

Dear Plan Member,

COVID-19 has impacted the lives of each and every one of us. As educators, our daily routine of working with and for our youth has been flipped upside down as we now work from home. For those of us with children and/or dependents, it has challenged us to find ways to balance life and work.

The introduction of self-isolation and social distancing practices is a new and very challenging adoption. Not being able to visit with family and friends, attend events, or even go to the grocery store without concern only adds to the pressures of our current way of life.

All of the above has put additional strain on both our physical and mental health. Your NSTU Group Insurance Trustees are reaching out to ensure you are aware of benefits and programs that are available to support with any struggles you, your spouse, or dependents may be facing. We have developed documentation on our website at www.nstuinsurance.ca/members/covid-19-novel-coronavirus/ to provide further insight on:

- support benefits in your NSTU Group Insurance Plan during COVID-19,
- tips to stay physically active during COVID-19, and
- FAQ's about COVID-19.

We are strongly encouraging everyone to take advantage of all benefits and programs that are available. We are in this together and we will get through this by leveraging any support we have. We will continue to update this site as new information becomes available.

Stay Safe.



Sheila Hawley
Chair, NSTU Group Insurance Trust