



Coverage for prescription drugs, dental care, health services, and more, helping with costs your provincial health plan doesn't cover

Health Benefits		Coverage
Prescription Drugs	80%	Up to \$5,000 per benefit year for medications listed under the Saskatchewan Formulary with a generic rider.
		Vaccines: Up to \$150 per benefit year.
		Smoking cessation products: \$500 per benefit year.
Vision Care	\$50	An eye examination is covered once every 24 consecutive months. The services must be performed by a licensed Optometrist or Ophthalmologist.
	\$100	Eyeglasses or contact lenses are covered once every 24 consecutive months.
	\$150	Laser eye surgery is covered per benefit year.
Paramedical Practitioners	\$40 per visit	Up to \$300 per benefit year per practitioner for services from athletic therapists, chiropractors, dieticians*, registered massage therapists*, naturopaths, osteopaths, physiotherapists, podiatrists/ chiropodists and speech language pathologists. *Physician's referral required.
Mental Health Practitioners	80%	Up to \$500 combined per benefit year for services from registered psychologists, qualified social workers, psychotherapists, therapists, or counsellors. Eligible practitioners are listed on the website.
Medical Equipment & Supplies	100%	Includes walkers, braces, prosthetics, crutches, canes, splints, trusses, wheelchairs, hospital beds, custom-made orthopaedic shoes, orthotics, and more. Requires prescription and medical necessity. Pre-determination recommended.
Ambulance Services	100%	Reasonable and customary charges for emergency transportation to the nearest hospital, including air ambulance services.
Hospital	100%	Upgrade from public ward to semi-private room.
Private Duty Nursing	100%	\$25,000 during any 3 consecutive benefit years. Prescription and pre-authorization required.
Dental Accident	100%	Reasonable and customary charges per accident for the repair or replacement of healthy, natural teeth that are damaged by sudden impact. Treatment must be completed within 12 months of the accident. If scheduled more than 60 days after the impact, a treatment plan must be submitted within the 60-day period.
Emergency Travel Assistance	100%	Up to \$5 million per benefit year for emergency expenses on trips for vacation, business or education purposes originating from Canada.
Tutorial Insurance	\$10 per hour	Up to \$300 per condition if a student has been confined to their home or a hospital for at least 7 consecutive school days.
Accidental Death & Dismemberment	-	Loss of life, limb, or paralysis due to an accident, with a life benefit of \$5,000.
Dental Coverage is a combined maximum of \$750 per benefit year. Ask your dentist to submit a predetermination to TELUS Adjudicare prior to any dental treatment plan exceeding \$500.		
Dental Benefits		Coverage
Preventive Services	80%	Complete oral examination every 36 months, one recall examination per benefit year, and a full series X-rays every 36 months. 1 unit of polishing and up to 3 unit of scaling once per benefit year. Removal of impacted teeth and related anaesthesia.
Basic Services	70%	Amalgam and tooth-coloured fillings.
Other Basic Services	70%	Root canal therapy, up to 8 units of root planing and up to 8 units combined of occlusal adjustment and equilibration per benefit year.

Enrollment Confirmation

Eligible domestic and international students are automatically enrolled in the Student Benefits Plan — no application needed.
Check your student account statement for Student's Union Health fee and Student's Union Dental fee to confirm enrollment.

Validation Period

New enrollments have a validation period of up to 60 days starting from the term's beginning. During this time, pay out-of-pocket for eligible expenses and keep your receipts to submit online claims once the validation period ends.

How To Use Your Student Benefits Plan

- Confirm enrollment
- Understand your benefits
- Register on the Benefits Management Platform
- Enter your address & banking info in the profile
- Download benefit cards for direct billing
- Submit claims online for reimbursement if direct billing is not available

Effective: September 1st, 2025
Last Update: September 1st, 2025

Online Applications

- Opt-out
- Add dependents
- Re-enroll/Opt-in

Deadlines apply: Submit your online applications by the deadlines. No exceptions will be made.

Coordinating Multiple Plans

If you are eligible for the health and dental plan and have another benefits plan, you can combine them to get up to 100% coverage.

Benefits Management Platform

Register and manage your benefits online or via the mobile app!

- Download benefit cards
- View coverage details
- Confirm prescription coverage
- Check plan usage and balances
- Submit and track claims
- Stay updated on events and changes

Powered by Telus Adjudicare, a service of People Corporation

Additional Benefits Designed for You:

Mental Health & Wellness

24/7 access to mental health services and resources, providing immediate support whenever you need it.

In case of any discrepancy between the information provided here and the contract with the insurer, the contract terms will prevail. All benefits payable under the student plan are based on reasonable and customary charges.

Group #	Certificate #	Pharmacy	Dental	Health
177841	Your student ID (numbers only, no letters or leading zeros)	assure Carrier: 34	TELUS Adjudicare Carrier 000034	TELUS eClaims People Corporation

General Inquires

Room 150,
College West Building,
University of Regina.
uofregina@mystudentplan.ca

Contact Centre

Phone: 1-866-586-1010
claims@mystudentplan.ca
Claims not accepted via email

Emergency Travel Assistance

Policy No: SRG 9429072
In event of travel emergency
call: 1-819-566-3940
Provided by AIG Insurance

mystudentplan is becoming
ALUMO



University
of Regina



Plan details: mystudentplan.ca/ursu