



I'm Thinking of Retiring. . . .

What Happens to My Benefits When I Retire?

It is that time of year when many teachers will begin to consider or may have already decided to retire from the teaching profession at the end of this school year.

The NSTU Group Insurance Trustees want to ensure that you are aware of exactly what occurs at retirement with respect to your NSTU Group Insurance Program coverages.

Listed below is a summary of the coverages that are available to plan members under the age of 65 and any cost sharing that may be available. In addition, we have listed a few important items to remember as you consider the coverage you will have at retirement.

There is a considerable amount of information listed below. Once you have reviewed the information, you will be able to answer the question, "What Happens to My Benefits When I Retire?"

PLAN	RETIRING UNDER AGE 65
1. Total Care Medical	Total Care Medical continues. Premium is paid 100% by the Province of Nova Scotia for a Single or Family Plan for members in receipt of a NS Teachers' Pension payment. You must apply for coverage within 60 days of receipt of your first pension payment. A form is included in the package from NS Pension.
2. Total Care Dental	Total Care Dental continues if enrolled at the date of your retirement. Premium is paid 100% by you and is deducted monthly from your NS Teachers' Pension payment.
3. Provincial Master Life & Accidental Death & Dismemberment	\$50,000 Life \$50,000 AD&D \$2,000 Critical Illness for member \$3,000 Dependent Life - Spouse \$1,500 Dependent Life - Children Coverage may be continued. Premium is paid 100% by you and is deducted from your NS Teachers' Pension payment.
4. Optional Life Insurance/ Spousal Life Insurance	\$100,000 to \$300,000 (New) Premium is paid 100% by you and is deducted from your NS Teachers' Pension payment. As an active member you can apply at any time up to age 65 for \$100,000 (\$50,000 for spouse) of coverage without the requirement of medical evidence. A 24-month pre-existing condition clause applies. Any amount above the non-evidence maximums requires medical evidence of good health. You or your eligible spouse can apply for, or increase, coverage as a retiree up to age 65 by submitting medical evidence of insurability.
5. Voluntary Accidental Death & Dismemberment	\$5,000 to \$300,000 Premium is paid 100% by you and is deducted from NS Teachers' Pension payment. You can only continue the coverage in effect prior to retirement.
6. NSTU NSED Group Travel Plan	Available to all members. Premium is based on age and is deducted from your NS Teachers' Pension payment. Pre-existing conditions apply.
7. NSTU NSED Trip Cancellation / Interruption Plan	Available to all members. Premium is based on age and is deducted from your NS Teachers' Pension payment. Pre-existing conditions apply.
8. Voluntary Critical Illness	Available to all members under age 75 up to \$300,000 of coverage. Coverage is also available for your spouse and eligible dependent children. Premium is paid 100% by you and is based on age. You may apply at any time. Pre-existing conditions apply.
9. Manulife Employee/Family Assistance Program (EFAP)	Available to all active members and is sponsored by the NSTU Group Insurance Trust Fund. This program is not available to retired members.
10. Carepath – Chronic Disease Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.

	PLAN	RETIRING UNDER AGE 65
11.	Carepath – Elder Care Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.
12.	Carepath – Mental Health Program	Available to all active and retired members and is sponsored by the NSTU Group Insurance Trust Fund. This coverage continues after retirement with no termination age.
13.	MHCSI Supplemental Prescription Drug Benefit	Available to all active and retired members enrolled in the Total Care Medical plan. This program provides a benefit of \$2 per prescription filled at an eligible Lawtons / Sobeyes pharmacy. For active members and retirees under age 65, the Total Care Medical \$5.00 co-pay per prescription is reduced to \$3.00 per prescription. Members also receive a Lawtons Discount Card.
14.	Home / Car	Coverage continues. Premium is deducted from your NS Teachers' Pension payment.
15.	Nova Scotia Teachers Plus Credit Union	The requested amount will be deducted from your NS Teachers' Pension payment.

IMPORTANT THINGS TO REMEMBER

Provincial Master Life:

Coverage reduces to \$10,000 at age 65; however, you can convert the terminated coverage to an individual policy of insurance.

Optional Life:

Members can apply for up to \$100,000 (\$50,000 for spouse) of Optional Life Insurance without the requirement of providing medical evidence. A 24-month re-existing condition clause applies. All amounts above the non-evidence maximum up to \$300,000 will require medical evidence of good health.

Retirees under the age of 65, and their eligible spouse under 65, may apply for Optional Life / Spousal Life Insurance by submitting medical evidence of insurability. At age 70, the benefit will reduce to a maximum of \$50,000. Anyone who has less than \$50,000 of coverage will continue with the lesser amount. Coverage cancels at the end of the month of your 85th birthday.

Voluntary Accidental Death & Dismemberment:

Members can enroll or increase coverage only while you are actively teaching. Coverage ceases at age 75. **If you wish to enroll or increase coverage before retirement, make sure you start the process before the end of May, as you must be actively at work on the effective date. Coverage decreases at age 70 to \$100,000 and there is no Permanent Total Disability, Home-Maker Weekly Indemnity or Hospital Indemnity coverage.**

Total Care Medical:

Members must remember to enroll within 60 days of the receipt of your first pension payment if you are currently enrolled. Prescription drug coverage under the Total Care Medical program ceases the end of the month prior to you turning age 65. Coverage under the Nova Scotia Seniors' Pharmacare program commences the first of the month that you become age 65. Therefore, there will be no lapse in prescription drug coverage.

Total Care Dental:

Total Care Dental coverage may be continued into retirement and there is no termination age. **Members must be enrolled in**

the Total Care Dental program prior to retiring.

For members who have deferred their pension and have not continued their Group Insurance coverage, these members **have 60 days from receipt of their first NS Teachers' Pension payment or Public Service Superannuation Pension payment to enroll in the Total Care Medical and Dental Plans.**

Carepath – Chronic Disease Program:

This program is sponsored by the NSTU Group Insurance Trust Fund for all active and retired members permanently residing in Canada. Formerly HealthcareAssist (which included Cancer Assistance), this program provides assistance and support to active and retired members, spouses, and dependent children who are living with a chronic disease or dealing with a diagnosis of cancer.

CAREpath – Elder Care Program:

This program is sponsored by the NSTU Group Insurance Trust Fund for all active and retired members. This program provides seniors and their families with a nurse case manager to address evolving elder care needs.

CAREpath – Mental Health Program:

Formerly Your Wellness Partner, this program is sponsored by the NSTU Group Insurance Trust Fund for all active and retired members. The program offers multiple levels of mental health support to provide the right guidance at the right time for anyone experiencing mild to severe mental health concerns.

Summary:

There are many factors to consider as you move toward retirement. As well, there are many benefits available to you to continue through retirement to make your life a bit easier.

The Trustees encourage members to ensure that you consider your insurance needs prior to retirement to avoid any surprises after having finished your teaching career.

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