

Services and Discounts



Mental Health

GreenShield Mental Health, powered by Inkblot, brings you confidential and convenient mental health support. Your Student Assistance Program is available 24/7 on your computer or smartphone. **Included is 5 hours of individual counselling and 5 hours of couple counselling with a mental health practitioner by video, phone, or in-person at no cost to you or your benefits plan!** Learn more and access now by logging in to **GreenShield+**.

Pharmacy

GreenShield Pharmacy helps make it easy to manage your prescriptions, set up refill reminders and meet with a pharmacist, all from the **GreenShield+** mobile app or website. Speak with multilingual pharmacists and receive free prescription delivery anywhere in Canada. Learn more and access now by logging in to **GreenShield+**.

Student Dental Discount Network

Save a minimum of 20% on certain services at over 800 dentists across Canada. Here's how it works:

- Find a participating dentist at greenshield.ca/student
- At the end of your treatment provide the dentist with your GreenShield Member ID. GreenShield will automatically calculate the applicable discount.
- GreenShield pays your dentist directly so you only pay your share of the cost (if any).

Receive a minimum of **20%** off of certain services.

More discounts and savings

Save more with **GreenShield Health** on virtual doctor, regular-priced prescription glasses (including designer brands and premium lenses), contact lenses, travel top-up coverage, graduating student plans, and hearing devices. Find all of these offers and more at greenshield.ca/student



Benefits at your finger tips

With **GreenShield+**, you can instantly connect to your health and dental plan! Register and login to:

- access health care services
- connect with thousands of health care professionals
- submit claims and check claim status
- sign up for direct deposit to your bank account
- check your benefits coverage
- get your GreenShield member ID card to print or download to your mobile device
- and so much more!

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Register: GreenShield+

- Visit greenshield.ca, select **GreenShield+**, and click "Sign Up"
- Select that you are accessing **GreenShield+** "Through an organization"
- Select "I have a Member ID" (APU student number-00)
- Enter your email to create your account

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Login: Computer or Smartphone

- Visit greenshield.ca on your computer
- Download the **GreenShield+** mobile app to your smartphone
- Log in and enter your Member ID (APU student number-00)



2025-2026

We've got your health covered.



Health & Dental Plan

apus.ca/health



ASSOCIATION OF PART-TIME UNDERGRADUATE STUDENTS
LOCAL 97 OF THE CANADIAN FEDERATION OF STUDENTS

NATIONAL STUDENT
HEALTH
NETWORK



Who is covered?

Part-time undergraduate students, who have been assessed the health and dental plan fees, are automatically enrolled.

- Fall/Winter students:
September 1, 2025 - August 31, 2026
- Fall Only students:
September 1, 2025 - December 31, 2025
- Winter Only students:
January 1, 2026 - August 31, 2026

How to opt in

Students with families may opt in a spouse/ common law partner and/or children. Additional plan fees apply. An opt in application must be submitted within the student’s first eligible opt in term.

Visit apus.ca/health for more information.

How to opt out


Students who have comparable health and dental coverage may opt out of the health and dental plan by providing sufficient proof. An opt out application must be submitted within the student’s first eligible opt out term, on an annual basis.

Visit apus.ca/health for more information.

Coverage change periods

- Fall Session (opt out, opt in, family opt in):
September 1 - September 30, 2025
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2025 semester):
January 1 - January 31, 2026

Accessing your coverage



1-888-525-7587
greenshield.ca

Student Name

APU student # - 00 (Example: APU12345678-00)

Association of Part-Time Undergraduate Students


Note: your health and dental plan benefits booklet located at greenshield.ca/student supersedes all information printed in this publication.


Benefits Summary

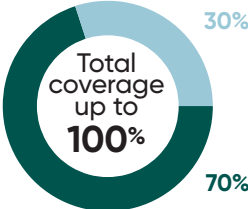
Health Benefits Over \$10,000	Per Visit/ Purchase	Per Policy Year
PRESCRIPTION DRUGS	60%	\$2,000
 Access lower dispensing fees with GreenShield Pharmacy on GreenShield+		
DIABETIC EQUIPMENT (needles/syringes, testing agents, blood glucose monitors, lancets, auto injector and insulin pen injector)	100%	\$1,000
HPV VACCINES	reasonable and customary charges	\$200
ACUPUNCTURIST HOMEOPATH NATUROPATH REGISTERED MASSAGE THERAPIST <small>Requires referral from MD or NP</small>	\$30	10 visits combined
CHIROPRACTOR PHYSIOTHERAPIST	\$30	10 visits combined
PODIATRIST	\$30	20 visits
SPEECH THERAPIST	\$30	20 visits
PSYCHOLOGIST COUNSELLOR MASTER OF SOCIAL WORK SOCIAL WORKER PSYCHOTHERAPIST	\$125	15 visits
 Get 5 hours of free counselling, resources and more with Inkblot on GreenShield+		
TRANQUILITY iCBT THERAPY	100%	\$300 included in mental health maximum
CUSTOM FOOT ORTHOTICS	100%	\$300
CUSTOM BOOTS/SHOES	100%	included in overall \$10,000 maximum
EMERGENCY TRANSPORTATION	100%	included in overall \$10,000 maximum
GENDER AFFIRMATION	reasonable and customary charges	\$10,000

This is a brief outline of your coverage. For complete benefits information visit greenshield.ca/student

Dental Benefits Up to \$500

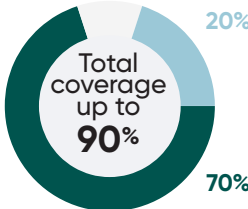
 GreenShield Insurance

 Student Dental Discount Network



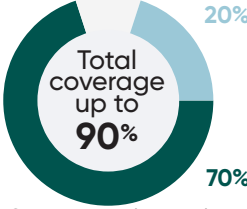
Total coverage up to 100%

Basic Services
recall exams, cleanings, polishing, scaling, x-rays



Total coverage up to 90%

Basic Restorative Services
fillings, anesthesia, extractions



Total coverage up to 90%

Comprehensive Basic Services
periodontal scaling

2025-2026 Rates

	Individual Part-time students starting in September are automatically enrolled	Family Additional cost to add one or more dependents or spouse to the plan
HEALTH AND DENTAL PLAN	\$184.10 per session (Fall and Winter only)	\$227.46 per session (Fall and Winter only)

Spouse, common-law partner, and children qualify as dependents.

Questions?

Download the **mobile app**, call **1-888-525-7587** or visit greenshield.ca/student