



The NSTU Group Insurance Trustees want to ensure you have access to a comprehensive benefit package full of options to help you take care of yourself and your family. They have been working diligently to make the most of everything the benefit programs can offer and are delighted to share the recent enhancements to your benefit programs. Keep reading to find out more!

Psychologist Services

Registered Counselling Therapists (RCTs) have been added to the list of eligible service providers under the Psychologist Services benefit of the Total Care Medical Plan. You can now claim the services of a Registered Counselling Therapist, Master of Social Work, and/or a Psychologist under this benefit. These providers are covered at 80% of the current usual and customary charges to a combined maximum of 20 visits per year.

Continuous Glucose Monitoring System

The requirement for insulin dependence for Continuous Glucose Monitor (CGM) Systems has been removed, making this benefit more easily accessible to those with a prescription. This benefit gives you easy access to the latest technology to closely monitor your blood sugar levels. It provides coverage for both Continuous Glucose Monitoring (CGM) and Flash Monitoring Systems (FMS), equipment and supplies including readers, receivers, transmitters, and sensors. The Continuous Glucose Monitor and Supplies benefit falls under the prescription drug benefit and claims will be processed via your Medavie Blue Cross drug card at the pharmacy.

Employee and Family Assistance Program (EFAP)

Starting May 1, 2024, the Employee and Family Assistance Program (EFAP) provided in partnership with Manulife Financial will change as the services will be provided directly through Homewood Health. With this change comes some exciting enhancements to your program such as:

- Access to EFAP services through a Mobile App.
- Upgraded online Cognitive-Behavioral Therapy (CBT).
- Improved Mental Health Services, including Anxiety Care and Substance Use Therapy.
- Virtual Platform Access (MeetNow, Online Booking, and Guided Care Recommendations).

More details on the EFAP enhancements are coming to your mailbox soon.

Early Intervention Program (EIP)

The NSTU has hired a third Early Intervention Case Coordinator, providing additional resources to assist members who are experiencing injury or illness while working or absent from work and struggling to remain at work or return to work. The Early Intervention Program Case Coordinators are occupational therapists who focus on maintaining or improving a person's independence. The goal of the Early Intervention Program is to help decrease the incidence and duration of disability. Participation in this program is voluntary and 100% confidential.

Independent Psychological Consultation Services (IPC)

After conducting a comprehensive market study, the NSTU Group Insurance Trustees are pleased to now be partnering with CRUX Psychology to perform psychological assessments for members in need. The purpose of this study was to ensure that members have high-quality access to clinical psychologists for timely assessments which will lead to quicker treatment. You can find out more about CRUX Psychology by visiting their website at cruxpsychology.ca.

The Early Intervention Program and Independent Psychological Consultation Services can be accessed through the registered nurse at the NSTU by dialing 1-800-565-6788, press 3.

Access to the Employee and Family Assistance Program is provided 24 hours per day, seven days a week at 1-877-955-NSTU (6788).

Congratulations!

If you have any questions with respect to your NSTU Group Insurance coverage, please do not hesitate to contact the Administrator, Johnson Inc. at (902) 453-9543 or 1-800-453-9543 (toll-free).



The Cross Canada Fitness Adventure has come to an end, and the NSTU Group Insurance Trustees want to thank all who participated and congratulations to the following winners!

Weekly Random Draw Winners	
🎉 Shaun Kennedy (SRCE)	🎉 Stephanie Dagnall (HRCE Dartmouth)
🎉 Livia Peyton (HRCE Dartmouth)	🎉 Nicole Wells (NSTU Staff)
First to Reach the Finish Line	Highest Score
🎉 Lana Kelly (HRCE Halifax City)	🎉 Greg Killam (SSRCE)