



Welcome back everyone! We hope that you had a great summer and had a chance to spend some quality time with your friends and families!

With the 2022-2023 school year upon us, your NSTU Group Insurance Trustees would like to take this opportunity to remind all new teachers that you need to apply for your Total Care Medical and Total Care Dental Benefits as they are not automatic.

Total Care Medical

The Total Care Medical plan is a comprehensive supplementary health care plan available to all active Public School Members, PSAANS and APSEA Members. This plan provides prescription drug coverage under age 65, a semi-private hospital room, vision care, paramedical services, including physiotherapy and massage therapy, and many other benefits as outlined in the Group Insurance Profile.

- **To enroll, you must complete the application form in your enrollment package.**
- **The premium is paid 100% by the employer.**
- **You may apply for this benefit plan at any time provided you are actively at work, and it will become effective the first of the month following receipt of your application at Johnson.**

Total Care Dental

The Total Care Dental plan provides comprehensive dental care coverage to all active Public School Members, PSAANS and APSEA Members. Total Care Dental includes basic preventative services, major restorative services, prosthodontic and orthodontic services.

- **To enroll, you must complete the application form in your enrollment package.**
- The employer cost shares 65% of the basic and major restorative premiums of the Total Care Dental plan while the member pays 35% for basic preventative and major restorative premiums, plus 100% for prosthodontic and orthodontic premiums.
- As a new member, you have 31 days from the receipt of your New Member Package to enroll.
- **New members who commence work prior to October 1st must contact Johnson and enroll no later than October 15th.**

- **New members who commence work after October 1st must enroll within 31 days of commencing work.**
- Coverage to take effect the first of the month following receipt of application.
- If you do not enroll within 31 days of the receipt of your New Member Package, coverage will not be processed until the following September.

TOTAL CARE DENTAL PREMIUM:

	MONTHLY PREMIUM	MEMBER MONTHLY COST*
Single	\$46.42	\$19.86
Family	\$98.21	\$42.06

If you have any questions regarding the above, please call the Administrator, Johnson Inc., at (902) 453-9543 or 1-800-453-9543 (toll-free). Don't forget that you can also access more information on these and all other benefits and programs available to you by visiting the NSTU Group Insurance website at www.nstuinsurance.ca.

Frequently Asked Questions

Student Mental Health and Wellness Grant



The NSTU Group Insurance Trustees, with support from Johnson, have established a grant for members to support innovative initiatives that promote the mental health and well-being of students in the schools across Nova Scotia.

Q: What is the purpose of the Student Mental Health and Wellness Grant?

A: The NSTU Group Insurance Trustees will fund projects that support and promote the mental health and well-being of children and youth in the schools across the province. This could consist of programs in classrooms, schools, or communities. The ultimate goal is to help our students in coping with the pressures of growing up in today's world.

Q: Who is eligible to apply for the Student Mental Health and Wellness Grant?

A: 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.

Q: How do I apply for the grant?

A: You can apply for the grant by going to the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/the-mental-health-and-wellness-grant/> and clicking the application link. The NSTU Group Insurance Trustees will be awarding grants valued at up to \$600 once per year. The criteria will include the project description, innovation and creativity, impacts on students, materials and budget, and overall impression. **Please be advised that not all applications will be awarded grants and incomplete applications will not be considered.**

Q: What is the deadline to apply for the Student Mental Health and Wellness Grant?

A: Applications must be submitted on/or before **11:59pm on October 15th**. Completed projects are due no later than May 31st.

For more information on the Student Mental Health and Wellness Grant or any of the benefits and programs available under the NSTU Group Insurance Program, please visit the NSTU Group Insurance Trust website at <https://nstuinsurance.ca/grants/student-mental-health-and-wellness-grant/>.