

Health and Dental Plan

Durham College Students Inc.



PRESCRIPTION MEDICATION

Coverage increased to \$3,500



VISION COVERAGE

Visit studentvip.ca/dcsi for discount providers



I.M. WELL

24/7 FREE Counselling



TRAVEL COVERAGE

365 Day Trip



DENTAL COVERAGE

Up to \$500



ACCIDENT COVERAGE

Up to \$7,500

KEY DATES

You can opt-out of your Dental Coverage from Sept 1 - Sept 28. Once your opt-out is processed you will receive an e-transfer reimbursement.

NEW CARD

Your new and improved plan comes with a new and improved card! All you need to do is write your 9-digit student ID and name on the card to start accessing your benefits.

brought to you by



STUDENTS INC.

Your Health & Dental Plan
is now powered by **Medavie Blue Cross™**

> Your Policy #: 0091963000

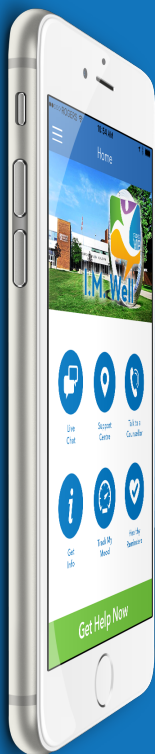
FIND OUT MORE:  studentvip.ca/DCSI



I.M. Well[®]

Integrated Mental Health & Wellness

Connecting you to your Campus & Community Mental Health Resources.
Available for all Durham College Students.



LIVE CHAT

- Available to you **24/7, 365**
- Connect privately with **verified, Masters Level Counsellors**



SUPPORT CENTRE

- Campus & Community resources specific to your school, **all in one spot!**



MOOD TRACKER

- 10 moods to choose from
- Create a "Mood Journal" and **share your notes** with your doctor



HEALTHY REMINDERS

- Alerts to remind you to engage in health & wellness exercises like **taking a short walk, drinking water, and more!**



STUDENT ASSISTANCE PROGRAM

- Receive support for your financial, relationship, legal, addiction, life coaching needs **and much more!**

There's always *someone* to talk to.

Search I.M. Well to download for free 

