

## Quick Guide to Health Benefits for York Retirees YUFA/OSGOODE Members

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### Important things to know about Health Benefits when transitioning into retirement:

#### Step 1: Once you retire Inform Your Health Care Providers

Make sure your health care professionals have your updated information:

- **New Sun Life Member ID and Policy Number**
- Share this at your next appointment or when booking services
- Your Sun Life member ID is your York employee number with the first digit “1” replaced with a “9” (example 100200300 becomes 900200300).

#### Step 2: Register Your Retiree account with Sun Life Insurance (may require a new/alternate email address)

##### YUFA/OSGOODE Members:

If you are using your York University email address you will not need to re-register for this as your new retiree profile will automatically be available under your existing access.

Once you retire, your Sun Life drug benefit card used as an active member is no longer valid and cannot be used. You will be able to submit claims electronically either through the my Sunlife mobile app, through the web or use paper claim forms.

Claims incurred as an active employee must be submitted within 90 days of your retirement date with your **active** employee number beginning with 1.

If your health care provider is not submitting claims on your behalf, remember to submit claims to Sun Life electronically either through the my sunlife mobile app or through the web [www.sunlife.ca](http://www.sunlife.ca) or use paper claim forms.:

<https://www.sunlife.ca/en/support/finding-documents-and-forms/claim-forms/>

**Step 3: Understanding Ontario Drug Benefit (ODB)**

- If you're **65 or older**, you're eligible for ODB. It covers many prescription drugs—check the **ODB formulary list** online. <https://www.ontario.ca/check-medication-coverage/>
- ODB is separate from Sun Life: your pharmacy bills directly to the province.
- You **must be registered** with OHIP to access this program.

**Step 4: Knowing What OHIP Covers****OHIP is Ontario's public health insurance and includes:**

- Doctor visits and Emergency hospital care
- Lab tests and medical imaging
- Eye exams (every 18 months for ages 65+)
- Limited dental surgery in hospital settings

**OHIP does NOT cover:**

- Prescription drugs outside hospital
- Routine dental work, glasses, hearing aids, or cosmetic procedures

**Step 5: Understanding What Sun Life Typically Covers**


Check your retiree plan for specific coverage. Common items include:

- Prescription drugs (top-up where ODB doesn't apply)
- Paramedical services (massage, physiotherapy, chiropractic)
- Private/Semi Private hospital rooms
- Vision and dental (based on policy)
- Post Retirement Benefits booklets by Affiliation/Union groups can be accessed at: <https://retire.info.yorku.ca/third-page/>

**Sun Life Financial Information Required for Claims Processing**

**Handy Wallet ID Cutout (Keep This with You!)**

Your Sun Life member ID is your York employee number with the first digit “1” replaced with a “9” (example 100200300 becomes 900200300).

<p>York University Contract/policy# <b>014098</b></p>	<p>Sun Life Website: <a href="http://www.sunlife.ca/member">www.sunlife.ca/member</a></p>
<p>Sun Life Member ID: 9_____</p> <p>Contract/Policy #014098</p> <p>Phone# 1-800-361-6212</p> <p>Website: <a href="http://www.sunlife.ca/member">www.sunlife.ca/member</a></p> <p>Sun Life registration link: <a href="https://www.sunlife.ca/en/">https://www.sunlife.ca/en/</a></p>	<p><b>Travel Card</b></p>  <p><b>If you need any medical help, contact Global Excel Management.</b></p> <p>If you want to submit an emergency travel claim or check your claim status, please visit <a href="http://www.globalexcel.com/sunlife">www.globalexcel.com/sunlife</a>.</p> <p>In the USA and Canada, call: 1-800-511-4610</p> <p>From anywhere else: 1-519-514-0351</p> <p>Call collect through an international operator.</p> <p>24/7 assistance</p>

For more information, please contact [askUSC@yorku.ca](mailto:askUSC@yorku.ca)