payment on termination will be 1.5 times your contributions.
- Disabled member contributions: Plan members who go on the Income Replacement Plan (IRP) and who are disabled on or after July 1, 2009, will be required to make member and employer contributions to the Plan to continue accruing pension service. Members who are on IRP prior to July 1, 2009, will not be affected by this change.

If you have any questions regarding the changes in the Staff Pension Plan, please visit the Pensions website at <http://www.pensions.ubc.ca/staff>, or email the Staff Pensions Plan department at [spp@hr.ubc.ca](mailto:spp@hr.ubc.ca).

Benefits FYI is a publication from UBC's Department of Human Resources and provides consumer benefits and health information to UBC employees on a quarterly basis.

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### Benefits Information

Our Group/Policy/Contract Number for Sun Life - 25205

Your Member ID/Certificate Number with Sun Life is your 7-digit Employee ID.

**Sun Life Members' website** - [www.sunlife.ca/member](http://www.sunlife.ca/member) or call 1-800-361-6212.

**UBC Benefits website** - [www.hr.ubc.ca/benefits](http://www.hr.ubc.ca/benefits) or [benefitsinfo@hr.ubc.ca](mailto:benefitsinfo@hr.ubc.ca).