

## YOUR BENEFITS, YOUR TRUST

*3 years already? Where does the time go?*

Hello everyone –

**Happy 3<sup>rd</sup> anniversary of the Trust!** October 1<sup>st</sup> marked our first three years together, and it has been a real pleasure to be part of the USW 8782 Retiree Benefits Trust, serving as your Trustees, and participating as members.

We know that COVID-19 has made this a tough year for many people in many ways, and we hope you and your families are well. We want to assure you that your benefits continue to be available and operating smoothly. As always, we are monitoring and managing the Trust carefully, to ensure you have access to meaningful benefits when you need them.

### Planning or hoping to travel soon?

Given the constantly changing situation with COVID-19 and travel advisories/restrictions, please consider your options very carefully before deciding on any travel over the coming months, whether out-of-province or out of the country.



- It's important to know that our Royal & Sun Alliance (RSA) group travel insurance does have **coverage exclusions** that could be triggered by travel advisories issued by the Government of Canada either before OR after your departure date.
- **Before travelling**, make sure you are aware of the details of your coverage – **and the requirements to be covered** – by checking the booklet at [8782retireebenefitstrust.ca](http://8782retireebenefitstrust.ca) > Your Benefits > Your Out-of-province/country emergency insurance. If you have questions, call *Global Excel* toll free at 1-866-870-1898.
- **For inter-provincial travel**, you can check the rules for each province/territory on the member website. Look for the [news item](#) posted July 31.

### Reminder: Your MAP – it's there for you at no cost, but you have to sign up!



**LifeWorks**  
by Morneau Shepell

As we all navigate through the changes to our lives that COVID-19 has brought over the past months, keep in mind that as part of your benefits package, you and your dependants have access to LifeWorks, our confidential member assistance program (MAP) and wellbeing resource.

Whether you're feeling some added stress in your life, isolation from family and friends, money pressures, want some health or nutrition coaching, or just need advice or personal research support, LifeWorks offers much more than a traditional MAP. You can also access articles, videos and even get retail discounts – all in one place.

**Contact LifeWorks any time** by phone, online, or by mobile app – all at no cost to you. They're there for you when you need it. Call 24/7 at 1-844-671-3327 (TTY: 1-877-338-0275).

**You can learn more** by checking the LifeWorks section of our website at [8782retireebenefitstrust.ca](http://8782retireebenefitstrust.ca) > Your Benefits > LifeWorks.

As we move into the colder months, stay safe, keep physical distancing, and remember to submit your benefits claims. **Please see the back for a few things to check regarding your personal information**, and send us a note any time at [info@8782retireebenefitstrust.ca](mailto:info@8782retireebenefitstrust.ca).

Best regards,

Mark Talbot, Trust Chair



## SPECIAL NOTE: HOME MAILINGS WILL BE REDUCED OR ELIMINATED IN THE FUTURE



If you have an email address, please provide it as soon as possible to help ensure you get information in a timely manner. This step will save on paper and postage, and may help reduce the spread of COVID-19. If you have concerns, please contact Terry Barnard.

## HELP US HELP YOU!

Please take a just a few minutes to check the following items and make sure they're up to date for our records. Then, keep them in mind in the future if anything changes for you.

Keeping your information updated is really important so:

- ✓ the correct information is on file for you and we can reach you when necessary with updates or information, and
- ✓ we can ensure that the Trust's benefits continue to be provided to all the right people.



### 1 YOUR CURRENT CONTACT INFORMATION?

Email | Address | Phone number

Please ensure these are up to date. You may not receive information you need if we can't reach you!

### 2 LIFE CHANGES? PLEASE LET US KNOW!

If you experience any life changes such as **marriage, separation or divorce**, or the **death of your spouse**, please contact us as soon as possible.

To check or update your information, please contact Terry Barnard at **519-587-2000 x225** or [admin@8782retireebenefitstrust.ca](mailto:admin@8782retireebenefitstrust.ca).

Or, you can also go to [8782retireebenefitstrust.ca](http://8782retireebenefitstrust.ca) and fill out the online form instead!

**NOTE:** If you move or change your contact information or status, please advise **BOTH** Terry Barnard **AND** Morneau of the changes. This is required to ensure both your pension and your benefit information is updated.



### Stay informed and up-to-date

Use the Trust's website as your central resource. You can learn about your benefits and any news or changes, identify the right contacts, and submit any questions you might have at [8782retireebenefitstrust.ca](http://8782retireebenefitstrust.ca).

#### The final word

This member report is intended to provide summary information about the USW 8782 Retiree Benefits Trust. It is not intended to be comprehensive. The specific details of the benefits are contained in the actual plan contracts that govern the program. If there is any discrepancy between the information presented here and the terms of the plan contracts, the plan contracts will prevail.