

The Manitoba Child Care Association (MCCA) has named HealthSource Plus as the official supplier of their Retiree Benefits Plan. The program for retirees is exclusive to MCCA and takes advantage of our considerable buying power.

## Who is Eligible?

- You are a retired member of the Manitoba Child Care Association and have been on the MCCA group benefits plan for a minimum of 2 years.
- Application for benefits must be made within 30 days of retirement.
- The effective date of coverage will be the first day following your date of retirement.
- Applicants must be enrolled with pre-authorized payment.
- Applicants cannot be gainfully employed while enrolled on the Retiree Plan.

## Coverage Available

- The plan offers either individual or family coverage.
- If your dependents (children and/or spouse) are not covered under any other plan they are eligible under your plan at the family rate.

## Value Added Programs

As a member of HealthSource Plus, you have access to several value added programs. These include:

- ▶ Access to a full service Wellness program—**MY WELLNESS**

MY WELLNESS includes:

A monthly wellness communication by way of email, Your Wellness Connection which includes:

- Body Bulletin, National Health Observance, Tip of the Month, Links to Article and Recipe of the month
- Wellness Website
- Wellness Needs and Interest Survey
- Ask the Expert (email support for nutrition related questions or inquiries)
- Selfhelpworks - an innovative suite of online learning programs designed to assist your employees and their families –
  - **Quit smoking with Livingfree**  
Helps you stop smoking in just 5 days regardless of how long you've smoked, or how many times you've tried to quit.

- **Manage weight through proper nutrition with Livinglean**  
Helps you transform your relationship with food and change your eating patterns to support a healthy lifestyle.
  - **Lower stress levels with Livingeasy**  
Is about creating calm where there was fear, creating fulfilling relationships where there was anger and creating clarity where there was overwhelm.
  - **Target substance abuse with Livingsmart**  
Helps individuals break unhealthy drinking habits. It empowers participants to make rational rather than emotional decisions about what, where, when and how much to drink.
  - **Make exercise a regular and enjoyable part of your life with Livingfit.**
- ▶ Access to Preferred Provider Networks which provide discounts at the pharmacy and on vision care products:
- Loblaw Pharmacies*
- Reduced dispensing fees
  - Reduced mark up costs
- Loblaw Optical and Eyewear locations*
- Discounts on frames and lenses, contact lenses and safety glasses
- Sobeys by Mail*
- Sign up and receive prescriptions by mail at reduced costs
- CooperVision*
- To encourage optimal vision care, members receive rebates towards the cost of a full eye examination with purchase of contact lenses.
- ▶ My Preferred Benefits – opportunities for cost containment, choice and convenience. Visit [www.peoplecorporation.com/my-preferred-benefits](http://www.peoplecorporation.com/my-preferred-benefits), your one stop to access information and start taking advantage of resources to assist you in using your benefits plan wisely.

Here's what you'll find:

MY PREFERRED PHARMACY – A program overview and link to the Loblaw pharmacy locator tool.

MY PREFERRED VISION CARE – A program overview and link to the Loblaw store locator tool. Once at the store locator, you check 'optical' and it will provide the closest location.

MY PREFERRED BRAND MEDICATIONS – A program overview and a link to the innoviCares site for interested members to register for their card.

## Schedule of Benefits for Retired MCCA Members

Prescription Drug Type	Generic
Co-Insurance	80 % / \$5,000 per calendar year per person
Plan Termination Age	No Age Maximum
<b>Professional Services</b>	
Chiropractor	\$300 / calendar year
Podiatrist	\$300 / calendar year
Dietician / Nutrition Counsellor	\$300 / calendar year
Speech Therapist	\$300 / calendar year
Physiotherapist	\$300 / calendar year
Psychologist	\$300 / calendar year
Massage Therapist (referral required)	\$300 / calendar year
Naturopath	\$300 / calendar year
Osteopath	\$300 / calendar year
Orthopedic Shoes	100% / \$300 annual maximum
Private Duty Nursing	80% when referred by a Physician / \$5,000 per person calendar year maximum
<b>Vision Care</b>	
Basic Glasses and Frames or Contact Lenses	Not covered
Eye Exams	1 every 2 years
<b>Dental</b>	
Basic Services (level 1 and 2)	70%
Calendar year maximum	\$1,000 combined level 1 and 2

## Cost of Program and Rate Guarantees

The following is a list of the unit rates and rate guarantees associated with the MCCA Group Benefits Plan:

Benefit	Unit Rate	
Health	<i>Single</i>	\$44.52
	<i>Family</i>	\$95.75
Dental	<i>Single</i>	\$28.89
	<i>Family</i>	\$87.42

## Unique features of the MCCA plan are:

- My Wellness Program – available to you and your eligible dependents.
- Continuation of health care benefits to dependents for 2 years after an employee's death.

**For more information on the MCCA Group Benefits Plan or to obtain an “Enrolment Kit”, please contact us at:**

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