



# YOUR BENEFIT NEWS

RETIRED PLAN MEMBERS (BLENDED; INCL TRAVEL) SEPTEMBER 2021

We are pleased to remind you that your health insurance plan is there to support the health and wellbeing of you and your loved ones. Each year, your benefits are reviewed to ensure they continue to provide value at a competitive cost. This newsletter explains what's changing and what it means for you.

For full details on coverage, visit [www.mpsebp.ca](http://www.mpsebp.ca).



## Health rate updates

Effective September 1, 2021, monthly Health premiums will increase to:

Single	\$112.00 (\$4.20 increase)
Family	\$224.00 (\$8.40 increase)

Your rate increase is based on claims experience for the Health plan.

### NEW FOR 2022: HIGHER MAXIMUM FOR DRUG REIMBURSEMENT

Effective January 1, 2022, the annual maximum for drug reimbursement will increase from \$2,000 to \$2,500 per person per calendar year.

## NEW FOR 2022: GLUCOSE MONITORING

Effective January 1, 2022, Health plan coverage will be expanded to cover two types of glucose monitoring systems.

- Flash Glucose Monitoring:** Plan will cover 80% of the cost of one **reader** every 36 months. Plus 80% of the cost of **sensors** up to a maximum of \$2,000 per calendar year. Eligibility requirement: Insulin use.
- Continuous Glucose Monitoring:** Plan will cover 80% of the cost of one **reader** every 60 months. Plus 80% of the cost of **sensors and transmitters** up to a combined maximum of \$3,000 per calendar year. Eligibility requirement: Type 1 diabetes.



## ONE-TIME OPPORTUNITY! Do you need Dental coverage?

The Manitoba Public School Employees Benefits Trust is offering you a **one-time opportunity to add Dental coverage** to your existing Health plan, for you and your eligible dependents, **effective January 1, 2022**.

Dental coverage reimburses:

- 80% of eligible basic dental services, and
- 50% of eligible major dental services
- combined **maximum of \$1,500** per person per calendar year

### HOW TO CHANGE YOUR COVERAGE

Complete the attached application form and email or fax it to the address at the top left side of the form before **November 30, 2021**. If the application form is not returned, Dental coverage will not be added.

**No late applications will be accepted.**

If elected, Dental coverage will start on **January 1, 2022**.

Note that if you add Dental coverage during this enrolment period, you will **not be able to cancel Dental coverage at a later date** without terminating Health coverage as well.

	Additional monthly cost to add Dental	Total monthly cost (Health and Dental from January 1, 2022)
Single	\$52.00	\$164.00
Family	\$121.00	\$345.00



## IMPORTANT: Have you sent us your email address?

Another friendly reminder that all communication regarding your Health benefits is provided via email only. **If you haven't done so already**, please send us the email address you wish to use to receive plan and rate updates and other relevant benefits information.

**Here's how to send us your email address:**

**Step 1:** Visit [www.mpsebp.ca](http://www.mpsebp.ca), click on **Retirees**

**Step 2:** Follow the instructions to provide your email address

If you have questions, please contact Glen Anderson (Trustee and Secretary Treasurer of the Manitoba Public School Employees Benefits Trust) at [ganderson@mbteach.org](mailto:ganderson@mbteach.org) or 204-831-3052.



### Don't have access to email?

Please send a letter to the following address, confirming that you do not have access to email, in order to continue to receive your benefits information via mail:

**Isangel Rodriguez, Mercer**  
**One Lombard Place, Suite 1410**  
**Winnipeg, Manitoba, R3B 0X5**

## Online Benefits Resources

<p><b>Manitoba Public School Employees Benefit Plans Website</b>            This website is a useful resource for all plan members. On it you'll find:</p> <ul style="list-style-type: none"> <li>▶ Coverage summaries, retiree information, annual paramedical maximums, newsletters</li> <li>▶ Links to the <b>Blue Cross Plan Member Site</b> and the <b>Express Scripts Canada Pharmacy®</b> website (<i>details below</i>)</li> </ul>	<p><a href="http://www.mpsebp.ca">www.mpsebp.ca</a>            Access your Health plan booklet</p>
<p><b>Blue Cross Plan Member Site</b></p> <ul style="list-style-type: none"> <li>▶ Manage your coverage, submit claims online, set up direct deposit reimbursement, access your ID card</li> <li>▶ All claims should be submitted through the member site (paper claims are still acceptable)</li> </ul>	<p><a href="http://www.mb.bluecross.ca">www.mb.bluecross.ca</a>            Manage your coverage on the go with the <b>mybluecross® mobile app</b></p>
<p><b>Express Scripts Canada (ESC) Pharmacy®</b></p> <ul style="list-style-type: none"> <li>▶ Enroll in home delivery of maintenance drugs for chronic conditions</li> <li>▶ Receive 10% additional reimbursement* when you use this service for eligible prescriptions</li> </ul>	<p><a href="https://pharmacy.express-scripts.ca/manitoba-public-school-employees">https://pharmacy.express-scripts.ca/manitoba-public-school-employees</a>            Manage maintenance drug prescriptions; schedule automatic refills</p>

*\*The additional 10% reimbursement also applies if you fill your eligible prescriptions at Costco. You do not have to be a Costco member to have your prescriptions filled at that pharmacy.*