



asr TRUST
RETIREE HEALTH CARE

Quick reference guide

For GM retirees and families

As of January 1, 2022



www.asrTrust.com

KEEP THIS GUIDE HANDY FOR FUTURE REFERENCE

Your asrTrust benefits overview

Here's a snapshot of what your plan provides.

EXTENDED HEALTH CARE

Your retiree health care plan provides a broad range of important health care coverage.

Drugs | Dental | Paramedical | Vision | Hospital & ambulance | Long-term care
Home support service | Out-of-province/country emergency | Medical supplies & equipment



ADDITIONAL VALUABLE SUPPORT PROGRAMS & SERVICES

Carepath

Chronic disease management
& elder care support

Dietitian health coaching

Improve your health through
better food choices

Remember to file your claims promptly, and within 365 days of the date of the expense.

Your health coverage

You and your eligible dependants are covered. Get more details about your coverage in your plan booklet.

HEALTH	COVERAGE
Prescription drugs (In Quebec, RAMQ is not required, but you must opt out with province)	100% of lowest priced alternative drug \$2,500/year for medical cannabis prescriptions
Vision care Eye exams IOL Master exams Glasses/contacts Laser eye surgery Cataract-related expense	100%; \$140/24 months \$100/year 100%; \$350/24 months \$350/lifetime \$250/lifetime
Paramedical Chiropractic, Massage Therapy, Naturopathy Podiatry/Chiropody, Acupuncture, Osteopathy Speech Therapy, Dietitian Physiotherapy	\$750/year combined \$1,500 per year
Mental health Psychologist Master of Social Work Counsellor/Social Worker Psychotherapist	\$750/year combined
Hearing aids	100%; R&C*; once/3 years
Cancer testing	100%; CA-125 1/year & PSA \$35/year
Nutritional supplements	Lesser of \$500/year or 220 servings; with cancer treatment

We all need a little help sometimes. You have a lot of financial protection for when you need it most.

OTHER HEALTH SERVICES	COVERAGE
Home support services Private duty nursing Personal Support Worker	100%; Unlimited PSW up to R&C* Up to \$100,000/year
Ambulance service	100% up to R&C limits*
Hospital	Semi-private: chronic/convalescent
Long-term care	\$1,600/month
Emergency out-of-province/ country medical	35-day limit; Up to R&C* limits
Travel assistance	24/7 help to find care

Medical equipment can get expensive. Make sure you remember to file claims for expenses like these...

DURABLE MEDICAL EQUIPMENT	COVERAGE
Glucose monitoring systems (GMS)	\$4,000/year Criteria: insulin dependent
Custom foot orthotics	\$400; up to 2-pairs/3 years
Custom orthopedic footwear	One pair up to \$750/year
Other types of equipment: Check booklet for full details, limits and exclusions. Insulin pump, prosthetic appliances, hospital beds, rails, wheelchairs, canes, bedpans, oxygen sets, ulcer and dialysis equipment, sitz baths, pacemaker monitor, blood pressure monitor, blood glucose meters, diapers, soft casts, reusable underpads for wheelchairs, geriatric chairs, bathtub rails, compression stockings, and more.	

*Reasonable & Customary (R&C) rates vary by province

Your dental coverage

Your comprehensive dental coverage can make a big difference to your wallet. Whether you just need regular check ups or a bigger procedure, keeping your teeth and gums healthy contributes to your overall health!

DENTAL	COVERAGE
Dental fee guide	Current year
Basic preventative	100%; Scaling up to 8 units with dentist; unlimited units with periodontist
Major restorative	100%; (bridges, dentures, crowns installation & replacement, implants, bone grafts)
Periodontics/endodontics	100%
Combined annual maximum	\$3,000/year



Seniors' support programs

Included for you and eligible family members.

Carepath chronic disease/cancer management

Carepath's Chronic Disease program connects you to a Nurse Care Manager who provides personalized support and expert health care system navigation.

From diagnosis through treatment and recovery, you and your family can receive assistance managing all types and stages of chronic disease, including cancer.

Carepath elder care support

This program connects you and your immediate family to a Nurse Case Manager who will help you understand your elder care choices and ensure you get the right care every time.

Then, you can coordinate with the other coverage available in the plan, such as home support services or Long-Term care.



Dietitian health coaching

Included for you and eligible family members.

This program focuses on improving your health by making better choices when it comes to your food.

It's offered as part of GSC's Change4Life[®] health management initiative, and is a service provided by registered dietitians at select Loblaws and Sobeys stores (and Provigo stores in Quebec).

To make an appointment and get started, simply contact Loblaws or Provigo at www.bookadietitian.ca or Sobeys at www.sobeyspharmacy.com/greenshield to send your request.

Change **4** Life[®]

How to submit your claims

Submitting your claims online is quick and easy if you use a computer or mobile device – and you'll get your money back much faster than by mail.

ONLINE (THE EASY WAY)

1. Register for access to *GSC everywhere* on www.gsceverywhere.ca and sign up for direct deposit to your bank account
2. Select “Submit a Claim”
3. Choose type of claim, enter details, click “Next Step”
4. Confirm your claim information, click “Submit”

ON YOUR MOBILE DEVICE (ALSO EASY)

You can submit claims using the *GSC everywhere* app. Similar to submitting claims online, just select the claim type and complete the required claim details.

PAPER (THE NOT-AS-EASY WAY)

1. **Get a claim form.** Print one from *GSC everywhere*, OR call 1-888-711-1119 to request one.
2. **Complete the form and sign it.** Include your GSC ID#, and your dependant's if needed (on ID card).
3. **Scan or take pictures of your form and receipts** and upload them to *GSC everywhere*, OR photocopy your documents for your records, and mail the form with the original receipts to the GSC address on the form. Include your return mailing address.

Key contacts

FOR...	CONTACT...
Administrative issues/ support Address, dependant & beneficiary changes Plan details, health/ dental claims, forms, track your claims online, appeals, print travel assist cards, and more	Green Shield Canada Customer Service and Administrative Services 1-877-266-5494 In Windsor: 519-739-1133 www.gsceverywhere.ca
Pre-trip travel advice & assistance Emergency travel assistance available 24/7	Green Shield Travel Assistance 1-800-936-6226 (if travelling in Canada and the U.S.) 0-519-742-3556 collect (if travelling out of Canada and U.S.)
Individual extended travel coverage information, pricing details and application	Green Shield Canada asrTrust-GM: Travel Plan Hotline 1-855-722-0472 or info@greenshield.ca
Chronic disease & cancer management Elder care support	Carepath by Bayshore Chronic Disease/Cancer program: 1-866-883-5956 Elder Care: 1-877-280-6506
Improving your health by making better choices when it comes to food	Dietitian Health Coaching program by Green Shield Canada At Loblaws or Provigo: www.bookadietitian.ca , or At a Sobeys Pharmacy: www.sobeyspharmacy.com/ greenshield
About asrTrust	asrTrust: www.asrTrust.com