



Plan Benefits

Quick Reference Guide

www.asrTrust.com

GM Retirees & Families

Your plan provides coverage for:

- | | |
|---|-----------------------------------|
| ✓ Drugs | ✓ Paramedical |
| ✓ Dental | ✓ Hearing |
| ✓ Vision | ✓ Nursing Care |
| ✓ Medical Supplies & Equipment | ✓ Personal Support Workers |
| ✓ Chronic disease & cancer care support | ✓ Ambulance & Restricted Hospital |
| ✓ Mental Health | ✓ Travel Emergency |
| ✓ Dietician | ✓ Long Term Care |



Coverage Summary

More coverage details for you and your eligible dependents are in your plan booklet at asrTrust.com or contact Greenshield.

BENEFIT TYPE	COVERAGE
Prescription Drugs	When formulary drug prescribed by physician: <ul style="list-style-type: none">100% of the lowest cost generic drug\$2,500 per year medical cannabis
Vision Care	
Vision exams	<ul style="list-style-type: none">\$140 every 24 months
IOL master exams	<ul style="list-style-type: none">\$100 per year
Glasses & repairs	<ul style="list-style-type: none">\$350 every 24 months
Contact lens	
Laser eye surgery	<ul style="list-style-type: none">\$350 lifetime
Post-cataract surgery eye drops	<ul style="list-style-type: none">\$250 lifetime
Paramedical	<ul style="list-style-type: none">\$750 per year combined*
Chiropractic	
Massage Therapy	
Naturopathy	
Speech Therapy	
Podiatry/Chiropody	
Dietician	
Acupuncture	
Osteopathy	
Physiotherapy	<ul style="list-style-type: none">\$1,500 per year
Mental Health	<ul style="list-style-type: none">\$750 per year combined*
Psychologist	
Social Worker	
Psychotherapist	
Counsellor	
Hearing Aids	<ul style="list-style-type: none">100% of R&C* per hearing aid/ 36 months
Cancer testing	<ul style="list-style-type: none">CA-125 100% per year; PSA \$35 per year
Nutritional Supplements	For cancer treatment: <ul style="list-style-type: none">Lesser of \$500 per year or 220 servings

*Reasonable & Customer (R&C) is a maximum amount that is covered. **Contact Greenshield for the R&C maximum, and any limits and exclusions for each benefit.**

BENEFIT TYPE	COVERAGE
Dental	<ul style="list-style-type: none">\$3,000 per year combined100% of the current fee guideScaling up to 8 units with dentist; unlimited units with periodontistBridges, dentures, implants, crown installation & replacement, bone grafts
Home Support	<ul style="list-style-type: none">100% of the R&C* per hourUp to \$100,000 per year combined
Registered Nurse	
Registered Practical Nurse	
Personal Support Worker	
Ambulance Service	<ul style="list-style-type: none">100% up to R&C*
Hospital	<ul style="list-style-type: none">No semi-private coverage unless admitted to a rehabilitation or chronic care hospital
Long-Term Care	<ul style="list-style-type: none">\$1,600 per month
Emergency out of province / country medical	<ul style="list-style-type: none">35-day limit; Pre-existing conditions must be stable Note: A valid provincial health card is required for your entire trip.
Travel Assistance	<ul style="list-style-type: none">24/7 pre-trip advice & emergency support while travelling
Other Health Services	
Glucose Monitoring System	<ul style="list-style-type: none">\$4,000 per year for Glucose Monitoring System
Insulin pump/injection device	<ul style="list-style-type: none">\$1,000 every 5 years for insulin pump/injection device When diagnosed with Type 1 diabetes and all available provincial funding is exhausted.
Custom foot orthotics	<ul style="list-style-type: none">\$400; up to 2 pairs every 3 years
Custom orthopedic footwear	<ul style="list-style-type: none">One pair up to \$750 per year
Other types of equipment – Check booklet for limits & exclusions.	
Hospital bed, rails, wheelchair, canes, bedpan, oxygen set, ulcer and dialysis equipment, sitz bath, pacemaker monitor, blood glucose meter, blood pressure monitor, insulin pump supplies, diapers, soft casts, geriatric chair, reusable under pad for wheelchair, compression stockings and more.	

For more details visit www.asrTrust.com or call Greenshield at 1-877-266-5495.

Key Contacts

FOR QUESTIONS ABOUT:	CONTACT:
<ul style="list-style-type: none">• Your benefits & coverage• Submitting claims• Claim status• Accessing forms• Address, dependent and beneficiary changes• The death of a retiree, spouse, or dependent• Personalized nutrition• ...and more.	GreenShield Log into greenshield.ca 1-877-266-5495 customer.service@greenshield.ca
<ul style="list-style-type: none">• Pre-trip travel advice & assistance• 24/7 emergency travel assistance questions	Greenshield Travel Assistance 1-800-936-6336 (toll-free in Canada & U.S.A) 0-519-742-3556 (collect in other countries)
<ul style="list-style-type: none">• Chronic disease & cancer management support	Carepath by Bayshore 1-866-883-5956
<ul style="list-style-type: none">• About asrTrust	asrTrust.com

How to Submit Your Claims

ONLINE & MOBILE

- Login to greenshield.ca or the mobile app. Sign-up for direct deposit to your bank account & follow the prompts to submit a claim.

MAIL

- Get a claim form from greenshield.ca or call 1-877-266-5494.
- Complete and mail form with original receipts to the Greenshield address listed on the form.

PROVIDER

- Ask your pharmacist and health care providers if they can submit your claim directly to Greenshield. Provide them with your Greenshield member #.