



What Happens to My Benefits When I Retire?

It's 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. We have also provided a list of important points to note as you consider the coverage you will have at retirement.

Summary of Plan Coverage – Retiring Under the Age of 65

Total Care Medical

Total Care Medical is a comprehensive supplementary health care program. It provides prescription drug coverage for members/spouse under age 65, a semi-private hospital room, vision care, paramedical services, including physiotherapy and massage therapy, and many other benefits

- Coverage may be continued.
- Premiums are 100% paid by the Province of Nova Scotia for members in receipt of a NS Teachers' Pension payment.
- You must remember to enroll within 60 days of your first pension payment (a form is included in the package from NS Pension).
- Prescription drug coverage ceases the end of the month prior to turning age 65.
- Coverage under the Nova Scotia Seniors' Pharmacare program commences the first of the month that you become age 65. **Please note, you need to enroll in the program to ensure there will be no lapse in prescription drug coverage.**

Total Care Dental

Total Care Dental provides comprehensive dental care coverage which includes Basic Preventative Services, Major Restorative Services, Prosthodontic and Orthodontic Services

- Coverage may be continued if enrolled at the date of retirement, there is no termination age.
- You pay 100% of the premium which is deducted monthly from your NS Teachers' Pension payment.
- Members who have deferred their pension and have not continued their Group Insurance coverage have 60 days from receipt of their first NS Teachers' Pension payment to enroll in the Total Care Medical and Dental Plans.

Provincial Master Life & Accidental Death & Dismemberment (AD&D)

Provincial Master Life:	\$50,000
Provincial Master AD&D:	\$50,000
Critical Illness – Member:	\$2,000
Dependent Life – Spouse:	\$3,000
Dependent Life – Children:	\$1,500

- Coverage may be continued
- You pay 100% of the premium which is deducted from your NS Teachers' Pension payment.
- Coverage reduces to \$10,000 at age 65; however, coverage can be converted to an individual insurance policy.

Optional Life Insurance / Spousal Life Insurance

Member Optional Life

\$100,000 (initial amount for active members not subject to medical evidence of insurability).

Spousal Optional Life

\$50,000 (initial amount for spouse of active members not subject to medical evidence of insurability).

Additional Amounts

Available in units of \$5,000 up to a maximum of \$300,000.

A 24-month pre-existing condition clause applies. All amounts above the non-evidence maximum up to \$300,000 will require medical evidence of good health.

- Coverage may be continued
- You pay 100% of the premium which is deducted from your NS Teachers' Pension payment.
- 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

Provides coverage for any accident resulting in death, dismemberment, paralysis, loss of use of limbs, loss of sight, speech, or hearing anywhere in the world – 24 hours a day – on or off the job.

Coverage available in units of \$5,000 up to \$300,000.

- Coverage in effect prior to retirement may be continued.
- You pay 100% of the premium which is deducted from your NS Teachers' Pension payment.
- Members who wish to enroll or increase coverage before retirement must start the process before the end of May (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.
- Coverage ceases at age 75.

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.

- Coverage may be continued
- You pay 100% of the premium which is based on age.
- You may apply at any time. Pre-existing conditions apply.

NSTU NSED Travel Insurance

Base Plan provides unlimited trips up to 35 calendar days per trip during the policy year.

Supplementary Plan provides coverage for trip that are more than 35 calendar days and up to 210 days per trip. Includes Base Plan.

Trip Cancellation provides up to \$5,000 per insured person per annual coverage period.

Trip Interruption provides up to a maximum of \$5,000 per insured person for each covered trip.

- Coverage may be continued
- Premium is based on age and is deducted from your NS Teachers' Pension payment.
- Pre-existing conditions apply.

Employee/Family Assistance Program (EFAP)

This program provides Counselling Services, Lifestyle and Specialty Coaching Services, Depression Therapy, Anxiety Therapy, Trauma Therapy, Substance Use Therapy, Cognitive Behavioral Therapy (CBT), virtual platform for online booking, guided care recommendations, EFAP services through a mobile app and more!

- Coverage continues after retirement with no termination age.
- Sponsored by the NSTU Group Insurance Trust Fund.

Carepath – Chronic Disease Program

This program provides aid 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.

- Coverage continues after retirement with no termination age.
- Sponsored by the NSTU Group Insurance Trust Fund.

MHCSI Supplemental Prescription Drug Benefit

This program provides a benefit of \$2 per prescription filled at an eligible Lawtons / Sobeys pharmacy.

Members also receive a Lawtons Discount Card.

- Coverage continues for retired members enrolled in the Total Care Medical Plan.
- For active members and retirees under age 65, the \$5.00 co-pay per prescription is reduced to \$3.00 per prescription.

Home & Car Insurance

Home and auto insurance policies are available to NSTU members through belairdirect.

- Coverage continues for retired members.
- You pay 100% of the premium with flexible payment options available.

Nova Scotia Teachers Plus Credit Union

All members, active and retired, can participate in a “Savings” program by completing the applicable payroll deduction form.

- The requested amount will be deducted from your NS Teachers’ Pension payment.

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 consider your insurance needs prior to retirement to avoid any surprises after having finished your teaching career.

NSTU Webmail

As you may be aware, the **@nstu.ca** email address will be phased out and go offline effective July 18, 2025. This will require those of you who use your @nstu email for this purpose to provide a new email address to Medavie Blue Cross as the insurer for your Total Care Medical and Total Care Dental benefit plans and Johnson Insurance as your group benefit plan administrator. The process to update your email address is as follows:

Medavie Blue Cross

As a NSTU plan member, you can update the email address for your existing MBC account by going through the Mobile App/ Member Services Site under “My Account”. **Please note, this is the only way to update your email address with Blue Cross, as calling them will require you to re-register / create a new account.**

Johnson Insurance

To change your email address with Johnson Insurance, you simply need to e-mail pbadminns@johnson.ca or call 1-800-453-9543 to advise of your new email address. **Please note, if sending an email, please ensure to include your certificate number and name in the body of the email.**

We trust the information outlined above is helpful. Please don’t forget to visit our website at www.nstuinsurance.ca, to review the many benefits and programs available to you through the NSTU Group Insurance Plan.