



Welcome to the world of teaching!

It is the beginning of another school year! We hope that you had a great summer and had a chance to spend some quality time with your friends and families!

With the 2024-2025 school year upon us, your NSTU Group Insurance Trustees would like to take this opportunity to remind all new members that you need to apply for your Total Care Medical and Total Care Dental Benefits as they are not automatic. Below you will find some important information and deadlines regarding the Medical and Dental plans.

Total Care Medical

The Total Care Medical plan is a comprehensive supplementary health care plan available to all active contract 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 that is provided on the Johnson “My Insurance” website or contact Johnson Inc. directly.
- The premium is paid 100% by the employer.
- You may apply for this benefit plan at any time provided you are under contract, actively at work, and it will become effective the first of the month following receipt of your application at Johnson Inc.

Total Care Dental

The Total Care Dental plan provides comprehensive dental care coverage to all active contract 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 that is provided on the Johnson “My Insurance” website or contact Johnson Inc. directly.
- 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.

Total Care Dental – Important Deadlines and Premiums

- New members who are in a contract prior to October 1st must contact Johnson Inc. and enroll no later than October 15th.
- New members who secure a contract after October 1st must enroll within 31 days of the start date of their contract.
- Coverage to take effect the first of the month following receipt of application.
- If you do not enroll before the applicable above deadline, coverage will not be processed until the following September.

	Monthly Dental Premium	Member Monthly Dental Cost
Single	\$53.28	\$23.04
Family	\$112.73	\$48.80

For information on the above, or for 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).

Student Mental Health and Wellness Grant

Frequently Asked Questions



The NSTU Group Insurance Trustees, with support from Johnson Inc., 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/student-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, 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 **11:59 pm 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/>.

Student Mental Health & Wellness Grant

Purpose
The NSTU Group Insurance Trustees, with support from Johnson Incorporated, will fund innovative projects that support the mental health and well-being of students in the schools across Nova Scotia.

Deadline
October 15

Grant Amount
Up to \$600 each.

Eligibility
Open to term, probationary and permanent members of the NSTU or PSAANS.

For more information:
<https://nstuinsurance.ca/grants/student-mental-health-and-wellness-grant/>

NSTU GROUP INSURANCE TRUST

Santé mentale et bien-être des élèves

Objet
Les fiduciaires d'assurance collective de la NSTU, avec le soutien de Johnson Assurance, financent des projets novateurs qui soutiennent la santé mentale et le bien-être des élèves dans les écoles de la Nouvelle-Écosse.

Date limite
Le 15 octobre.

Montant de la subvention
Jusqu'à 600 \$ chacun.

Admissibilité
Offert aux membres à durée déterminée, probatoire, et permanents du NSTU ou du AAEPNE.

Pour de plus amples renseignements:
<https://nstuinsurance.ca/grants/student-mental-health-and-wellness-grant/>

RÉGIME D'ASSURANCE COLLECTIVE DU NSTU