

Services and Discounts



Mental Health

GreenShield Mental Health 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

2

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)



2026-2027

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, 2026 – August 31, 2027
- Fall Only students:
September 1, 2026 – December 31, 2026
- Winter Only students:
January 1, 2027 – August 31, 2027

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, 2026
- Winter Session (opt out, opt in, family opt in for students not enrolled in the Fall 2026 semester):
January 1 – January 31, 2027

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



Pharmacy 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)

60%

\$1,000

HPV VACCINES

reasonable and
customary charges

\$200

ACUPUNCTURIST

HOMEOPATH

NATUROPATH

REGISTERED MASSAGE
THERAPIST

Requires referral from MD or NP

\$30

20 visits
combined

CHIROPRACTOR
PHYSIOTHERAPIST

\$30

20 visits
combined

PODIATRIST

\$30

20 visits

SPEECH THERAPIST

\$30

20 visits

PSYCHOLOGIST

COUNSELLOR

MASTER OF SOCIAL WORK

SOCIAL WORKER

PSYCHOTHERAPIST

\$125

15 visits
combined



Mental Health Get 5 hours of free counselling,
resources and more on **GreenShield+**

CUSTOM FOOT ORTHOTICS

100%

\$300

CUSTOM BOOTS/SHOES

reasonable and
customary charges

included in
overall \$10,000
maximum

EMERGENCY
TRANSPORTATION

reasonable and
customary charges

included in
overall \$10,000
maximum

GENDER AFFIRMATION

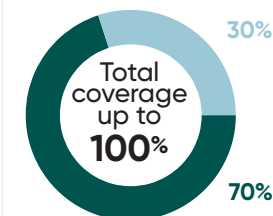
reasonable and
customary charges

\$10,000

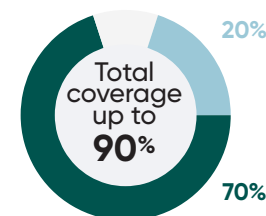
Dental Benefits Up to \$500

GreenShield Insurance

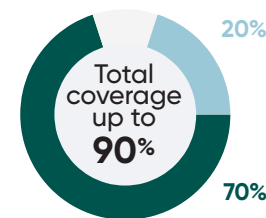
Student Dental Discount
Network



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



Basic Restorative Services
fillings, anesthesia,
extractions



Comprehensive Basic Services
periodontal scaling

2026-2027 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)

\$202.92
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

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