



# EDUWellness Grants – For Members by Members

As we approach the busy holiday season and the new year, your NSTU Group Insurance Trustees would like to take this opportunity to wish you all the best of the holiday season! They also want to remind you to mark your calendars for the following upcoming initiatives:

## EDUWellness Grants – For Members by Members

### *What is the purpose of the EDUWellness Grants?*

The For Members by Members EDUWellness Grants have been established to support initiatives that promote the well-being of our plan members in an effort to recognize the tremendous work and efforts put in by you every day. For more information, visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/the-eduwellness-grant/>.

### *Who is eligible for the grants?*

To be eligible, the individual must have a permanent, probationary, or term contract and be a member of the NSTU or PSAANS at the time of application. RTO members are also eligible. Please be advised that applicants that have received a grant within the last 2 years will not be eligible.

### *What is the selection process for the EDUWellness Grants?*

The NSTU Group Insurance Trustees will award 10 grants valued at up to \$1,500 each. Grants will be scored following the rubric that can be found at <https://nstuinsurance.ca/grants/the-eduwellness-grant> and awarded to the applicants with the highest overall scores. Please be advised that not all applications will be awarded grants.

### *What is the deadline to submit applications for the EDUWellness Grants?*

Applications must be submitted on/or before 11:59 pm on January 15, 2025. Completed projects are due no later than May 31, 2025.

## NSTU Webmail

As you may be aware, the **nstu.ca** email address will be phased out and go offline effective July 14, 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](mailto: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](http://www.nstuinsurance.ca) to review the many benefits and programs available to you through the NSTU Group Insurance Plan.

Take care and stay safe this holiday season,

Your NSTU Group Insurance Trustees.