



## Plan Benefits

### Quick Reference Guide

[www.asrTrust.com](http://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](http://asrTrust.com) or contact Greenshield.

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

\*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                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                              |
| Basic preventative                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"><li>\$3,000 per year combined</li></ul>                                                                                                                                    |
| Major restorative                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"><li>100% of the current fee guide</li></ul>                                                                                                                                |
| Periodontics/Endodontics                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"><li>Scaling up to 8 units with dentist; unlimited units with periodontist</li><li>Bridges, dentures, implants, crown installation &amp; replacement, bone grafts</li></ul> |
| Home Support                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                              |
| Registered Nurse                                                                                                                                                                                                                                                                                     | <ul style="list-style-type: none"><li>100% of the R&amp;C* per hour</li></ul>                                                                                                                                |
| Registered Practical Nurse                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"><li>Up to \$100,000 per year combined</li></ul>                                                                                                                            |
| Personal Support Worker                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                              |
| Ambulance Service                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"><li>100% up to R&amp;C*</li></ul>                                                                                                                                          |
| Hospital                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"><li>No semi-private coverage unless admitted to a rehabilitation or chronic care hospital</li></ul>                                                                        |
| Long-Term Care                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>\$1,600 per month</li></ul>                                                                                                                                            |
| Emergency out of province / country medical                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"><li>35-day limit; Pre-existing conditions must be stable</li></ul> Note: A valid provincial health card is required for your entire trip.                                  |
| Travel Assistance                                                                                                                                                                                                                                                                                    | <ul style="list-style-type: none"><li>24/7 pre-trip advice &amp; emergency support while travelling</li></ul>                                                                                                |
| Other Health Services                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                              |
| Glucose Monitoring System                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"><li>\$4,000 per year for Glucose Monitoring System</li></ul>                                                                                                               |
| Insulin pump/injection device                                                                                                                                                                                                                                                                        | <ul style="list-style-type: none"><li>\$1,000 every 5 years for insulin pump/injection device</li></ul> When diagnosed with Type 1 diabetes and all available provincial funding is exhausted.               |
| Custom foot orthotics                                                                                                                                                                                                                                                                                | <ul style="list-style-type: none"><li>\$400; up to 2 pairs every 3 years</li></ul>                                                                                                                           |
| Custom orthopedic footwear                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"><li>One pair up to \$750 per year</li></ul>                                                                                                                                |
| 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](http://www.asrTrust.com) or call Greenshield at 1-877-266-5494.

## **Key Contacts**

| <b>FOR QUESTIONS ABOUT:</b>                                                                                                                                                                                                                                                                                                     | <b>CONTACT:</b>                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Your benefits &amp; coverage</li><li>• Submitting claims</li><li>• Claim status</li><li>• Accessing forms</li><li>• Address, dependent and beneficiary changes</li><li>• The death of a retiree, spouse, or dependent</li><li>• Personalized nutrition</li><li>• ...and more.</li></ul> | <b>GreenShield</b><br>Log into greenshield.ca<br>1-877-266-5494<br><a href="mailto:customer.service@greenshield.ca">customer.service@greenshield.ca</a> |
| <ul style="list-style-type: none"><li>• Pre-trip travel advice &amp; assistance</li><li>• 24/7 emergency travel assistance questions</li></ul>                                                                                                                                                                                  | <b>Greenshield Travel Assistance</b><br>1-800-936-6226<br>(toll-free in Canada & U.S.A)<br>0-519-742-3556<br>(collect in other countries)               |
| <ul style="list-style-type: none"><li>• Chronic disease &amp; cancer management support</li></ul>                                                                                                                                                                                                                               | <b>Carepath by Bayshore</b><br>1-866-883-5956                                                                                                           |
| <ul style="list-style-type: none"><li>• About asrTrust</li></ul>                                                                                                                                                                                                                                                                | <b>asrTrust.com</b>                                                                                                                                     |

## **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 #.